

PE and Sport

The Bridge Short Stay School

KS3 Physical Education

All KS3 & KS4 students at The Bridge Short Stay School are given the opportunity to participate in a variety of physical activities including: Basketball; Badminton; Tennis; Squash/Racquetball; Fitness; Football; Athletics. Through working in partnership with local organisations we are able to use specialist facilities to provide a varied curriculum and develop young people's confidence of using leisure facilities.

During PE & Sport lessons students will develop their practical skills and confidence to participate in sport. Alongside the practical element to lessons students will also develop their knowledge and understanding of healthy lifestyles while developing communication; leadership and teamwork skills.

There is a small gym located on site which allows for individuals to develop personal fitness plans and increase their knowledge of healthy lifestyles. This also often serves as an opportunity for physical release, helping young people to learn to self-regulate and manage their own feelings and behaviour.

Students who are with us for a period of their KS4 education have the opportunity to continue working on any PE accreditation they have started at their previous school. If students are staying at The Bridge to the end of year 11 they can complete the EDEXCEL GCSE in Physical Education.

As part of GCSE PE students are assessed on their practical ability in four different activities which contributes 60% of their final grade. The final 40% of their grade is assessed through an exam, testing their knowledge and understanding of healthy, active lifestyles and how the body works and responds to exercise.