



# Sport and Physical Education

## South Wilts Grammar School

The Physical Education Department aims to encourage positive attitudes to physical activity. All pupils have the opportunity to gain a sense of achievement from acquiring, developing, selecting, applying and evaluating skills and knowledge of physical activity. We encourage pupils to contribute to teamwork as well as gaining confidence as an individual.

The facilities for Physical Education include an excellent all weather athletics track, a gym, hockey pitches and netball/tennis courts. We also hire Leisure Centre facilities near to the school for a variety of activities at KS3, KS4 and sixth form recreation.

All members of the Physical Education Department are fully qualified to teach and coach all areas of activity undertaken and we often invite coaches/professionals into school to take specialist lessons. We enjoy a close club-school link with Victoria Park Tennis Club, Blue Jays Netball Club, Salisbury Volleyball Club, Salisbury Athletics Club and Salisbury Ladies Hockey Club.

Physical Education is taught through the National Curriculum and our chosen areas of activity include games, gymnastics, dance and athletics. There are plenty of opportunities to join lunchtime clubs on a recreational and competitive level. Teams represent South Wilts in all competitions and leagues arranged in the Salisbury and District Area; we also travel further afield to participate in the English Schools National Cup competitions in swimming, athletics and cross country. Team practices and clubs include athletics, basketball, cricket, cross-country, football, hockey, netball, tag rugby and tennis. Volleyball, badminton, swimming and fitness are also offered as lunchtime clubs.

South Wilts teams compete at a high standard and have a good reputation in the area. South Wilts is often represented at County and Regional competitions and some girls and teams have achieved National standard.

The members of the Physical Education Department have close links with local clubs and always try to encourage girls to participate in activities outside school. We make a point of nominating girls to take part in other initiatives run by the Council, such as Sports Stars Coaching.

GCSE Physical Education is offered as an examination subject in Years 10 and 11 and for those wishing to further their interest and experience an AS and A2 Level course is run jointly with Bishop Wordsworth's School for Boys.

The Sixth Form Games Captain manages a team of Sports' Prefects to help promote sport within South Wilts, publicise the achievements of the students and encourage younger years to participate in physical activity. Senior pupils are encouraged to gain experience in coaching and organising tournaments and competitions by taking their Community Sports Leaders Award (CSLA) and Step into Sport. Students are also able to participate in the Junior Sports Leaders Award from as part of their KS4 Core PE lessons. They are particularly active in the inter-form cricket, hockey, netball and rounders competitions. Sixth formers are also given the opportunity to participate in a structured recreation lesson which can include dance, badminton, fitness, self defence and squash.