

Sport and PE

The motto for the faculty is; 'Be Happy, Be Active, Be Here'.

Sport is a part of everyday life for all pupils at Northampton High School.

We pride ourselves in offering a wide range of sporting opportunities throughout the year. Lessons cover skills, fitness and tactics in numerous sports.

Everyone can attend clubs and improve in their chosen activities. Clubs feed into the lively fixtures programme offering every girl the opportunity to represent the school.

"Sport is such fun and I really enjoy it!" - Caitlin, Year 7



The weekly extracurricular programme is busy and varied, offering high quality sport to all, with a focus on the team and high standards of performance.

The highlights for many are the sports tours. There is an annual tour weekend for every year group in hockey or netball. The touring programme culminates in the international sports tours which run every 3 years for students from Years 8 to 10. Past destinations have included South Africa and Singapore and Malaysia, focusing on netball and hockey. Additionally, the faculty regularly provides ski trips both within Europe and to the USA.

The trips are a great way to develop a cultural understanding and develop friendships and teamwork.



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Key Stage 3

During Key Stage 3, the students have PE and Games lessons.

In Games, pupils enjoy playing hockey, netball, tennis and cricket across the three terms, with a focus on a games-based delivery style. In PE girls cover an activity every half term including dance, gymnastics, badminton, health-related fitness, swimming and athletics.

We believe that having choice and variety ensures a lifelong love of physical activity leading to healthier and happier students.



Key Stage 4

In Key Stage 4, Sport is offered through Games and GCSE Physical Education.

Games offers a wide range of options as the programme is designed to maximise student participation. Sessions and sports vary annually, from team players having more time to train as a squad, to fun and inspiring sessions on tag rugby, dance, football, water polo and handball.

In GCSE PE, the syllabus is well-balanced with marks awarded in practical, written non-examined assessment and two examinations. Highlights of the theoretical syllabus in paper one are the strong links to Biology through in-depth study of the human body including bones, muscles and the cardio-respiratory system. Excellent crossover is seen with Physics, with the biomechanics module looking at levers and mechanical advantage.

Students also study Psychology, learning about motivation and skill acquisition, which is always a popular module, as students can apply their experiences of learning and playing sport through to the evaluation.



The GDST Difference

As a member of the GDST we attend and host a number of rallies that include every school in the Trust, covering sports such as gymnastics, hockey, netball, trampolining, swimming, tennis and cricket. The standard of competition is always high.

Sport allows students to be fully immersed in the GDST family and to develop friendships across the Trust.

Senior students have the opportunity to be selected for the GDST Select Teams in hockey, netball and cricket and to play against high profile opposition.

“Sport isn’t worth doing if it’s not together”
- Jane and Charlotte, Year 7



Key Stage 5

Moving into Key Stage 5 the opportunities increase.

We offer A Level PE, a Sports Leaders Elective, volunteering and coaching opportunities alongside continuing the popular Games programme.

There is more choice, as the students select which activities they complete within an expanded offer of activities. Boxercise, spin and yoga are popular options within fitness, while the traditional sports of hockey, netball and badminton continue to offer extra training times for the team players.

All students are encouraged to volunteer as part of the Sixth Form Laureate and the Sports Faculty offers many opportunities for the Sixth Form to give their time to the

younger girls. From assisting with Reception and Year 1 Swimming lessons to helping coach the school teams, the opportunities are extensive, allowing everyone in the school to benefit from sport.

The A Level in PE builds on the work covered in GCSE PE as well as Science. As with GCSE, there are assessments in practical, non-examined assessment and written examinations. The syllabus is split into three discrete sections: anatomy and physiology, sports psychology and social cultural factors.

Previous A Level students have gone on to complete degrees in physiotherapy, sports management and teaching.



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