

Physical Education at Norbury High

Key Stage 5 Core Physical Education

At Key Stage 5 (KS5), Physical Education (PE) remains a compulsory subject for year 12 students. This helps to create a link between the sixth form and university, where Wednesday afternoons often present opportunities for organised sport with fixtures and training sessions.

Our year 12 students participate in one hour of physical activity on a Wednesday. The emphasis in KS5 is on participation and enjoyment to promote a prolonged interest in sport and physical activity.

- **Invasion Games:** netball, rugby, football, handball and basketball
- **Creative Sports:** trampolining and dance
- **Athletics**
- **Striking and Fielding:** rounders, cricket, Danish longball and stoolball
- **Target Games:** dodgeball and benchball
- **Net Games:** badminton, table tennis and tennis
- **Health and Fitness:** circuit and HIIT training
- **Offsite:** gym