

Head of Department: Mr K Browne

At Phoenix Academy, we understand the importance of being physically active, both for a student's physical health as well as for their social and mental wellbeing. We want to promote lifelong participation in, and enjoyment of, physical activity, and we therefore believe in the power of a positive approach to physical education, where all students feel included and accepted, regardless of their gender or natural ability. We strive to help students find a sport that works for them, and are dedicated to the provision of a varied and enjoyable PE programme, in which all students take part. Outside of lesson time, we also host a variety of enjoyable and exciting extracurricular clubs, competitions and events, and we have a wonderful selection of high-quality equipment and facilities. Sports offered at Phoenix include football, trampolining, rugby and basketball.

Key Stage 4 Qualification in Health and Fitness

Key Stage 4 students at Phoenix Academy have the option of taking a vocational qualification in Health and Fitness. This is an ideal introduction into the health and fitness sector, and suits students who are thinking about pursuing a career in this field. Students will study the main body systems, the physiology of exercise, and the impact of exercise and physical activity upon the human body. They will also have the opportunity to participate in a project where they create their own health and fitness programme.