

ST MICHAEL'S CATHOLIC GRAMMAR SCHOOL

SPORTING AIMS & POLICY STATEMENT

Physical Education is a vital component in the development and growth of the pupils during their school career. It provides the foundation for a healthy and active lifestyle whilst promoting character-building attributes, cooperation and self esteem. A balanced lifestyle can be demonstrated by encouraging a lifelong commitment to physical activity whilst developing the skills required for human interaction in a working environment.

The PE Department strives to provide a broad and balanced programme of activities within the guidelines set by the National Curriculum and to complement the aims of the School. Differentiation where necessary allows each individual to gain the maximum benefit and achieve to the best of their ability.

The PE Department aims:-

- To provide a safe and enjoyable learning environment, allowing the child to feel nurtured and supported as they develop their skills and knowledge.
- To provide each individual with the opportunity to develop, refine and practise all physical activities learnt whilst developing a healthy attitude to encourage lifelong participation.
- To develop the skills of each individual in their ability to interact with others, work as part of a team and to develop leadership qualities.
- To promote and develop safe practice in physical activity.
- To provide equal opportunity for each individual regardless of race, social background or ability.
- To provide opportunities for all pupils so that they achieve their full potential.

The PE Department offers a broad range of experiences to meet the needs of each individual, to encourage their active involvement and to teach them to appreciate their strengths and weaknesses.

Pupils are encouraged to develop leadership skills and are given the opportunity to take the Sports Leadership Award level 2 in Year 10 and 11.

GCSE PE

The girls are given the opportunity to take GCSE PE and follow the AQA syllabus. The course is popular, with the pupils achieving excellent results.

Resources and Equipment

- 4 Tennis Courts
- 3 Netball Courts
- Sports Hall

Offsite Facilities

- Finchley Lido – Year 8 Swimming

Pupils at St Michael's are given the opportunity to experience a wide range of activities and are encouraged to take part in the many extra curricular activities and also the Duke of Edinburgh Award scheme.

Sports Clubs currently offered at St Michael's

Athletics is a very popular activity and the Club is very well attended. The girls compete in the Barnet Schools Athletic League and Championships regularly achieving excellent results.

Cross Country

St Michael's has a tradition in cross country running. It is very popular, with as many as 60 pupils taking part in the Barnet League and Championship. Many pupils are selected to represent the Borough of Barnet at the Middlesex County Championships, with two pupils representing the county at the English Schools Championship.

Football

Football is very popular, with coaching provided as an after school club by professional coaches and is taught in the curriculum. Teams are entered into the local leagues and tournaments.

Netball

Netball remains very popular with many girls in all age groups attending practices during lunchtime and after school. St Michael's continue to maintain a high standard of netball with teams regularly finishing in the top two places in the league and tournaments. Pupils are encouraged to join netball clubs and often go on to represent the county.

Rounders

Years 7, 8, and 9 successfully compete in this popular activity in the summer term. A very well attended club takes place during lunchtime and after school.

Tennis

A tennis coach is employed to take the Tennis Club in Years 7, 8 and 9 in the summer term.

Badminton.

There is a regular club for Badminton for year 8 to Sixth Form taken by an outside coach.

Basketball.

This is a new initiative introduced for the Sixth Form which is taken by an outside coach.

Dance

Pupils have the opportunity to experience Dance in the curriculum and to take part in lunchtime clubs. Pupils regularly participate in the Barnet Dance festival and have the opportunity to take part in the end of term dance show.

The PE department are members of the Barnet Schools Sports Partnership and enter successfully in a wide variety of competitions and are currently Borough champions in cricket, volleyball, sportshall athletics, badminton, table tennis, archery and cross country and received the Barnet school games award.

As a result of its wide and varied curriculum and its outstanding success in many competitions, St Michael's is regarded as one of the best sporting schools in the North London area.

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