

## **Physical Education**

Parmiter's has a long and proud tradition of sporting success at District, County and National level. The department is committed to providing a broad and balanced curriculum, backed by an extensive extra-curricular programme which is delivered by specialist staff and other qualified coaches. An ethos of enjoyment and achievement runs through both the core curriculum and extra-curricular activities, with teamwork and sportsmanship strongly promoted throughout.

Every student should leave Parmiter's fully aware of the importance of exercise in contributing to a healthy, active lifestyle and understand how to achieve a desired level of general fitness.

Parmiter's boasts excellent sporting facilities including a multipurpose sports hall, a state of the art 4G artificial pitch, 8 tennis/netball courts, a fitness suite, dance studio and extensive fields. At Key Stage 3, students are taught in single sex classes which are streamed according to ability, to ensure that the curriculum is accessible and enjoyable for all. This allows students to learn in a positive and appropriate environment to nurture both their level of skill and confidence. They experience the following activities: Athletics, Badminton, Basketball, Cricket, Dance, Football, Gymnastics, Handball, Health-Related Fitness, Hockey, Netball, Outdoor and Adventurous Activities, Rounders, Rugby, Softball, Trampolining, Table-Tennis, Tennis and Volleyball.

At Key Stage 4, all students continue to participate in Games lessons, which currently include a module on leadership skills leading to either an accredited Level 1 qualification as a Dance Leader (subject to numbers), Football Leader (subject to numbers) or Sports Leader. Some students are offered the chance to complete a Level 2 award in Sports Leadership. A number of students choose to study GCSE Physical Education, where students are assessed on their practical skills but also study the theory behind a healthy, active lifestyle and examine the effects of exercise on the different body systems.

Extra-curricular activities are open to students of all ages and abilities, although some students may be selected for specialist coaching. The school runs teams in Athletics, Basketball, Cricket, Cross-Country, Football, Gymnastics, Hockey, Netball, Tennis, Rounders and Rugby. We also have recreational clubs for Badminton, Boxercise, Dance, Fitness, Gymnastics and Trampolining.

The department is also actively involved with a wide variety of House events throughout the year, with the emphasis on participation and enjoyment. Inter-school matches are played both during the week and on Saturday mornings. Parmiter's participates in all District leagues and tournaments, County and National competitions, as well as having an extensive 'friendly' fixture list to ensure maximum participation for all students. Parmiter's is also represented at a variety of competitions and festivals (participants and sports leaders) as part of the Three Rivers School Sports Partnership. We have an outstanding reputation across all of the sports in which we compete.

Sporting success and endeavour are celebrated at our Annual Awards Evening.