



A Level PE, Core PE & Co-Curricular Sport

Sixth Form study options



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There are so many opportunities to be involved in PE and Sport at Oxford High in sixth form and we hope that you will take up at least one of the offers available to you. Sport and PE is so important for physical, mental and social well-being and we cannot highlight just how essential that is to young people today.

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

A Level PE is the opportunity to study a breadth of topics areas within one subject and as such can be used for so many future careers and keep many doors open. If you are enthusiastic about sport and the huge world that surrounds it, in particular the science behind sport then A Level PE is for you. A Level PE is a highly academic subject that combines Physical Education along with the science behind it and incorporates 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
- Information Processing

A Level PE is highly regarded and qualifies as a science at the vast majority of Universities. 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. The class of 2024 went on to study a range of degrees; Veterinary, Biomedical Science, Architecture, Sports Engineering, Nutrition and Fashion. Sport is a multi-million dollar enterprise within the UK and the world, and the growth of not only sport, but women's sport, means that the opportunities in the industry are ever evolving and extremely exciting.

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

In the sixth form students have one core PE lesson a week, where we place an emphasis on students enjoying a breadth of sporting activities as well as having personal choice with the aim of allowing students to find an activity they enjoy. Students get to enjoy lessons within school including but not limited to: badminton, pilates, football, netball, rugby, ultimate frisbee, dance, trampolining, swimming, water polo, tennis, table tennis, yoga, cricket and rounders. We also take the sixth form PE classes off site to try other sports such as Padel, ice skating, climbing and bowls. Our hope is that students will then continue to enjoy physical activity far beyond their school life. All the students in sixth form also have access to the school gym in their spare time.

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 hockey, netball and football Sports Tour running in the July 2023, which we hope to run bi/tri-annually going forwards.

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

2021-2024 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
- U16 Badminton National Cup Silver Medalists

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)

Oxford High School
Belbroughton Road
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oxfordhigh.gdst.net

