

The PE department deliver a wide range of activities to improve fitness and skill level. In Games lessons, development of skills and tactics as well as team play in full game situations are taught. In Year 7 students will start with a base line assessment block to identify talent and to encourage students to represent the school in sports fixtures throughout the school year.

All girls have an opportunity to learn gymnastic activities as well as net/wall sports and athletics activities. To accelerate fitness levels, girls will follow a health and fitness unit which will include circuit training, running as well as understanding the importance of healthy food choices and maintaining good fitness levels.

The PE Department also provides sports clubs for most activities and compete regularly in the Merton Leagues and all Borough Sports events and Tournaments.

### **Sports Taught in the PE Department**

In Years 7- 9 girls participate in the following activities: netball, football, health and fitness, gymnastics, badminton, tennis, cricket, athletics, rounders, and invasion games activities including tag rugby and hockey.

In Years 10 and 11 additional sports include volleyball, pop lacrosse, softball , aerobics, health and fitness, benchball, trampolining and rowing.

At Key Stage 4 there is the opportunity to take sport as an academic subject enrolling on the BTEC Level 2 First Award in Sport Course or GCSE PE. In addition girls can follow on to the Level 3 BTEC Subsidiary Diploma or A level PE in Year 12. This will enable students to continue studying sport and maybe find themselves in a sporting career like a Sports Teacher, Leisure Centre Manager, Police Officer, RAF Physical Training Instructor, Sports Coach. PE teacher, Sports scientist and much more!

### **Success and Achievement**

The whole school attends our annual Sports day and we also hold regular inter school competitions.

In Years 9 and 10 students are given the opportunity to train as a Wimbledon ball girl. Eight girls represented the school at the championships this year. The Badminton squad were borough Champions and went onto represent Merton at the London Youth Games and came second.

The school is now the local satellite hub for London Youth Rowing with girls selected to row on the Thames as well as achieve success at the London Youth Games. We are also a satellite hub for Cricket with training and development for cricket becoming established within the school through the school sports council.