



Physical Development @ West SILC

Formal Curriculum - Priesthorpe - Physical Education

Students attend PE lessons twice per fortnight as part of their mainstream timetable. These lessons are delivered by PE specialists and supported by West SILC staff. Pupils have the opportunity to access a range of equipment and partake in a range of sports including football, rugby, athletics, gymnastics and dance. There is a fitness suite within school which is used for lessons but is also open after school for students to access.

At KS4, students have the option to undertake an Entry Level Qualification in Sports Studies dependent upon the uptake of the year group. Students also learn about physical development and the importance of healthy lifestyles in their Life Skills lesson as part of their ASDAN qualification. This involves topics on the importance of exercise and a balanced diet.

<https://priesthorpe.coopacademies.co.uk/pe/>