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**Physical Education Department**

The P.E department are very successful within the School and community. We have won the Hertfordshire Service to Sport Secondary School P.E department of the Year three consecutive years in a row. The PE Department has state of the art sports facilities. The sports hall and astro-turf are both five years old. The sports hall has five cricket nets, six badminton courts two volleyball courts and ten basketball rings. Completing the sports hall is a gym and fitness suite and a dance studio. The department also has a newly refurbished swimming pool and extensive playing fields.

**Key stage 3**

At Key Stage 3, students are taught in single sex lessons. Students have a generous allocation of five hours of sport over a two week period. Over the course of a year, students will undertake a wide variety of different activities taking advantage of the Department’s excellent facilities. Sports currently taught are: football, rugby, basketball, dance, fitness, badminton, tennis, cricket, rounders, athletics, OAA, volleyball, swimming, gymnastics, hockey and handball.

**Key stage 4**

At Key Stage 4, students are taught in both single sex and mixed sex classes depending on the activity. Students have four core lessons over a two week period and are able to choose a pathway of activities they wish to follow. The Department offers Level 1 Sports Leaders Award and a number of NGB awards in this time.

GCSE PE is offered as an option. This is taught over a separate five lessons per two week block. We follow the OCR specification and we currently have two sets in both Year 10 and 11.

**Key stage 5**

A Level PE is also offered and we currently have one set at both AS and A2, again following the OCR specification. The A-Level results last summer were **ALPS 2.** We also run enrichment at KS5 offering a variety of Sports.

**Extra-curricular**

Extra-curricular sport plays an important role in the ethos of the Department. We run an extensive programme, before school, at lunch times, after school and on Saturday mornings. Our aim is to offer a wide variety of activities so that as many students as possible can take part and enjoy physical activity.

As well as recreational sport, we also run a large number of sports teams who compete in local and national competitions. Over the years we have enjoyed sporting success and regularly have students who gain representational honours and District and County level. We have also had students gain national honours and two have participated in the Olympic Games.

The Department run a number of sports tours and trips. We currently organise and run an annual ski trip (next year taking 120 students) a football tour to Europe, a rugby tour to Europe, Netball to Paris and a GCSE outward bound trip.

The Department currently consists of six teaching members of staff and an apprentice.

The Department run staff sports activities for all staff to be involved in and develop a positive ethos and wellbeing amongst staff. This includes competitive football, cricket and basketball teams, use of the gym and fitness suite, Volleyball and recreational swimming.

The Physical Education Department is at the heart of school life at Rickmansworth School and is highly respected by students, parents and staff.

**SSP**

Rickmansworth School are the hub school for the Three Rivers School Sports Partnership and work closely with our local primary schools.

The School Sports Partnership team is made up of 3 staff members who run games and leadership courses for the local community, both primary and secondary. The SSP support the P.E department run fixtures and extra-curricular clubs.