



PHYSICAL EDUCATION

Here at Applemore we offer a wide range of activities including team and individual sports. Our extra-curricular offer includes clubs such as netball, football, rugby, cricket, rounders, dance and athletics. You will also have the chance to take part in many fixtures and tournaments.

With access to specialist facilities during PE, such as our full-sized, flood lit, all weather pitch, the swimming pool, gym and spinning studio, you will have many opportunities both in lessons and after school to improve your physical fitness and take on new challenges. You will develop your physical, mental and social skills and your wellbeing to prepare you for your future.

Students also thoroughly enjoy representing their House through inter-house competitions culminating in our Sports Day, which is always an event to remember. Regular fixtures take place throughout the year.

We are a fully inclusive school and encourage our students to try new sports and develop new skills. It now seems more important than ever to live a healthy, active lifestyle and we believe that with our support, students will find the sport or activity that is right for them.

