

PHYSICAL EDUCATION DEPARTMENT ANNUAL REPORT - 1985/86

AIMS - Indoor Programme

1. Gymnastics: to develop strength, suppleness and agility.
2. Indoor Games: to develop ball skill and hand eye coordination, encourage team interrelation and cooperation.
3. Circuit Training: to develop local muscular and general endurance. To train and improve the cardio-vascular system.
4. Athletics (Indoor): to encourage enjoyment of and improvement in basic human movements, i.e. running, jumping, throwing. Develop co-ordination, increase strength and endurance.
5. Test & Measurement: to help develop awareness of one's own capabilities, to demonstrate which factors affect their capabilities and to encourage improvements in performance.
6. Weight Training: to develop local muscular endurance.
7. Minor Games: to develop team interrelation and co-operation.

AIMS - Outdoor Programme

1. Cross Country: to develop and improve the efficiency of the cardio-vascular system.
2. As for indoor, also to encourage measurement and improvement of performance.
3. Net Practice: (Cricket) to back up and complement the cricket coaching carried out in games.
4. Rugby: to teach individual and team skills. - Laws of the game, sportsmanship and fair play.

<u>P.E.</u>	<u>No. of Sets</u>	<u>No. of Periods</u>	<u>Teacher</u>
1st Year	3	1	KBY
2nd Year	4	1	KBY/SJB
3rd Year	2	1	SJB
*4th Year	2	1	KBY
*5th Year	2	1	KBY

*CSE P.E. is an option - see later

GAMES

	<u>No. of Groups</u>	<u>No. of Periods</u>	<u>Teacher</u>
1st Year	2	4	KBY/HM/JR
2nd Year	2	4	AM/SJB/GS
3rd Year	2	4	SJB/KBY/MARP
4th Year	2	4	AVW/KBY/MARP
5th Year)	2	2	KBY/JRD/DJM/MARP
6th Year)			

P.T.O.

For games, groups are divided in each year into A and B sets. The majority of games time is spent on rugby. Cross country, circuit training, minor games and football also feature.

C.S.E. P.E.

Examining Board E.A.E.B.

4th Year	1 set	3 periods	SJB
5th Year	1 set	3 periods	KBY

Homework is set and marked regularly for examination groups.

Rewards follow the normal school pattern tri-weeklies and commendations.

Punishments are dealt with within the department except in very serious or protracted instances of indiscipline.

Record keeping involves attendance registers and the recording of performances therein for various awards and standards schemes.

Departmental communications are informal.

Exam results 1985 as much as predicted, quite pleasing overall.

Currently P.E./Games is under financed.

I feel it is essential to continue with a second specialist in the department. I would like to broaden the P.E. curriculum. It may be wise to offer a non-exam course for fourth and fifth years when G.C.S.E. is introduced.

K. B. Young,
Head of Department.