OXFORD
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST

PE in the Sixth Form

A-Level PE, Core PE & Co-Curricular Sport

Follow us on:
Twitter- @OHS_Sport
Sports Website - www.oxfordhighsport.net

In the Sixth Form Core PE lessons we place emphasis on giving students a breadth of sporting activities as well as considering personal choice. We hope that this helps develop a lifelong love of physical activity and keeps engagement levels high at a crucial time in our students' lives.

We are also offering A Level PE from September 2022 (subject to numbers), which is a fantastic subject with more detail to follow.

Opportunities fall into four categories:

- A Level PE
- Curriculum PE
- Sports Leadership Award (Perspectives)
- Co-Curricular Sport

We offer challenge, competition, leadership, team work, creativity, choice and personal responsibility. We place huge value on the importance of physical education and being active for a healthy life, both physically and mentally, and hope that our students leave Oxford High feeling the benefits and continue activity into their adult lives.

A Level PE

We are really excited to be offering A Level PE from September 2022 (subject to numbers). A Level Pe is a highly academic subject that combines Physical Education along with the science behind and involves Biology, Physics, Maths, Psychology and Sociology among other areas.

A Level PE is made up of:

- 70% theory – two exams papers, 2 hours each
- 30% practical – including practical performance in one sport and coursework analysing your own performance

Theory Content:

Topics studied for the theory element of the subject are:

- Anatomy and Physiology
- Skill Acquisition
- Sport and Society
- Exercise Physiology
- Biomechanical Movement
- Sports Psychology
- The Role of Technology in Physical Activity and Sport

A Level PE is highly regarded and qualifies as a science at the vast majority of Universities now. A Level PE can be studied in combination with all other subjects, and does link particularly well with Maths, Biology, Chemistry, Physics, Psychology and Sociology. It is a great to subject to have for a huge range of degrees at Universities, with popular degree choices being Sport and Exercise Science, Physiotherapy, Osteopathy, Material Engineering, Psychology and much more.

Entry Requirements:

- GCSE PE Level 6 or above (if studied)
- Biology Level 6 or above

If you have any further questions about A Level PE please email me, Kat McGonigle (Director of Sport) at k.mcgonigle@oxf.gdst.net.

Curriculum Sport

Curriculum sport is well staffed to provide a breadth of activity for our sixth formers. Lessons include a range of sports and activities including badminton, volleyball, netball, football, rugby, ultimate frisbee, strength and conditioning, dance, fitness, cricket, rounders, tennis and trampolining. We also welcome any assistance with lower school lessons too.

Community Sports Leadership Award

This nationally recognised award aims to develop your leadership skills through the medium of sport, games and play activities and is a foundation block to the professional and structured approach to building sporting excellence in the UK. The course takes a double period over three terms of the 360 programme in Year 12.

The leadership skills covered include:

- Organisation
- Communication
- Improvisation
- Coaching progression

- Health and safety
- Motivation techniques

An important aspect is the development of personal qualities and skills such as reliability, confidence, organisation, commitment, maturity, responsibility and respect. If you are interested in working with others and enjoy sport then this is the course for you!

Co-Curricular Sport

Oxford High School has highly competitive teams in a number of sports. We regularly compete in county and regional competitions and often have success qualifying for national competitions too.

Training takes place on a weekly basis and selection for school fixtures are based upon ability, commitment and attitude. Sports fixtures can be found at www.oxfordhighsport.net with full details of every team and sport. There is also a sports tour being planned and launched soon which is a very exciting opportunity for those taking part in extra-curricular sport.

Hockey, Tennis, Netball, Football, Badminton, Recreational Swimming, Athletics, Dance, Swim Squad, Strength and Conditioning, Equestrian and Cross Country.

2019-2020 Honours at Oxford High School

- Oxfordshire U13 County Netball Champions
- GDST U13 Netball Runners-Up
- Oxfordshire U16 County Netball Runners Up
- Oxfordshire U14 County Netball Runners Up
- Oxfordshire U12 County Hockey Champions and Regional Finalists
- Oxfordshire U13 County Hockey Runners Up
- U18 GDST Hockey Quarter-Finalists
- ESAA Relays (Swimming) U13 National Finalists
- GDST U14 Swimming Champions
- GDST Athletics Runners Up
- County and Regional U13 Athletics Track and Field Cup Champions
- Athletics U13 Athletics Track and Field Cup National Finalists
- Oxfordshire U13 County and Regional Cricket Champions
- National Finalists U13 Cricket, 4th place
- Oxfordshire U15 County Cricket Champions and Regional Finalists
- GDST U15 Cricket Champions

- U18 ISFA (Football) National Cup Semi-Finalists
- GDST U13 Football Champions

2020-21 Honours at Oxford High School

very few competitions ran or finished due to Covid-19

- U18 IFSA (Football) National Cup Semi-Finalists (DNF)
- U18 100 Ball Cricket Cup National Finalists (PP)

Facilities

Sports Hall

4 Tennis Courts

5 Netball Courts

Large field for athletics, cricket, football & more

6 Lane, 25m Swimming Pool

Banbury Road North (Oxford Hawks Hockey pitches)

Remember to follow us on @OHS_Sport and www.oxfordhighsport.net