

## PE

In their first three terms at The Suthers School, all students will participate in swimming lessons at Bingham Leisure Centre. Lessons will be led by the Nottinghamshire County Schools Swimming Teams and will be provided to students free of charge. This means that all students will take part in a 16 week programme, tailored to suit the full range of abilities and designed to give direct instruction on strokes and swimming technique, build stamina, develop team-working skills through games such as water polo as well as give all students the chance to gain a Junior Lifeguarding qualification.

PE is of course an excellent opportunity for pupils to take part in exercise to mentally and physically stimulate both the body and the brain and to develop key skills such as communication, teamwork and leadership. From Term 4 onwards, students in Year 7 at The Suthers School will participate in a range of sports and activities to include a selection from the following:

### Athletics

- Dance
- Fitness
- Games
- Gymnastics

Our schemes of work are informed by the National Curriculum and prepare students for Physical Education at GCSE and A Level.

Students at The Suthers School benefit from a minimum of three periods of Physical Education a week.