



## URSULINE HIGH SCHOOL

### PE DEPARTMENT

### BACKGROUND INFORMATION

### Physical Education at the Ursuline High School

The Department consists of 4 members of staff. We cater for P.E. across key stages 3, 4 & 5. Core P.E. lessons consist of two 50-minute lessons per week in Year 7 where students develop games & dance skills.

Across Year 8 - 10 students have one double PE lesson per week which allows students to work on their games, leadership & health/fitness. At key stage 4 GCSE PE lessons are introduced and we are able to offer A level PE in the Sixth Form, via our partnership with Wimbledon College. Our facilities include a large sports hall on site with professional grade climbing wall, brand new tennis/netball courts. In addition classes will utilise our playing fields and pavilion at Morley Park, situated a 15 minute walk from the main school.

Our department expectations involve leading extra-curricular activities and fixtures every day after school. Additionally we run a number of sports tours each year, on which PE staff take a lead role and are expected to accompany where possible.

We enjoy strong links with various sports organisations, including Harlequins Rugby and our new partnership with Surrey County Cricket Club (SCCC). SCCC is collaborating with state schools across inner-city London giving a growing group of our students the chance to complete their sixth form studies while benefiting from high-quality cricket coaching and strength and conditioning training. This has also led to the installation of brand new indoor nets and bowling machines at our school.

Ursuline High school is also one of a select group of schools that each year provide candidates for selection as ball girls for Wimbledon tennis championship. Our PE staff take an active role in preparing, screening and guiding a large number of our students through this selection process.

We are a committed and hardworking department that aims to increase participation while maintaining a strong competitive edge. Students are actively encouraged to be fit and to look after their physical and emotional well-being through sport & exercise.