



Secondary Phase Sport Provision

We aim to ensure that all pupils take part in physical education to:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Our wide ranging sports provision provides opportunities for pupils to:

- become physically confident in a way which supports their health and fitness
- compete in sport and other activities which build character and help to embed values such as fairness and respect.

We offer a very wide breadth of experience in sports. Many pupils have taken up one of these sports outside of school.

All sports provision is delivered by specialist teachers employed

To achieve our aims, pupils have taken part in the following activities over the last 1 ½ years:

- Jiu jitsu
- Dance – hip hop & modern dance & aerial hoop
- Athletics – track & field
- Rounders
- Dodgeball
- Netball
- Performing arts & drama
- Football
- Ball games
- Yoga

- Fitness suite (gym)
- Hockey
- Tag rugby
- Cross country
- Circuit training

Asanas – 9 times a week

In addition to taking part in sport one afternoon a week, all pupils perform a number of yoga asanas every morning and afternoon as part of their Transcendental Meditation routine. These are carried out 9 times a week for every pupil.

Asanas tone the muscles, develop flexibility and improve posture and spinal alignment. Asanas fundamentally act as a lubricating routine to the joints, muscles, ligaments and other parts of the body, increasing circulation and flexibility.

Sports Leaders

Last year, we introduced Sports Leaders. Year 11 pupils were selected to lead sports sessions for their peers. They planned and delivered sessions including a warm up, skills and game play. The pupils were each responsible for a small group of 15 peers over a period of 6 weeks. This helped develop leadership skills and used their organisational skills, raising their confidence levels.

Our school took part in training sessions led by year 13 BTEC sports students at a local college

During 4 weeks, pupils take part in a range of sports coaching sessions led by year 13 BTEC Sport and Exercise Science students. Sports sessions include Rugby League, Netball and Basketball, amongst others. Sessions will be mixed between indoor and outdoor. The sessions that the students will be taking part in are for BTEC coursework.

Examples of content of some activities:

Performing arts/Interpretive dance

The group's sessions will be focusing on storytelling through the body. Workshops will be centred around the connection between the mind and body in theatre. Early sessions will be centred on how our intentionality can inform our body language, movement and character. This progresses to look at how we can stylise our physicality, drawing on world renowned theatre practitioners to create visually engaging scenes. In the later weeks we will be bringing all this together and looking at how we can use these ideas to tell our own stories on stage. Lessons are based on person-centred-pedagogy and adapt to the needs of the group. Through performance theatre, the group will explore the concepts of Identity and their environment.

Netball

Skills are taught at the start of each session. Different catches and throwing skills. This progresses to pupils leading the warm up themselves. Pupils learn the different positions: attack and defence. They learn the mechanics of throwing. All of these skills are put into action by playing a game of netball.

Yoga

Learning different postures

Learning about muscles groups

Physiology – how different postures affect the body