

## **NORWICH HIGH SCHOOL PHYSICAL EDUCATION AND SPORT**

### **Aim**

Physical Education and sport is an integral part of the education at Norwich High School for Girls. Our aim is to ensure that all pupils have a lifelong love of sport, encourage an active and healthy lifestyle and develop the talents and confidence of everyone.

Our highly experienced PE department include former International, Regional and County sportswomen, as well as regional and county coaches in a range of sports.

### **Matches and Team selection**

We strive to provide opportunities for all pupils to participate in competitive matches against other schools. PE staff use their professional judgement to select these teams. This knowledge is gained from trials, lessons, sports clubs and competition and is discussed regularly by the PE department. Teams range from A, B C and D, depending on the sport and size of the year group.

At the start of each term trials are held for each of our major Games (hockey, netball, cricket) and other individual sports (eg swimming, tennis and cross country). For Games lessons, pupils are set into groups. However, levels of improvement and development occur at different stages for each individual so there will be fluidity in team selection based on this development.

Sports Clubs are also timetabled before and after school, as well as at lunchtime for pupils to attend and hone their skills and tactics further. Attendance at these clubs is encouraged if pupils wish to represent the school at sport.

Pupils should be very proud of representing the school, no matter what team they are selected for and endeavour to use these competitive situations to help progress and develop their talents.

### **Values**

The values of respect, commitment, resilience, teamwork, leadership, independence, and perseverance are what we hope all pupils will gain from having the opportunity to participate in school sport at Norwich High School.

**ENJOYMENT, ENGAGEMENT, EXCELLENCE**

**#GIRLS1ST**