



OXFORD  
HIGH SCHOOL  
GDST

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

**Sixth Form study options**



# A Level PE

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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 also offer A Level PE as an A Level curriculum option, 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 at Oxford High now, with our first cohort underway from September 2022. A Level PE is a highly academic subject that combines Physical Education along with the science behind it 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 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. One of our current Year 13 cohort is going on to study Veterinary Science with A Level in PE, Biology and Chemistry.

### 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 PE and Sport) at [k.mcgonigle@oxfgdst.net](mailto:k.mcgonigle@oxfgdst.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, swimming, water polo, fitness, yoga, cricket, rounders, pilates, tennis, table 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](http://www.oxfordhighsport.net) with full details of every team and sport. We also ran a very successful hockey, netball and football tour to South Africa, and will be running a long-haul sports tour triannually.

## Co-Curricular Sports Clubs

**Hockey, Indoor Hockey, Netball, Football, Badminton, Recreational Swimming, Tennis, Table Tennis, Athletics, Dance, Gymnastics, Trampolining, Swim Squad, Water Polo, Strength and Conditioning, Equestrian, Rowing and Cross Country**

## Recent Honours at Oxford High School

- U15 Football ISFA National Cup Champions
- U18 Tier 3 Hockey National Finals, 3rd Place
- U18 Indoor Hockey County Champions and Regional Finalists, 3rd Place
- Oxfordshire U16 County Netball Champions and Regional Finalists, 4th Place
- Oxfordshire U14 County Netball 3rd Place
- U16 Netball SIS National Cup Semi-Finalists
- Oxfordshire U13 Hockey County Runners Up and Regional Finalists
- U18 ISFA Football National Cup Quarter-Finalists
- GDST U12 Netball 5th Place
- GDST U15 Hockey Champions
- GDST U15 Football Champions
- GDST U15 Cricket Champions
- GDST U18 Hockey Semi-Finalists
- GDST Athletics Y9 3rd Place, overall Y7-10 5th Place
- U18 100 Ball Cup Cricket Quarter-Finalists
- National Biathlon Finalists, 3rd place finish



## Facilities

- Sports Hall
- 4 Tennis Courts
- 5 Netball Courts
- Large field for athletics, cricket, football & more
- 6 Lane, 25m Swimming Pool
- Oxford Hawks Hockey pitches

Remember to follow us on  
[@OHS\\_Sport](https://twitter.com/OHS_Sport) and  
[www.oxfordhighsport.net](http://www.oxfordhighsport.net)

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