

PHYSICAL EDUCATION

Pupil year: L5 - U5 (Yr 10 - Yr 11)

Head of Department: Miss L K Millar

Lower 5

The emphasis is on encouraging girls to take more responsibility for their own fitness and hopefully build habits for life.

In the Autumn Term girls take part in netball and badminton, hockey, rota of basketball and aerobics.

In the Spring Term girls are introduced to an option system where they opt for hockey, aerobics, on-site activity, fencing or squash.

In the Summer Term the girls take part in a combination of rounders, tennis, volleyball, athletics or swimming.

Upper 5

We offer an option which encourages girls to choose according to their interest thereby encouraging fitness for life.

In the Autumn and Spring Terms an option is chosen from: aerobics, badminton, basketball, fencing, golf, hockey, netball, squash, swimming and volleyball.

In the Summer Term girls take part in tennis, swimming, softball or rounders.