

PHYSICAL EDUCATION



The intention of the Physical Education curriculum at Weald of Kent Grammar School is to develop a passion for physical activity and sport. We want our students to understand how exercise contributes to a healthy, active lifestyle and what opportunities are available to them locally.

This gives them the knowledge and confidence to continue leading a healthy, active lifestyle post-16.

We believe the study of PE contributes to our students communication and teamwork skills as well as providing them with physical challenge. It is a subject which equips the individual with a variety of transferable skills such as resilience, and helps to prepare our young people for the next stage in their lives.