

Westcliff High School for Girls

Physical Education Department

The PE Department currently comprises two full-time and three part-time teachers including a dance teacher.

The PE facilities are outstanding and consist of:

- A fully equipped 4 court Sports Hall and changing facilities
- A purpose built Dance Studio
- A purpose built Fitness Suite
- Four floodlit hard play netball/tennis courts including a MUGA
- Playing fields for athletics and rounders

The unique contribution which PE can make to the school curriculum is that movement is common to all activities; our well structured programme supports the needs of individual students as they develop and must include opportunities for all to gain experience and development in conjunction with the school objective. We aim for every student to reach their full potential through a structured programme of curricular and extra-curricular activities; which include gymnastics, dance, trampoline, netball, hockey, volleyball, badminton, rounders, tennis, athletics, cross country, and we encourage students to further their experiences at local clubs and sports centres.

The curriculum scheme of work is closely related to the QCA requirements, which have been adapted to suit our needs. From Year 7 to Year 11 all pupils benefit from two 1-hour PE sessions per week.

In Key Stage 3 pupils participate in half termly blocks of activities covering a wide range of indoor and outdoor activities including; athletics, dance, gymnastics, netball, hockey, trampoline, badminton, tennis, rounders and cross country.

At the beginning of Key Stage 4 all students start the Physical Education GCSE, focusing on the fitness module and follow this through Year 9. In Year 10 a decision is made as to whether the pupil will complete Full Course, Short Course or the Sky Sports Living for Sport Award at the end of the year. In Year 11 pupils are given the choice to complete the Westcliff Sports Leader Award, the Westcliff Dance Leader Award or the Youth Netball Umpire Award in one lesson per week. As part of the Sports and Dance Leader course our pupils have the opportunity to visit local primary schools and lead sessions with their pupils, concluding with a dance performance or sports tournament. In their second lesson of the week, pupils are given a choice of activities to take part in which are selected by the pupils.

The School maintains a high level of attainment and the representative teams are successful in most sports within the Borough and Region. A number of students attain County status and some achieve National rankings and representation.

The policy of the Department is to encourage all to enjoy and participate in sport. We emphasise healthy living and encourage students to maintain healthy minds and bodies through involvement in some form of active leisure pursuit.

The PE Department works very much as a team; supporting each other and achieving success in all areas of curricular and extra-curricular activities.