

Year 7 PE

For the past four years our PE department has been consecutively awarded School Games Mark Gold, we remain the only mainstream secondary school in Salford to be awarded the highly coveted accolade. The criteria for the award is vast, for example more than 50% of our school must participate in some kind of extra-curricular sporting activity, this is possible because of our staff who are all highly qualified and experienced PE teachers with a wide range of sporting expertise who are also well supported by staff from various National Governing Bodies such as [British Weightlifting](#), [The FA](#), [The RFL](#) and [Manchester United Foundation](#). All students will receive two hours of PE every week throughout their five years at our school plus free access to a range of free to all extra-curricular activities.

What will I study in Year 7?

Girls: Team Building, Netball, Gymnastics, Football, Volleyball, Trampolining, Rounders, Athletics, Fitness, Table Tennis, and Orienteering.

Boys: Team Building, Rugby League, Football, Basketball, Fitness, Volleyball, Free Running, Athletics, Soft-ball, Indoor Cricket and Dodgeball.

Fundamentally our focus is getting the best out of all our students regardless of their ability or starting point. In lessons we take a holistic approach where teamwork skills, communication skills, and sportsmanship are just as valued and rewarded as physical ability and success.

Extra-curricular

We run an immense amount of extra-curricular sport throughout the year putting together teams in sports such as Girls and boys Football and Basketball, Rugby League, Netball, Rounders, Indoor Cricket, Athletics, Trampolining, Rounders, Softball, Olympic Weightlifting in our Olympic Weightlifting gym, Boxing - led by the Joe Gallagher Foundation in our Boxing Gym as well as Street Dance and Cheerleading in our dance studio. We even compete in new and emerging sports such as Dodgeball, ultimate frisbee, Goal Ball and BMX and hold titles at Salford Champions across the age range and those teams then go on to represent Salford at regional level. All clubs are free, and all students are welcome and encouraged to participate regardless of ability or prior learning.

What happens at Key Stage 4?

Students will still receive two hours of core PE every week, during core PE students can individually select their own activities in an area of their interest every half term. Students can also choose to complete a qualification in Sports Studies which has had magnificent success, for the last five years we have had 100% pass rate with students on average achieving two grades above their target grade.

Our PE department delivers courses, trains, supports and models lessons for many other schools in the North West who wish to learn from our successes at Key Stage 3 and Key Stage 4.