

PHYSICAL EDUCATION

PHYSICAL EDUCATION IN THE LOWER & MIDDLE SCHOOL (First, Second & Third Years)

During the First Year, students refine existing games skills in netball and hockey, and learn new skills for lacrosse. Skills and tactics are introduced and implemented into full or small sided games. Individual gymnastic skills and routines are taught, as are themed contemporary dance and all major swimming strokes. In the Summer Term athletics, tennis and rounders are the major curriculum sports. Throughout the year, all sports work on a rotational basis over three double periods a week, usually in six-week blocks.

In the Second Year students have two double periods and one single period. They continue to improve and acquire further skills in both the winter and summer sports studied in the First Year. Full games are played more regularly, and tactics are developed. In gymnastics students develop skills and routines in pairs on large apparatus; in swimming they refine all four strokes and learn life saving skills, and continue with a different themed contemporary dance. Again, these sports are rotated over six-week blocks.

In the Third Year the students have two double periods per week. Tactics are of greater importance in games activities and team play is further developed. The basic umpiring commands are introduced and students have an opportunity to wield a whistle. In gymnastics students develop a trio balance and perform it to music on large pieces of apparatus. Water polo skills and rules are taught during swimming lessons and the students continue developing their contemporary dance. Rotations of the sports occur every eight weeks in the Third Year.

Teams

The Physical Education Department offers many opportunities for students to represent the School in teams in a wide range of sports. Practices take place in lunch hours, in Session One (4.10-5.00pm), or sometimes in Session Two (5.00-5.50pm), attendance at practices is compulsory if students wish to be considered for teams.

PHYSICAL EDUCATION IN THE UPPER SCHOOL (Fourth & Fifth Years)

In the Fourth and Fifth Years, students have two double periods of games. One of these is shared with PERSIL (Personal and Social Education) every other week. Students are required to choose at least two different sports options over the Autumn and Spring Terms, and one for the Summer Term.

Students are offered a wide selection of additional sports, in addition to the main games. They include volleyball, basketball, badminton, fitness and aerobics, with swimming and cricket in the summer.

An emphasis is placed on tactics and umpiring, as well as observation and analysis of selected sports.

The PE Department also offers a wide range of sports clubs within Godolphin's activities programme.

PHYSICAL EDUCATION IN THE SIXTH FORM

A level PE (A2 & AS level)

Syllabus

OCR Examination Board

Assessment Pattern

Physical Education at A level is an academic subject. The weighting of theory to practical is 70%-30%. Some of the practical is physical, with some portfolio coursework, and some is observation and analysis, delivered through an oral presentation.

AS level is assessed at a standard between GCSE and Advanced GCE and can be taken as a stand-alone qualification. Because of the scientific nature of this course, students are required to achieve an A or B grade in science at GCSE. They should commit themselves to club participation in both their practical activities.

Syllabus content: OCR Examination Board

There are three AS modules: 1) The Application of Physiological Knowledge to improve performance; 2) Contemporary Studies in Physical Education; and 3) Performance and its improvement through Critical Analysis.

There are three A2 modules: 1) Physical Education: Historical, Comparative, Biomechanical and Sport Psychology options; 2) Exercise and Sport Physiology and the integration of knowledge of principles and concepts across different areas of Physical Education; and 3) The improvement of effective performance and critical evaluation of the practical activities with synoptic assessment

Who could follow this course?

Anyone who has a strong interest in sport, especially if she is thinking of a degree course in sport science, sports medicine, sports psychology, physiotherapy, primary and secondary teaching, sport and leisure management.

What skills will you develop?

Observation and analysis, communication, the ability to integrate knowledge from different areas; the ability to evaluate your own and others' strengths and weaknesses; the ability to coach others in improving performance; discussion and presentation delivery.

What higher education and career options does PE offer?

PE offers many possibilities. Related university courses include sports science, physiotherapy and education. There are career opportunities in outdoor education, teaching, coaching, health & fitness, physiotherapy, sports management and the sport & leisure industries.

General PE programme for sixth formers

All sixth formers must continue to take some form of exercise for health, fitness, relaxation and enjoyment. Not everyone wishes to take part in competitive sport, so we also offer an options programme, introducing students to a wider range of activities which can be pursued after leaving school.

In the winter months, every student follows a chosen activity for a complete term. After one term she may change to another activity. The summer programme is based on three outdoor sports, as listed below. Every sixth former is expected to take part in at least one of these activities.

Winter Programme Options

Aerobics, Badminton, Basketball, Hockey, Lacrosse, Swimming, Netball, Squash, Rebounders, Golf (charged), Volleyball, Fitness, Touch Rugby

Summer Programme Options

Athletics, Volleyball, Rounders, Swimming, Tennis, Fitness, Basketball

School Teams

Athletics	Hockey – 1st and 2nd teams
Lacrosse – 1st and 2nd teams	Netball – 1st and 2nd teams
Swimming	Tennis – 1st, 2nd, 3rd and 4th teams

Evening Activities (No fees charged)

Aerobics, Badminton, Basketball, Cross Country, Volleyball, Rebounders, Yoga, Stretch and Tone

Evening Activities (Fees charged)

Fencing, Olympic Gymnastics, Tennis Coaching, Judo

Clothing required for Physical Education throughout the School (First Years to Sixth Form inclusive)

Tennis navy pleated skirt (John Lewis)
Plain navy tracksuit with logo (John Lewis)
Plain white sports shirt with collar
School sweatshirt
Navy socks (winter), white socks (summer)
White tennis shoes
Cycling shorts for athletics/rebounders (obtained from the School)
Navy swimming costume