



**Year 10 students learning CPR training by
East Midlands Ambulance Service**



**English Martyrs' Annual Sports Day
at Saffron Lane Athletics Stadium**



**Year 9 West Leicester Football Team winners
2022-23**



**Year 8 & 9 West Leicester Football Champions
2022-23**



Year 8 & 10 Girls Football

**English Martyrs'
Catholic School**



Physical Education Department



PE Curriculum

All students receive two hours of high quality PE per week. One lesson will usually be outdoors and the other will be indoors.

Lessons are divided into the below categories:

- Athletics
- Games– Badminton, Basketball, Football, Hockey Netball, Rugby, etc
- Gymnastics
- Health and fitness activities

Each student is given an academic achievement target for PE during the year using 1-9 grades, 9 is the highest. Students are assessed in lessons using practical assessments and theoretical understanding of topics.



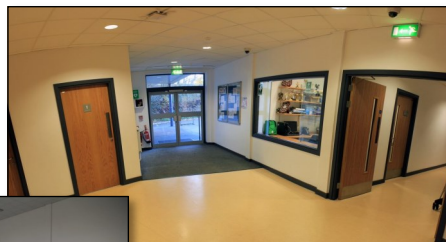
Year 8 & 9 West Leicester Football Champions

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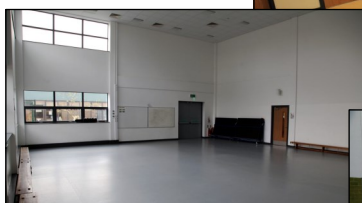
English Martyrs Physical Education and Sport Facilities

At English Martyrs' all of our students are provided with the opportunity to learn new and develop existing skills in a range of sports using our state-of-the-art facilities.

**Entrance to
St Sebastian
Sports Centre**



Activity Studio



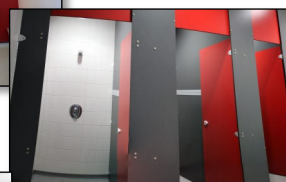
Sports Hall



Changing Rooms



Shower facilities



Astro Turf



Top Court



Co - Curricular Opportunities

At English Martyrs we encourage every student to attend one of the wide and diverse range of sporting clubs that are on offer.

Over recent years we have become extremely competitive and have won a wide array of both local and regional competitions.

We offer:

- Athletics (Summer Term)
- Badminton
- Basketball
- Football
- Rugby
- Cricket (Summer Term)
- Fitness club
- Gymnastics
- Hockey
- Netball
- Rounders (Summer Term)
- Table Tennis
- Trampolining Club

All of the co - curricular clubs are free of charge and students are encouraged to attend as many as possible.