

Physical Education

Aims

- To develop and improve psychomotor skills, co-ordination and control of the body.
- To maintain and improve mobility, flexibility, strength and fitness.
- To develop the capacity to sustain exercise and promote an appreciation of the importance of exercise in maintaining a healthy life.
- To encourage and develop experience and appreciation of creative and aesthetic movement.
- To promote an understanding of the concepts of fair play, honest competition and good sportsmanship.
- To provide, through co-operation and competition, experience of different roles and relationships, thus encouraging acceptance and tolerance of strengths and limitations.
- To develop an awareness of the importance that both Physical Education and Judaism place on diet, nutrition, health and care of the body.

Objectives

- To encourage the enjoyment and fulfilment derived from participation in a range of sporting activities.
- To train students to evaluate and improve their performance.
- To encourage more able students to develop their skills and understanding to a high level through competitive experiences and team practices.
- To encourage less able students to develop greater self-confidence.
- To teach students the importance of teamwork and an appreciation of the ideas and efforts of others.

Organisation

The P.E. department consists of the Head of Department, Miss Leann Swaine, Mr Lee Raby (Head of GCSE P.E.), Mrs Jaimie Minter-Greene, Mr Phil Monaghan and Mrs Beth Kerr (Head of A Level P.E.)

We have also expanded the P.E. department by using a number of specialist sports coaches to broaden the sporting experiences of our pupils. There include: Tony Bowers (Golf Professional at Bushey Golf Club) and Zoe Ann Aston (Dance Teacher).

We have an extensive range of facilities, including a fully equipped gymnasium and a multi-sports all-weather surface, which provides five netball and basketball courts in the winter season and five tennis courts in the summer months. We have two large fields which provide a junior and senior football pitch in the winter; in the summer, these are marked out as a cricket pitch and athletics track. The third smaller field accommodates three cricket nets and two throwing areas for the summer sports. We also use the Joyce King Theatre and the Fitness Suite, which includes a variety of cardiovascular and weights machines. We have this year introduced swimming to all pupils in Years 7-9, the lessons taking place at Westfield Community College.

Who studies what and when?

Years 7-10

There is a broadly based core curriculum. In Years 7 and 8 there are two lessons of 60 minutes in the ten-day cycle and a 2 hour Sports' afternoon; in Year 9 there is one session of 60 minutes and a Sports' afternoon; and in Year 10 three single lessons. The following activities are covered through the year:

Year 7 Fitness, netball/soccer, dance (girls), gymnastics, basketball, uni-hockey, athletics, tennis, trampolining, cricket and rounders, swimming, outdoor activity adventure (OAA)

Year 8 Basketball, netball/soccer, dance (girls), gymnastics, hockey, athletics, tennis, trampolining, cricket and rounders, OAA, swimming.

Year 9 Basketball, soccer, volleyball, badminton, hockey, athletics, tennis, trampolining, cricket and softball/rounders, dance, OAA, swimming.

Year 10 Basketball, soccer, volleyball, badminton, hockey, athletics, tennis, trampolining, cricket, softball, dance (girls), and aerobics.

Years 11, LVI and UVI

The students enjoy a weekly Sports afternoon. They can choose from a multitude of activities, such as golf, trampolining, fitness training, football, aerobics, basketball, badminton and tennis.

GCSE Physical Education

GCSE Physical Education is offered to all Year 10 pupils. The course is now part of the options system and there are over 60 pupils studying this area next year.

Continued on page 40