



PHYSICAL EDUCATION

The emphasis is on encouraging girls to take more responsibility for their own fitness and build good habits for life-long participation in sport.

Lower 5 Programme: Two 1 hour lessons per week

In the autumn term the Games curriculum includes basketball, aerobics and hockey, whilst in the Physical Education lessons we cover netball (including an introduction to the Young Umpires Award), badminton, tag-rugby and volleyball. During this term the Under 15 squad train for and play hockey fixtures.

In the spring term, during Games lessons, girls are introduced to an options system where they can choose dance/fitness, an on-site activity or squash. In Physical Education we cover volleyball and Fitness for Life. During this term the Under 15 squad train for a play netball fixtures.

In the summer term the programme includes tennis, athletics, rounders and softball.

Upper 5 Programme: One 2 hour lesson per week

We offer an options system which encourages girls to choose according to their interest. We also provide opportunities to follow the Sports Leaders Award.

In the autumn and spring terms an option is chosen from: aerobics, fencing, golf, squash, swimming, Sports Leadership and a selection of activities as an on-site option. The Under 16 and Senior squads play Hockey in the autumn term and Netball in the spring term.