

2023



VIGOUR



PE & SPRING HEALTH GUIDE

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A WARM WELCOME

Dear Parents & Carers,

I am delighted to introduce the inaugural edition of our termly guide to keep you updated with all the great things going on in PE, Sport and Health here at Bohunt School Worthing.

We are already having a fantastic year in the PE department and it has never been a more exciting time to be a student at our school with all the outstanding opportunities that present themselves.

The PE team aims to give our students as many opportunities to participate in our extensive range of extra-curricular opportunities, competitive fixtures and activities within PE lessons. This year is already shaping to be our best year yet; at the time of writing this there have already been 119 competitive

fixtures against other schools and 10 inter-house tournaments. We are also now in a position where we are now entering school teams and having success in National Cup competitions. This year we have had students competing in Basketball England Jr. NBA for Y7 and Y8, Basketball England National Cup for Y9 and Y11 and have students competing in National Schools Trampolining finals, more of which you can read later on in the guide.

We pride ourselves on continuous growth as a department and inclusivity of all our pupils at BSW. During the Spring term, some of our KS4 core PE students have completed a short student voice survey which will help us shape our PE curriculum for the future. We want to ensure all our students are engaged, active, happy and enjoy their PE lessons.

I would personally like to thank you for your continued support as parents and carers. Whether that be making arrangements for your child to attend clubs and fixtures and supporting them with equipment and clothing to ensure they can fully participate and engage in all our activities.



Gary Weedon

PE Subject Lead

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OUR PE VISION

“A curriculum that creates opportunities for students to excel and develop knowledge to support health and well-being. A journey where students develop positive values and unite through the power of physical activity and sports. To have memorable experiences that inspire lifelong participation and future Game-changers.”

We use the word VIGOUR to summarise our Intent and Vision. Vigour is to show energy, effort and enthusiasm which is what we want students at BSW to show through their PE and Sport.



VIGOUR



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WHAT IS VIGOUR?

V - Values

To develop values that can be acquired through PE and Sport such as Respect, Fair Play, Etiquette, Discipline and Inclusion.

I - Inspire Lifelong Participation

To provide unparalleled opportunities and a broad curriculum which allows students to develop a love for physical activity and a positive health and wellbeing for the future.

G - Gains in Knowledge

Ensure students have knowledge and understanding of fitness, health and well-being that supports positive choices in the future and academic success within PE.

O - Opportunities to Excel

Providing all students opportunities to go above and beyond in PE whether it is through lessons, clubs and fixtures, leadership, ERA rewards systems, gifted and talented opportunities or within GCSE PE and Sports Studies at KS4.

U - Unite

Use PE as a framework for students to develop softer skills such as leadership and teamwork to allow students to become well-rounded individuals. Students are taught to be respectful, celebrate successes of others and have opportunities to compete for their House through inter-house competitions.

R - Remember

We want our students to remember their experiences in PE and thus want to provide the best for them. The best lessons, an outstanding clubs and fixture offer, teachers who are positive role models and opportunities through trips and visits.



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WHAT ARE STUDENTS LEARNING IN YEAR 7 & 8?

At KS3 we aim to give our students broad and balanced opportunities to experience a variety of sports and activities in keeping with the National Curriculum for PE. Students have 5 hours of PE a fortnight which comprises 2 double lessons and 1 single lesson.

In year 7 our schemes of work focus on students developing fundamental skills and understanding of the activities that equip them with the necessary knowledge to improve their performance and become more competent and confident. In year 8, when students revisit activities, the focus allows students to apply skills and movements in depth. Their lessons will focus on tactical awareness, outwitting opponents and understanding how to make performance effective.

From September through to Easter students would have participated in the following sports and activities:

Basketball, Football, Netball, Rugby, Handball, Badminton, Table Tennis, Dance and Gymnastics

Coming up in the Summer Term for our KS3 students:

Athletics, Cricket, Rounders, Healthy Active Lifestyles, Team Building and Orienteering



How are students assessed IN YEAR 7 & 8?

At BSW we want to ensure that our PE lessons and assessments are accessible for all, meet the National Curriculum requirements and allow all students to be reflective of their attainment and progress.

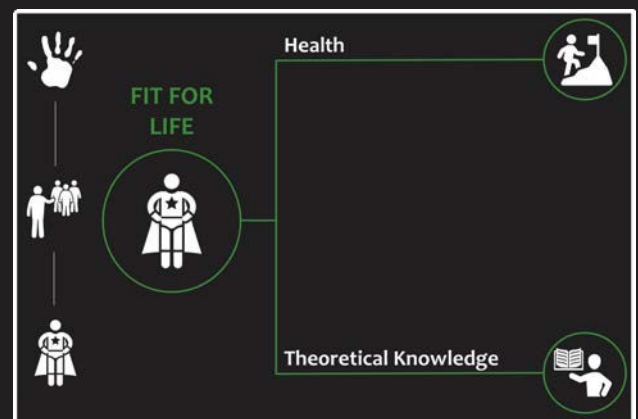
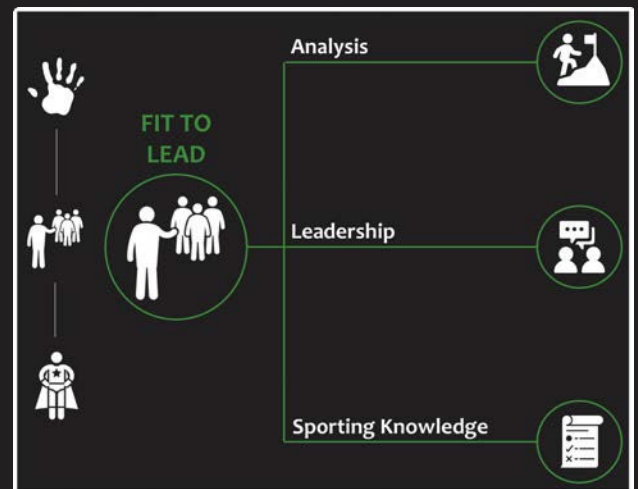
We assess under three strands which cover different skills and qualities that students can display within their lessons:

Fit to Perform - Skills, Decision Making, Fitness Levels

Fit to Lead - Analysis of Performance, Leadership and Sporting Knowledge

Fit for Life - Understanding of Health and Well-being, Understanding of Theoretical Knowledge linked to PE

Students are assessed using the BET standards 2-8 for each strand allowing students to understand where their strengths are and what areas they need to improve upon moving forwards.



OUR LATEST FIXTURES

YEAR 7 BASKETBALL

The Y7 Basketball squad have been involved in three different competitions this year. The District League started with wins vs St. Andrews and Worthing High. There were further wins vs SRVA, Durrington, Angmering, Shoreham, TLA and Steyning, finishing the District league with a perfect record, scoring 203 points. They played St. Andrews in the semi-final and won 46-18 win to progress to the final. Here they matched up against Angmering for the second time, although the game was tight going into the 4th quarter, BSW had too much fire power and fast break offence, taking the District title, winning by over 20 points. The team also played in the District tournament at SRVA and won 5 out of 5 to add the tournament title alongside the league.

The Junior NBA is a National, England Schools, basketball competition where schools are drafted to a NBA team, play regular season games locally, with the best 8 teams moving forward to the playoffs. So far BSW, representing the Atlanta Hawks, have completed the regular season with 8 wins and 0 losses. They sit top of their division and will move forward to the playoffs to be played after Easter. Good luck for the rest of the season boys and girls.

YEAR 8 BASKETBALL

Like the year 7 team, the year 8 basketball squad has been involved in both the District League and the Jr. NBA. Unfortunately, after a narrow loss to SRVA by 4 points, they were not able to reach the District League semi-final. Their record was 3 wins, 2 losses, and 121 points scored in 5 games. In the Jr. NBA they have had an excellent start. So far BSW, representing the Washington Wizards, have completed the regular season with 7 wins and 1 loss. They sit top of their division and will move forward to the playoffs to be played in Easter! Good luck for the rest of the season to all who have played this season.

OUR LATEST FIXTURES

YEAR 9 BASKETBALL

The year 9 basketball team have had an incredible season so far and are currently undefeated in both the District League and the U14 co-ed England Schools National Cup. BSW won 10/10 District games scoring over 300 points in the process. The final was played against a spirited Durrington High team who fought back in the last quarter, however BSW were able to hold out for a 44-39 win to lift the trophy! It's been brilliant to see this squad grow and introduce new players to the game with 5 students now playing National League basketball outside school. They are also through to the last 16 of the National Cup with a wins vs St. Richards Catholic College (Bexhill) and Bishop Wordsworth School (Salisbury). In the next round they will play St. Thomas Apostle (London) just before the Easter break. We will have an update on this in the next edition, but until then, we wish all the players the best of luck!



YEAR 10 BASKETBALL

With over 20 students attending training this year we were lucky enough to be able to enter two teams into the District League. Both teams had a tricky start, losing to St. Andrew's in their first game. However, both bounced back with wins against Shoreham Academy and Sir Robert Woodard. This meant it was down to a Bohunt vs Bohunt clash to see who would advance to the semi-finals. On this occasion the green team came out on top and advanced. The finals



evening was held at BSW on Wednesday 8th February with two semi-finals and a final in one afternoon. Bohunt were able to advance through to the final with a win over Steyning Grammar School and would set up a rematch with St. Andrew's. The final was an end to end contest but the Y10 team saved their best performance of the season to beat St. Andrews by 3 points to win the District League. Congratulations to all the students who have been extremely committed to their basketball this year and a special mention for Tymek C who has improved significantly after only taking up basketball just two years ago.

OUR LATEST FIXTURES

YEAR 11 BASKETBALL



Like the year 10's, we are lucky to have so many students in year 11 to enter 2 teams into the District League. Both teams had a fantastic season winning 8 / 10 games and scoring 259 points. One team advanced into the semi-final where they played Shoreham Academy. A convincing 63-29 win saw them advance to the final where they would play their rivals from the previous 4 years - Steyning Grammar School. The final was an intense affair and a really high standard for school basketball. BSW took the lead early and never looked back as they secured the District title by 20 points. George A was voted MVP of the season. George only

started playing basketball in year 7 and has come so far, now playing Division 3 men's basketball for Worthing Thunder. If this success wasn't enough, the Y11 team have also been competing in the England Schools National Cup. BSW played 5 group games against teams in Surrey and Hampshire. At this stage they have 4 wins and 1 loss, with the particular highlight of a 2 point win over John Fisher School after being 15 points down. They have advanced through to the last 32 of the Country and will travel to Bristol Met Academy to be played in March. Mr Weedon is extremely proud of what this team has achieved, they are a real credit to the school and will leave a legacy behind them.

GIRLS U12 BASKETBALL

The year 7 girls had a great season! It was a tricky start with a loss against St. Oscar Romero although they bounced back with a draw against Durrington and two wins, one against Shoreham Academy, one against Angmering. There was a narrow 6 point loss against Worthing High and a 2 point loss against Sir Robert Woodard which could have gone either way. As a team the girls made it to the semi-finals which was a great achievement considering most had never played competitive basketball before. Well done to the whole team who were so committed to playing each week, motivating one another. A special shout out to Daisy L who improved each week taking on feedback and being vocal on court to help out the team!



OUR LATEST FIXTURES

GIRLS U14 BASKETBALL



The Girls U14 basketball team was also very successful. They had a great achievement of getting into the District semi-finals. Each and every single one of them put 100% into each second on the court. The first game was a 24-6 win vs St. Oscar Romero which was their first time playing as a team. By the end of the season the team had gelled so much they secured another win, this time 40-18. Over the season they have really progressed and managed to get the first girls Basketball team BSV to the semi-finals. Well done to Sophia C, Jeanelle J and Sennen H in getting MVP (most valuable player) in multiple games. Thank you to Lilly and Bella in year 8 who played up into the team and played amazingly.

GIRLS YEAR 7 NETBALL

The year 7 Netball team have had a great season in the District League. After a tough first game against Davison the girls were then unbeaten for the remainder of the pool stages with wins against Steyning Towers, Shoreham Academy and SRWA. This secured 2nd place in the league and they were through to the Semi-finals. In the Semi-finals the girls had two very strong opponents who proved to be better on the day but they displayed VIGOUR throughout. All season defence grew each game between Kat and Emily gaining lots of interceptions. Shooting from Taylah and Ellie worked well, passing to one another and scoring some great shots every game. In the midcourt Sophie, Alishba, Daisy, Mia and Aleya were the engine of the team passing the ball and making good decisions. We are already looking forward to what this team can do next year with more training and time spent together.

OUR LATEST FIXTURES

GIRLS U14 FOOTBALL

This team showed outstanding commitment, energy and enthusiasm throughout the season. Having some year 8's play up a year meant more opportunities for new friendships and positivity amongst the group. The teamwork and perseverance overthrew the results by a long way. The girl's have been so dedicated and even arrange extra training sessions. They have all thoroughly enjoyed the league games and

representing the school. Hopefully next year, we can see this team progress and show more of what they can do!

A huge well done to this team who played some strong opposition. Well done to Sophia and Heidi, who play for teams outside of school, for helping the rest of the team with structure, formation and motivation. Well done to Jeanelle to received player of the game on a few occasions having not played for an outside team.



YEAR 7 FOOTBALL

Year 7 opened their account in the District league with a strong performance against The Littlehampton Academy (TLA). A decisive 4-2 victory. This was particularly impressive due to the fact students had only had one training session together. Hoping to take this into their next game, they arrived in high spirits to take on the Steyning Towers team. Unfortunately, despite scoring early in the second half, the final score was 5-1 to Steyning. The highlight of the year was the final game of the season against an in-form Durrington side. This game started promisingly, with Bohunt scoring first, with goals alternating up until a 4-4 score line. In added time it was Durrington that had the decisive strike in the dying moments of the game, however the boys showed great character and resilience to battle until the end! We are all looking forward to next year's season, where we hope to come back better and stronger.

OUR LATEST FIXTURES

YEAR 8 FOOTBALL

Year 8 opened their season with a tough away fixture at Steyning, who they beat in the District final the year before. The team was slow to get started and unfortunately lost 4-1. They then played Durrington and were able to turnaround their first round loss and win 4-3. Then the next two games were conceded one in our favour and one against due to a number of injuries amongst the team. We then headed over to Oscar Romero in the final group game and played with much more confidence and won the game 1-0 although could have been much more. The semi was next up over at Shoreham and whirlwind of game saw the year 8 in behind, in front and then finished 3-3 which went to extra-time, sadly the boys ran out of steam and lost 5-3. They do remain in the Shield and have a second round game coming up against Bohunt Horsham.

YEAR 9 FOOTBALL

The year 9 football season was one of the first West Sussex South District leagues to get up and running this year. The season consisted of 5 games in the Premiership division with the 6 best sides in the area going head to head. Due to several injuries, this year was not to be for the year 9 team as they lost out on a semi-final spot by 3 points. Even though they were not to advance through, the boys showed excellent character throughout the season. The highlight being a 5-1 win against local rivals St. Andrew's in their first game and Cody H scoring the goal of the season! The boys are already looking forward to redeeming themselves next year.



OTHER FIXTURES

BET CUP Table Tennis:



Just after the Christmas break, we travelled up to Bohunt Horsham where the table tennis BET Cup took place between all the schools in the Bohunt Trust. This was a separate girls and boys event that will affect the end of year result for the BET Cup. The boys came 4th out of a total 8 schools (winning 17 out of 28 of their games played) and the girls came 6th out of 8. Overall, a very successful event held by Bohunt Horsham encouraging boys and girls to get into table tennis.

BET CUP Basketball:

Congratulations to our Y8 students who competed in the first BET Cup of the year which was a firm favourite by Bohunt Worthing students - Basketball. Fantastic results for both teams with the boys coming 1st and Girls 4th! A great effort by all students and great to be competing against the other Trust schools.



OTHER FIXTURES

District Cross Country:



Students across Years 7 to 11 competed in the District round of the cross country held at Lancing Manor. Great effort in muddy conditions and a big hill to contend with.

Stand out performances - Ellis C (UI2 boys) 5th place, Thomas M (UI4 boys) 9th place, Megan P (UI6 girls) 11th Place and Lola G (UI6 girls) 12th place!

County Cross Country:

Students in Year 7 and 8 competed in the county round at Christ Hospital. There were over 200 participants in each age group and gender class. The top 20 students went through to the next round. In wet and muddy conditions and against other state and private schools all students did amazingly well. A special mention to Brook S in Year 8 who came 11th in his age group and went through to the next round.



Indoor Athletics

This year we attended a great School Games Indoor Athletics event hosted by Angmering School. With sprints, endurance events and field activities including Speed Bounce, Vertical Jump and Standing Broad Jump there were definitely lots of opportunities to shine. The Girls came 8th out of 11 schools and the Boys 7th out of 9 schools. In Year 7 the same format followed and again students performed amazingly well throughout. Well Done to Lola R who won the endurance 6 lap race and the girls teams who competed in the relay events coming 2nd. Overall both the boys and the girls teams came 8th out of 11 schools

SPORTS CAPTAINS

This year we have 30 sports captains across the 3 houses Franklin, Mandela and Turing and across the 5 year groups 7-11 with the Year 11 students taking on a senior leadership role. These students are responsible for organising Inter House competitions making sure they have a team to enter and that they support this team through the process. Sports captains are the students' voice for PE and have had a big input into the contents of this PE and Health Guide amongst other things. Sports captains offer their time to help the PE

department before and after school in terms of arranging equipment, tidying store cupboards and helping with kit and admin tasks. So far this year we have run Inter House Netball and Football tournaments. These events showcased some great talent and even better house spirit and teamwork.



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ELITE ATHLETE RECOGNITION

Ryan C Y11

Ryan represents Sussex in Badminton. He trains every week with an England Badminton Coach and competes regularly in tournaments against other counties. Recently, he achieved the Runners Up Silver Medal in the Under 16 boys doubles and came third in the Under 16 singles in the Sussex restricted Championship Tournament.



Evie S Y11



Evie S competes internationally in cheerleading. Evie started when she was 6 and has captained and led her team to victory in many different tournaments both regionally, nationally and Internationally. Currently, Evie trains at a club called Unity Allstars in London and is part of the highest ranked all-girl level 6 team in the country called Ruby. Evie is a flyer and a tumbler which means she performs elite level “flips”

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MEET THE TEAM

MR ROBINSON



We thought it would be a great idea to introduce our great PE team. Our first interview is with Mr Robinson. Mr Robinson joined the BSW PE team in 2020 and now oversees the Duke of Edinburgh Award scheme at the school, Outdoor Education as well as the whole school co-curricular programme.

Why did you want to become a PE teacher?

I first realised that I wanted to be a PE teacher when I was in Year 11, after becoming a coach at my local table tennis club. Coaching here sparked a passion for helping others to improve at sport, and as someone who enjoyed playing a wide range of sports throughout my time at school, I was eager to help others do the same.

What is your favourite sport and why?

My favourite sports to watch, live or on TV, are Basketball and Football. Table Tennis is my favourite sport to play and also the sport that I have been playing for the longest. I started playing table tennis aged 10 and have recently got back into training and playing competitively.



MEET THE TEAM

MR ROBINSON

What do you enjoy the most about working at BSW?

This question is something that is far too difficult to summarise into one answer, so I have given three:

1. I enjoy coming into work each day, working with some of the best colleagues I could have asked for and in the process making some incredible best mates.
2. Since joining, I have thoroughly enjoyed the extra opportunities that have been provided to me, as well as those that I have been part of providing to students - including trips to Austria (Ski Trip), Sorrento, DofE expeditions, Hove Cricket ground to name a few, as well as providing outdoor education sessions and a massive array of different clubs for all to take part in.
3. Early finishes on Friday (come on who doesn't love that!)

What do you find the most rewarding about being a PE teacher?

For me, the most rewarding thing about being a PE teacher is seeing students striving to be the best they can be, regardless of how much they enjoy playing sports. I enjoy seeing students progress in ways they didn't think was possible, whether that is within one lesson or over a number years. Seeing students being successful in fixtures is another extremely rewarding aspect of my role, it shows that they have listened to any guidance I have given and worked together towards their common goal, with great effect. With that said, success often takes many different forms, and often it can be the fixtures that do not result in a win, that can prove most valuable to both myself and those involved.

Tell us an interesting fact about yourself.

After completing my Gold DofE, I met Prince Phillip and he said he liked my tie.

EXTRA CURRICULAR

Clubs are an integral part of life here at BSW, with nearly 70% of the school signing up and regularly partaking in different activities throughout the week.

With over 60 clubs on offer per week, there is a wide range of different activities, with something for everyone - whether that is Crazy Comic Book club with James Parsons, or one of our Basketball clubs with Coach Ellis.

Sport Clubs

This term at Bohunt, we have offered 15 sport clubs per week, including Basketball, Rugby, Netball, Badminton & Boxing. It is no secret that training in a sport that you are passionate about will help you to improve, which is something that we hope for for all our students. This has been particularly visible with the success of our basketball teams this year, many of which have either won their respective District Leagues or are still in the National Cup.

What to Expect?

In PE next term we have yet another wide array of clubs for all to enjoy. Keep an eye out for:

- | | | |
|------------------|-----------------------|-----------------|
| • Volleyball | • Handball | • KS3 Badminton |
| • Athletics | • Futsal | • Table Tennis |
| • Girls Football | • Cricket | • Dance |
| • Boxing | • Rounders / Softball | • Tennis |

EXTRA CURRICULAR

STUDENT RECOGNITION

I would like to take this time to recognise all students for their continued participation in all sports clubs. It is really encouraging to see so many of you taking every opportunity to improve in your chosen sports and show the Game-changer characteristics. We have seen extremely encouraging attendance figures throughout the term, with a figure of 70% of all sport clubs attended by those signed up.

However, special recognition needs to go to William P & Henry Y. Both of these students have attended every single Boxing Club session since Christmas. Their commitment to their club has been second to none and it is clear to see that they are improving their skills within this sport that is fairly new to both of them.

Well done boys - this is a great achievement!

PE KIT

Since the introduction of new garments to our uniform, it has been excellent to see so many students wearing these this year.

We want to ensure that all children and young people feel comfortable when participating in PE. This year, and in response to new government guidance to ensure school uniforms are affordable for all, we conducted some student voice with our sports captains on PE uniforms. This has been used to update our policies which is detailed below:

BSW PE Uniform:

- BSW PE polo with embroidered logo (compulsory). Name embroidery (optional)
- Either BSW or plain black sports shorts, skorts, tracksuit bottoms.
- Either BSW mid-layer, fleece or plain black jumper (no hoodies)
- Black or dark sports socks
- Girls are permitted to wear plain black sports leggings (knee length or longer)
- Appropriate footwear for specific activities (trainers / boots)

When purchasing plain black sports clothing and not BSW branded, clothing must have no hoods, no prominent attachments such as zips which could cause injury and no noticeable writing. A small branding logo is acceptable.

More information on our uniform policy and where to order PE kit can be viewed on our school website:

<https://www.bohuntworthing.com/parents/uniform/>



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