

# Croeso I adran Iechyd a Lles.



**CHEPSTOW  
SCHOOL**

INSPIRING LEARNING  
YSBRYDOLI DYSGU

At Chepstow School we are really proud of our Health and Well-being department. We are incredibly lucky with the facilities we have to offer. We have a full size astroturf, a new 3G, a number of Rugby and Football pitches which become an athletics track in the summer. As well as the use of the Leisure centre Sports hall, swimming pool and the newly marked outdoor netball and basketball courts.

We delivery both practical PE lessons as well as 1 classroom lesson a fortnight about various elements of Health and Well-being. In lessons we follow 4 10 week blocks with the focus in year 7 being The Value of PE, Curiosity, Resilience and Life Skills. This focus will be delivered through a variety of sport including invasion games, net & wall games, athletics, swimming and creative activities.

We run an extensive extra curricular program which includes Football, Rugby, Netball, Cricket, Rounders, Golf, Athletics, Cheerleading and fitness. All clubs are open to everyone and gives the pupils an opportunity to represent the school in fixtures.

In Health and Well-being theory lessons we cover topics such as relationships, bullying, hygiene, the dangers of social media and social inequality. This is mostly through discussion.

## PHYSICAL EDUCATION

