

HIGHDOWN SCHOOL & SIXTH FORM CENTRE

Frequently Asked Questions



PE DEPARTMENT

What lessons/sports will I do?

Each year group will cover a diverse range of sports and activities. Ranging from well know sports such as hockey and football, including new sports such as handball and exploring the importance of physical activity in maintaining a balanced lifestyle in Health Related Fitness. Sports change termly and run in line with the seasonal extra-curricular program.

Do you do house matches in PE?

Yes at the end of every term a house competition will be held. In addition the biggest sporting event of the year – Sports Day – comes in the summer term. Nearly two thirds of the school will compete in sports day events. Every competitor earns points for their house and it is common that the overall sports day winner is also the overall house points winner.

What PE kit (usually on display)

Refer to PE kit list on website and other information

All jewellery must be removed for PE

Exam subjects

- *GCSE PE – Edexcel*
- *OCR Level 2 Sports Studies*
- *BTEC Level 3 Sport*
- *Results are in line with the schools excellent results at both GCSE and 6th form. It is common for students taking PE to achieve their top grade in our subject.*

When do students get to use the trampolines?

Trampolining is taught from Year 9. In addition trampoline club will be offered at least once during the school year

Can students use the fitness suite outside of lessons?

As part of Health Related Fitness students will be introduced to the gym during lesson time in Year 9.

Students in Year 9 and above are welcome to come along to fitness club. This is a lunchtime club and runs 2 days a week.

What teams do we have and who do we play fixtures **against**

Extra-curricular clubs are numerous and varied and run either at lunch or after school. Clubs such as beginners swimming and fitness club may help develop skills and fitness. Others such as football and netball will, in addition, prepare for school fixtures. Clubs such as Reading Rockets basketball and Reading Canoe club will introduce students to a new sport and link to an established club. Clubs run seasonally in line with competitive leagues. Highdown competes in Reading Leagues, the national School Games, county tournaments and sometimes beyond.

How many lessons of PE a week (KS3 and KS4)

- *Core PE KS 3 – 2 x lessons per week*
- *Core PE KS 4 – 1 x lesson per week*
- *All students complete core PE. Students opting to do examination subjects in PE such as GCSE PE, Level 2 Sport and BTEc Level 3 PE will be timetabled these PE classes in addition to core PE.*

Are lessons mixed or single sex?

- *Lessons are single sex in KS3.*
- *Lessons in KS 4 core PE, depending on activity will be either single sex or mixed.*
- *Examination classes are mixed*

What are the class sizes?

The Headteacher is committed to maintaining class sizes below 30.

Are classes mixed ability or set?

KS3 lessons are tiered. The intention is to ensure challenge for all. There is opportunity to move between groups.