

# PHYSICAL EDUCATION

## AIMS

- ◇ To promote physical fitness, understanding and interest in a variety of activities.
- ◇ To provide for and develop motor skills in a wide range of physical activities.
- ◇ To provide opportunities for self fulfilment, competition and to experience a sense of achievement in individual, small groups and team activities.
- ◇ To develop desirable personality traits, individuality, initiative, perseverance, creativity and responsibility and leadership skills.
- ◇ Physical Education lessons provide opportunities for pupils to experience different roles within the lesson to develop self esteem, leadership and communication skills.

## DEVELOPING YOUNG PEOPLE THROUGH SPORT

In partnership with the Active Young People Department (BCBC), there are opportunities for pupils to follow a Leadership Pathway to become Young Sports Leaders and go on to follow a Young Ambassador Program.



**SENIOR NETBALL TEAM  
TOUR TO BARBADOS JULY 2015**



# PHYSICAL EDUCATION

## ACTIVITIES TAUGHT IN KEY STAGE 3

GYMNASTICS

SWIMMING

HOCKEY

NETBALL

BASKETBALL

RUGBY

FOOTBALL

ATHLETICS

TENNIS

ROUNDERS

BASEBALL

BADMINTON

HEALTH, FITNESS & WELLBEING

ADVENTUROUS ACTIVITIES



## EXTRA CURRICULAR ACTIVITIES SPORT FOR ALL

Pupils are encouraged to play and train for teams. Practises and matches are held lunch time and after school.

The school has a Rugby Development Officer to aid and further enhance the provision of boys and girls rugby within Bryntirion and the feeder primary schools.

Many activities are on offer through the schools extra curricular program, 5X60 timetable and The Girls Engagement Program.

