

Sports and PE

Physical education (PE) is very important at North London Grammar School as it can develop essential skills for all of our pupils. We aim to improve our students' fitness and physical state in PE and our students' social, team work, competitive and emotional skills. It's very important for us that our students lead a healthy and active lifestyle in school, which sets them up for life as a young adult. When we plan the PE curriculum we take all of the above into account. These are some of the sports/exercises that we offer:

- Fitness testing/fitness exercises
- Football
- Basketball
- Handball
- Table tennis
- Dance
- Athletics
- Rounders
- Tennis
- Boxing