

Physical Education (OCR)

“Never say never because limits, like fears, are often just illusions.” - Michael Jordan

Sport is an area of high importance both nationally and internationally, and this course offers an insight into the reasons behind this. The scientific aspects of the subject link key sporting ideas with practical performance, providing an insight into the relationships they have with each other. A range of theoretical areas are covered, including skill acquisition, sports psychology, anatomy and physiology, biomechanics and exercise physiology. Social factors such as ethics and deviance, modern technology and commercialism are also studied.



Academic

Physical Education is well regarded as an academic subject by universities and offers a foundation for any degree course, but particularly for those wishing to progress onto Physical Education, Sports Science, Physiotherapy, Biological Sciences, Management Healthcare or Exercise and Health. It will also complement further study in Biology, Human Biology, Psychology, Nutrition, Sociology and Physics.

The department visits a range of schools and universities through our extensive fixture programme. It offers the opportunity to develop performance and coaching in the girls' chosen sports, linking theory to practice in order to help improve performance.

Co-Curricular

With state-of-the-art facilities here at Northampton High, the extracurricular options are second to none. Students have access to the gym and fitness studios and have an opportunity to represent the school in a variety of sports, with the school boasting teams competing at County, Regional and even National level.

Regular clubs and training sessions complement team sports and visits from specialist coaches, often ex-international athletes, offer students invaluable guidance and unforgettable experiences.