

# The Sports Department

Sport is an integral part of school life here at Derby Grammar School and we take great pride in supporting and encouraging our students and celebrating their successes. This post comes at an exciting time in the school's development, as we continue to develop our co educational provision and have recently joined the ILG group of schools.

As an all-through school, the Sports Department teaches Physical Education and Games from Reception to Year 13, as well as Swimming from Year 3 to Year 6. We have successful results at GCSE and A Level Physical Education yearly, run an extensive co-curricular programme across the whole school and have a successful sports performance programme for sports scholars from Year 7 to Year 13.

## **Primary School Sport**

In Primary School, pupils enjoy Games, Physical Education and Swimming lessons each week. Games lessons focus on the development of technical, tactical and game understanding skills, as well as enhancing leadership, teamwork and communication skills. Our core sports transition throughout the whole school and focus on rugby during the autumn term, hockey during the spring term and cricket during the summer term.

Physical Education lessons aim to develop physical competencies and confidence across a variety of sports and physical activities such as health related fitness, basketball, badminton, short tennis, gymnastics, and athletics.

Primary school pupils also have a swimming lesson once a week throughout the school year which focuses on developing their physical competencies, confidence and safety within the water.

## **Senior School Sport**

In the Senior School Physical Education and Games lessons total over three hours per week in Years 7 to 9. Physical Education lessons cover a variety of activities that develop fitness and an understanding of how the body works, as well as the specific core skills, techniques and tactical understanding across a variety of sports such as badminton, short tennis, basketball, football and athletics.

Across Senior School, every year group has its own Games afternoon, with a focus on further enhancing their game understanding, teamwork, communication and leadership skills with rugby during the autumn term, hockey during the spring term and cricket during the summer term. School fixtures take place during these sessions, as well as on the occasional Saturday termly.

At Sixth Form, pupils have the opportunity to represent the school across rugby, hockey and cricket. We also offer opportunities to participate in a variety of additional sports such as football, badminton, table tennis, basketball, ultimate frisbee and improve their fitness, health and wellbeing, within our new fitness suite at Rykneld Sport Centre.

## **Sports Facilities**

The Sports Department has its very own dedicated sports facilities, Rykneld Sports Centre, which provides our pupils with a fantastic level of sports provision. Our sports centre has an extensive multi-purpose indoor sports hall, indoor cricket nets, a fitness suite, a large floodlit Astro turf pitch, substantial playing fields and two rugby pitches.

## **Academic**

Academically, we offer GCSE and A Level Physical Education. At GCSE we follow the Edexcel specification and AQA specification for A Level Physical Education.

## **Sports Performance**

We provide an off-field sporting education where students have the opportunity to develop their knowledge and understanding on a variety of sports performance topics such as leadership, goal setting, strength & conditioning, nutrition, performance profiling, team culture & environment, lifestyle management, the recovery process, wellbeing and the importance sleep has on performance. Alongside this, pupils gain access to webinars and seminars from leading experts from the Derbyshire Institute of Sport and receive additional support and guidance on how best to balance their sporting ambitions with their academic studies while at school.

## **Values**

As a department we believe sport has the power to support and develop independence, resilience and problem-solving skills; inspire creativity and originality and enhance confidence and communication skills. In short, sport can provide pupils with an array of valuable life skills that can last a lifetime. We firmly believe in developing the whole person and strongly encourage every pupil to showcase the best version of themselves on a daily basis.

Our values allow our pupils to be:

A Good Student: Showing a desire and willingness to learn and continually improve.  
(Curious, enthusiastic, determined)

A Good Person: Showing a desire and willingness to uphold high moral standards.  
(Honest, responsible, reliable)

A Good Team Member: Showing a desire and willingness to help and support others.  
(Selfless, compassionate, kind)