



Watford Grammar School for Girls
Department Information

Physical Education

The Physical Education Department at Watford Grammar School for Girls consists of four full-time and three part-time subject specialists, all holding good honours degrees in Physical Education. Every student in the school follows a structured curriculum at Key Stage 3 including the following activities: athletics, badminton, basketball, cricket, dance, football, gymnastics, hockey, netball, orienteering, rounders, swimming, tennis and volleyball. At Key Stage 4 students will follow core Physical Education in years 10 and 11. In year 10 all students follow a Sports Leadership programme and in year 11 students are given the opportunity to participate in activities to encourage lifelong participation. Students may also opt for GCSE Physical Education (AQA) where the practical component contributes towards 40% of the final grade and the theoretical component 60%. Uptake of examination Physical Education continues to be high.

The Department provides many opportunities for students to further their practical ability as well as leadership and officiating skills. Extended clubs are run weekly by members of the Department in the traditional sports whilst external coaches are brought in to further broaden the opportunities on offer to all students. Badminton and self-defence continue to be extremely popular across the school. A Sports Captain and a prefect team support the Department in a wide variety of roles including the upkeep of departmental noticeboards; the overseeing of the School Sports Council and the facilitating of interform competitions.

The Physical Education Department aims to foster lifelong participation in physical activity, promote wellbeing, and cultivate sporting values that can be applied to create a positive impact in the wider community. Students are given the opportunity to work towards community values within lessons that encourage not only practical skills but observation and leadership. Physical Education is a highly regarded subject within the school, and this is testament to all staff members. Lessons are fun, engaging and differentiated to provide challenge for all. The Department is highly regarded within the district and the county. Teams are consistent to practice and achieve great success in regular competitions.

Key events take place throughout the year including the Gym and Dance Display, Sports Celebration Evening and our annual Sports Day. These events are a time to celebrate participation and success and certainly demonstrate excellent team work skills especially where Sports Day is concerned.

Miss Katie Holes

Director of Sport

November 2023