

PHYSICAL EDUCATION

Staff List

Andrew Speed Head of PE

Dave Jones – PE Teacher/Head of year 8

Dan Pitt –PE Teacher

Burt Stein – PE Teacher/Head of year 9

Paul Cooper - SSCO

New Initiatives in line with new Key Stage 3

Swimming: We are currently offering our new crop of year 7 boys the opportunity to learn to swim. Each and every boy in their first year at secondary will have a term of swimming lessons with the aim being to educate the boys in water safety and increasing their confidence in the water. This provision is currently only available to year 7 pupils but we are investigating the possibility of rolling it out throughout key stage 3.

Fitness programmes: A key factor in educating the public into health and fitness issues stems from learning beyond sports within the school curriculum, therefore at Bow boys we have been proactive in providing an excellent fitness suite facility for the boys to make use of. The fitness suite will be used for both; specialised lessons and extra-curricular activities. We provide pupils the opportunity to use the fitness suite on lunch times with a specialist member of the PE team available as well as offering a block of work within our curriculum to educate pupils of the reason for and benefits of training.

Arsenal Double Club: The Arsenal double club has been running successfully in Bow school for many years now and is continuing in both year 7 and 8. The class targets pupils with a love for football and gives them an opportunity to improve their current levels of literacy and numeracy.

Climbing: We are continuing to find new activities and experiences for the boys in Bow school, climbing is the most recent. Climbing is an excellent opportunity to improve both teamwork skills and individual problem solving skills. The provision for climbing is currently for year 8 pupils and has proven to help boys improve skills they are not able to express in other sports and activities we provide.

Dance: Another activity new to the curriculum at Bow school is street dance. Street dance has come to Bow in two forms, during year 7 lesson times and during year 7 and 8 out of school clubs. During year 7 lessons we have been running a class looking to improve timing, co-ordination and spacial awareness through the activity of dance. Secondly, during our after school club we have formed a dance troop of year 7 and 8 boys who are now preparing to show their work to others.

New Initiatives in Key Stage 4

BTEC: With GCSE being changed within Bow school over the next few years BTEC sport has become very prominent this year. We have an excellent programme set-up and are now confident we can carry all pupils through to maximise to the end of their course.

GCSE: This year we have started delivering a new GCSE PE curriculum which is improving the opportunity for our KS4 boys to access information in PE. This new curriculum is allowing pupils to not just display academic knowledge and physical performance but to also display their understanding of tactics and strategies by being assessed in their ability as a coach.

Duke of Edinburgh: Dove tailing onto the BTEC course this year we will be offering pupils to opportunity to take their Duke of Edinburgh qualifications. Courses such as these are important in offering pupils another way to improve and grow as individuals – focussing on important skills such as leadership, communication and teamwork.

Extra Curricular Sports and School Representation

At Bow we want to ensure that as many pupils as possible can take part in our sporting provisions. On top of the fore mentioned fitness room we also offer a range of activities and sports, ranging from table tennis to football, both at lunch time and after school. This year we are also re-introducing a competitive edge to extra curricular sport within Bow. This year pupils will be able to represent their form groups in a series of different sports, producing school champions in each year group, in the Autumn term the sport is football.



The start of a new term brings us first to the football fixtures.

Trials have and will be held for all year groups with development squads being picked across the years. We are very pleased to be able to provide the boys with a brand new kit this season and believe that we can maintain the interest and pride that comes with representing Bow on the sports field.

Since we have moved on from the busy period of football fixtures we have provided the opportunity to both play matches and train in a number of different sports. The range of sports we have offered by practice clubs and school teams include Rugby, Table Tennis, Cricket, Softball, Cycling, Athletics and Badminton. On top of this we have run a weekly fitness club to allow boys to come and focus on their chosen fitness goals, some of these boys have been working of fitness for football, some have been working on increasing strength and flexibility and others have looked to gain or lose weight.