



PE DEPARTMENT

Physical Education has continued to have a high profile within the school, and is considered to be a thriving and successful department by students, staff, parents and the local community. Our aim is to provide opportunities for all students to develop a range of skills in an exciting and challenging environment. We believe that it is essential that students feel confident and at ease, allowing them to push themselves on to reaching higher feats and being willing to take appropriate risks to get there. We aim to foster personal responsibility within our students, equip them with lifelong skills that they will transfer into their everyday lives, and give them the opportunity to develop into healthy, active citizens in the future. We aim to provide opportunities in an enthusiastic and enjoyable environment, while offering the opportunities for progress along the pathway to excellence for our more talented students.

At present there are 3 full time and 1 part time member of staff in the department. All teachers joined the school over the past 1-2 years and are bringing fresh ideas and enthusiasm to an already successful department. In addition we have one talented PE technician. The department has continued to develop positively over the past two years with the current Head of Department implementing her ideas and expertise into the department and school. We also have a part time Dance Specialist who is responsible for dance within the school; this includes GCSE and A Level dance. Alongside this she leads an extensive dance extracurricular programme, professional dance workshops, dance trips and the annual dance show.

All staff make use of the wealth of facilities available in the PE department which includes; outdoor facilities - floodlit tennis and netball courts and the brand new astro turf. The field houses a 400m grass track, the centre of which accommodates other games such as rounders, football and rugby. Indoor facilities include a 4-badminton court sports hall a gym. The gym has a sprung floor and a range of gymnastic equipment; we also have three large wheeled dance mirrors. We are also fortunate enough to have a fitness gym.

Exam PE remains extremely popular with outstanding results in both GCSE and A level Physical Education. We follow the AQA syllabus in both. In 2019 93% of GCSE results were L7-L9 with a value added score of 1.78. At A Level 83% of students achieved A* - C with a L3VA score of 0.11. Many students continue studying Sport Science at some of the top universities such as Loughborough, Birmingham, Exeter and Bath.

The PE curriculum is well supported by an extensive range of extra-curricular activities offered both at lunchtime and after school predominantly by the dedicated teachers but supplemented by external coaches where possible. Club activities encourage a large membership irrespective of ability, but from the clubs, students are selected to join squads who have further training sessions to prepare them for inter school competition in netball, hockey, rounders, tennis, cricket, football, rugby, basketball, athletics, cross-country and gymnastics.

As a PE department we also excel in a range of sports - in the last 9 years, a total of 32 teams have reached National Finals in 6 different sports in 6 different age groups. Our greatest achievement to date is the success of the Under 16 Netball squad who won the Schools National Championships two years in succession and our Under 18 Netball squad who won silver medal at the National Schools Finals in 2016 and the gold medal in 2017. Our U16 Hockey team have just finished 6th in the country at outdoor national finals, our U18 Hockey finished 3rd in the indoor national finals and U19 Gymnastics squad finished 3rd at National Finals.

Inter-house competitions are held in netball, hockey, dance, rounders, and athletics. This provides an opportunity for all students to participate. In addition to competitive sports, we have several active dance troupes for all ages and abilities. The clubs for younger girls are led by A level dance and GCSE dance students. The advanced troupe has performed in public competitions and all stage a highly successful annual dance show at school in the Spring Term.

Many of our students compete at County, Regional and National level in a number of sports. We acknowledge our elite students each year at our annual Sport and Dance Dinner Awards.

We also offer our senior netball and hockey squads the opportunity to participate in our biannual sports tour which has previously gone to Australia and this summer went to South Africa for the first time.

In curriculum PE, students in Key Stage 3 receive 2 hours of lessons per week, in two one hour lessons. Students are offered great flexibility and personalised learning experiences in both KS3 and KS4. The KS3 curriculum includes hockey, netball, badminton, volleyball, tennis, rounders, athletics, football, rugby, dance, gymnastics, team building, trampolining and health related fitness.

Throughout these lessons the department has focused on developing students as independent learners. Students are encouraged to develop a range of roles within the lesson, including that of coach, leader, official, observer and performer.

In Year 10 and 11 students again receive 2 hours of lessons per week in two one hour lessons. The students choose from a range of activities offered and create their own personalised pathway throughout the year, as do the year 9 students. Students have to choose at least two activities from the National Curriculum, activities offered include netball, trampolining, football, volleyball, team building, tag rugby, basketball, volleyball, badminton and golf to name a few. The KS4 programme offers students a vast degree of choice and flexibility. The main emphasis is on providing students with experiences which will assist them in adopting a healthy, active lifestyle and they move into adulthood.

Year 10 and 11 students also follow the Level 2 Sports Leaders Award, this is a nationally recognised qualification that enables successful candidates to lead small groups in simple sport and recreational activities whilst under the direct supervision of their Tutor. This provides opportunities to develop student's leadership skills. A number of personal skills are developed including their communication skills, social skills, teamwork, creativity, independent planning. The Level 2 Award also fosters a degree of personal and social responsibility.

In Y12, students have the opportunity to follow the very popular one-year Higher Level 3 Sports Leaders Award. Students are required to lead activity sessions and lead activities within the school, including organising and leading inter house events, extra-curricular clubs and assisting in KS3 lessons. Students also complete the Playground Leaders course and work with primary schools organizing a number of sporting festivals.