

Autumn 2023



VIGOUR



PE & HEALTH GUIDE

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A WARM

WELCOME

Dear Parents and Carers,

We hope you had a lovely break over the summer.

Welcome to our termly guide - keeping you updated with all the great things going on in PE & Health at Bohunt School Worthing. I would particularly like to welcome new students and their families to our BSW PE family.

We have had a superb start to the academic year. There is a real buzz in PE classes and it has been so nice to see many students already involved in extra-curricular clubs and fixtures.

In this edition we will be sharing all things coming up this year as well as looking back over the many events and successes from the Summer including Sports Day and our first PE and Sport Celebration Evening.

Last year was our most successful year since the school opened in 2015. Our teams won a record 5 District trophies in Basketball, Cricket and Athletics, successes in National competitions and over 150 competitive fixtures played throughout the year. We provide a wide range of opportunities through our extensive co-curricular programme which has enabled us to achieve the Gold School Games Mark for the second year in a row.

In response to student feedback, we are delighted that our new Key Stage 4 core PE pathways have launched, providing more choice and meaningful PE for students to improve their health and wellbeing. We pride our department on being inclusive of all our students, and are determined to inspire lifelong participation for each child. This year we will be submitting an application for the Association for Physical Education Distinction Award.

Thank you for your continued support, let's have an incredible year of sport and physical activity. If there is anything we can do to further support your child then please do get in contact.



Gary Weedon

PE Subject Lead

E-mail: gweedon@bohuntworthing.com



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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.



PE KIT AND EXPECTATIONS

We want to ensure that all children and young people feel comfortable when participating in PE. In response to recent government guidance and student feedback, last year we amended our PE uniform policy.

BSW PE Uniform:

Compulsory Logo Items:

- BSW PE polo with embroidered logo. Name embroidery (optional)

Core PE Items

- Either BSW with embroidered logo or plain black sports shorts or skorts
- Either BSW mid-layer or fleece with embroidered logo. Plain black round neck jumper can be an alternative **(no hoodies)**
- Sports socks
- Appropriate footwear for specific activities (trainers / football boots for the field). This will be advised by the class teacher to the student throughout the year.

Optional PE Items:

- BSW or plain black tracksuit bottoms or fitted track pant
- Plain black sports leggings **(knee length or longer)**
- Plain black base layer or thermals
- Black sports cap
- Shin pads / gum shields **(highly recommended when seasonally required)**
- Separate bag for PE uniform

When purchasing plain black sports clothing and not BSW branded, clothing must have no hoods, no prominent attachments such as zips and no noticeable or offensive writing or slogans. 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/>



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, comprising of 2 double lessons and 1 single lesson.

Our Year 7 schemes of work focus on students developing fundamental movements, skills and understanding of activities that equip them with necessary knowledge and application to improve performance and become more competent and confident. In Year 8, the focus allows students to apply skills and movements in depth, linking to tactical awareness, outwitting opponents and understanding how to make performance effective.



During the Winter and Spring Terms (September to March) students will participate in the following activities:

Basketball, Football, Netball, Rugby, Handball, Badminton, Table Tennis, Dance, Gymnastics and Non-traditional activities.

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

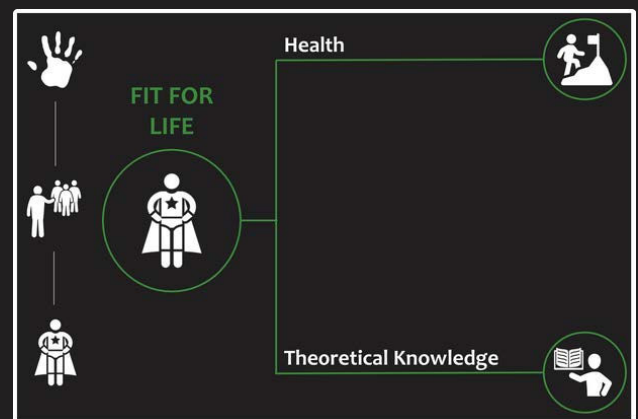
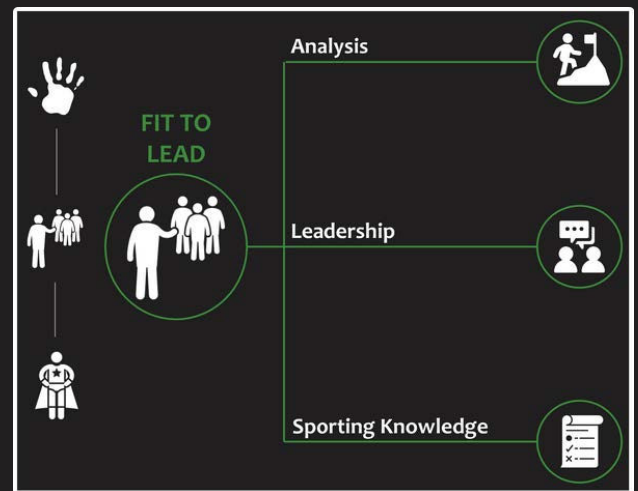
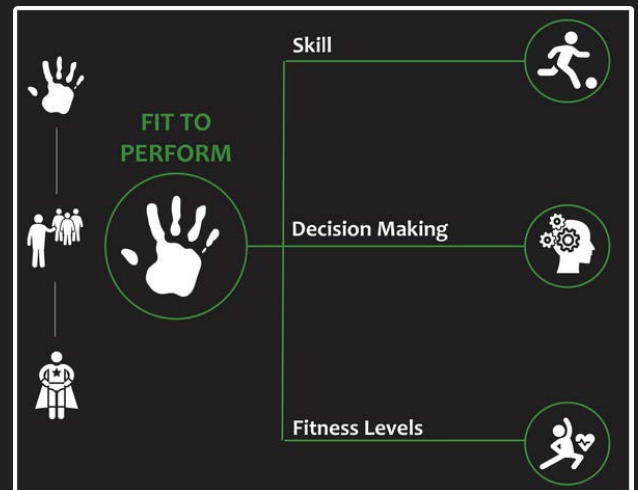
Fit to Lead:

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.



KS4 CORE PE CURRICULUM

We strive to make Physical Education lessons meaningful and beneficial to each individual so all are engaged, active, happy and safe. Last year, some of our Key Stage 4 core PE students completed a student voice survey which helped us to adapt and shape our PE curriculum.

At Key Stage 4 students have 2 hours of PE a week in their double Games lessons. We provide students a choice of pathway for the year based on their preferences and enjoyment in certain areas of PE. Students will still cover the National Curriculum but the pathway is designed to give students more opportunities in specific areas. On the following page you will see an example of the pathway choices.



KS4 CORE PE

CURRICULUM

Pathway	Description
GCSE PE / High Performance	For GCSE PE students and other high performing athletes. This group will include GCSE PE sports and practical moderation from the exam specification. There will be further opportunities to increase knowledge and understanding of careers, opportunities and theoretical aspects of Sport and Exercise aimed to stretch and challenge each student.
Traditional Sports	For students who want to participate in traditional competitive sports. Each PE lesson will include competitive elements to the sport or activity.
Non-Traditional Sports / Aesthetics	For students who prefer non-competitive elements to Physical Education. This is a more creative and varied option. PE lessons will provide a range of sports and activities that students may not have experienced before. This will include non-traditional games and a range of aesthetic and creative activities such as gymnastics and dance.
Health and Wellbeing	For students who want to have a greater understanding of how physical activity can positively affect mental health. This pathway takes the emphasis out of sport and focuses on using physical activity to improve health and wellbeing of the individual for the present and future.

GIRLS ENGAGEMENT OUR VISION

At Bohunt School Worthing we pride ourselves on creating an inclusive environment and equal opportunities for all. Last year we strived to improve our curriculum and extra-curricular offer to harness the opportunities and engagement in physical activity and sport for all, especially girls.

Our curriculum follows the National Curriculum providing a variety of opportunities within traditional games, aesthetics, healthy active lifestyles and outdoor adventurous activities. The KS3 curriculum provides equal opportunities for all students to experience and participate in all areas. Student voice is important to us across the school, although within PE we used this to gain further information about our curriculum in KS4, this feedback has resulted in us restructuring our curriculum pathways providing meaningful lessons which support health and wellbeing.

Girls participation is also a focus in our co-curriculum programme. We run girls football and basketball clubs, dance club in addition to all other mixed gender clubs creating a gender inclusive environment. This year we have Miss Paterson leading a This Girl Can fitness club. Last year saw a record amount of girls participating in sports and fixtures across all year groups in Netball, Basketball, Football, Rounders, Cricket, Athletics, Gymnastics and much more. This year we aim to extend this by starting a female leadership course to upskill, empower and create role models by working with local schools on leadership opportunities.

In 2022 Sport England conducted a study 'Women in Sport'. Their findings were that 43% of girls that felt that they were sporty as primary pupils but no longer see themselves this way, resulting in a reduction in participation in physical activity and sport. At BSW we pledge to have excellent opportunities to empower girls to reduce this statistic.



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SPORTS DAY

Sports Day 2023 was incredible. A hub of activity, participation from the whole school and an outstanding engagement from the whole community. Students were excellent throughout the day and competed in various events including, 100m, 200m, Shot Put, Discus, Javelin, Relay events and the fans favourite - Tug of War! This year was the closest result we have had in the history of the school but it was Turing that were eventual winners!

A Student Perspective:

This sports day was the best one so far. It was really fun and the glitter and decorations made it feel more festive. This should definitely be done next year because it showed lots of house spirit. The events were really good.

We started by setting up early, meeting at 7am and some of the girls were putting glitter and face paint on. The year sevens and eights arrived for their races and activities after this nines and tens started there activities, there were definitely a few heated discussions about the winners of tug of war. Lots of face paint and glitter happened and we ended the day off with all tutor relays with the whole school cheering on! It was such a fun day and had such a fun atmosphere filled with cheering and lots of team spirit .



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SPORTS DAY



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PE AND SPORTS CELEBRATION EVENING

On Friday 14 July 2023 we welcomed over 300 students and parents to our first ever PE and Sport Celebration evening. The evening celebrated and shared the successes and outstanding achievements of our students from the academic year of 2022-23.

It was an incredible year for Physical Education and Sport at BSW. A year in which our teams and individuals have excelled in many areas. The large base of participation resulted in an impressive trophy haul. Sports teams won a record 5 District titles. There were a number of

FIRSTS for our students, including The U14 and U16 Basketball teams reaching the last 16 of the England Basketball Co-Ed National Cup, the Y7 and Y8 Basketball teams reaching the Jr. NBA Conference Sem-finals and District success in cricket and athletics. Overall we had record numbers of students participating in our extra-curricular clubs and record numbers of entries and competitive fixtures in District, Regional and National competitions.

We were also lucky to receive a video message from professional Basketball player Andre Arrisol. Andre is a graduate from Chaminade University in Hawaii where he was a starting guard for their Men's team. He represented Worthing Thunder in the 2022-23 season and previously won the NBL Division 1 Title with Solent Kestrels. He also won the NBL Defensive player of the year in the previous two seasons which earned him selection to the Team England 3 v 3 Basketball squad for the Commonwealth Games in 2022.



Congratulations to the following teams and winners below:

Y7 Basketball Team - District League and Tournament Winners

Y7 Girls Basketball Team - District Tournament Winners

Y7 Cricket Team - District League Winners

Y8 Boys Basketball Team - BET Cup Basketball Winners

Y9 Basketball Team - District League Winners

Y9 Boys Athletics - Y9 Steyning Novices Runners-Up

Y10 Basketball Team - District League Winners

Y11 Basketball Team - District League Winners

PE AND SPORTS CELEBRATION EVENING

Sports Captain of the Year - Jemma Potts

Platinum Participation Award

This award recognises the highest attending boy and girl to PE and Sports clubs from each year group.

Y7 - Jakub Miller and Lola Robinson

Y8 - James Anderson and Isabel Watts

Y9 - Jozef Miller and Tia Dewey

Y10 - Cameron Cooper and Lillie Calder

Y11 - Stephen Hall and Jemma Potts



Sports Personalities of the Year - Lily Jenner and George Andrews



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OUR LATEST FIXTURES

Y7 and Y8 Rounders

Year 7 and 8 played in their respective year group teams this year and played Sion, Steyning, Davisons, SWRA and Shoreham Academy.

The Year 7 team played some great fixtures and have really improved as a team. Taylah showed great bowling and improved throughout the season. Our run rate and amount of rounders improved with each game batting into space and over distance. Lola was a fantastic backstop and worked well with both Fran

and Aleya on second base to consistently get the opposition out. We took a win against St Andrews by ½ a rounder which was a very competitive match and exciting to watch.

This team is definitely one to look out for in the future.



The Year 8 team were highly motivated from the start of the season and worked together admirably to encourage and support each other throughout the season. Every game they played was incredibly close but came away with a good win against SRWA. There was some outstanding fielding with Clara L getting some amazing catches in the field stopping plenty of rounders. The girls grew more confident with every game and improved their tactical awareness week on week. This team was an absolute pleasure to coach and lead with a fantastic determined attitude and a clear love for the game and each other. I hope to see this again next year with the continued fielding skills and an extra effort to improve our batting.

Y9 and Y10 Rounders

In June the year 9 and 10 rounders teams took on Durrington, Angmering, Sion and Oscar Romero in the area league. Our girls were well rehearsed and came out strong demonstrating some excellent fielding skills. The girls never gave up and always approached the matches with fighting spirit. Congratulations girls.



OUR LATEST FIXTURES

Y7 and Y8 Cricket

Both the Y7 and Y8 Cricket teams competed in the District League in the Summer Term. The Y8's had a competitive game against St. Oscar Romero with stand out performances from Ruben.K and Noah.K. The Y7 team was exceptional. The team were unbeaten all year and won the final convincingly against Angmering by 10 wickets. The stand out moment of the season was from Ethan.C who took a hat-trick in the semi-final. This is an outstanding achievement as this is our first ever District title in cricket since the school opened in 2015. Congratulations to all students who have represented the school in cricket this year.



Y7, Y8 and Y9 Athletics - Steyning Novices

Year 7, 8 and 9 Boys and Girls competed in the Steyning Novices Athletics competition. It was a hot sunny day and a great event that all the students enjoyed taking part in. All teams performed incredibly well in both the field events and on the track. The Year 9 boys came second overall out of 11 schools which is fantastic. Many students made the finals on the track following great heat times. Well Done to Brook for winning the Year 8 200m final and to Rueben for winning the Year 9 300m final.

We look forward to taking part in the event next year.



BET CUP

BET Cup Gymnastics

We took four gymnasts two year 7 and two year 8 to our BET Cup gymnastics competition. The competition consisted of a set floor routine and a vault, the vault was a choice of squat on, squat over, handspring or half on half off. The girls competed so well coming 3rd across the trust.



BET Cup Cricket

In May the Y8 BET Cup cricket team had a great afternoon in the glorious sunshine at Steyning Grammar School. BSW managed to win 2/3 of their pool games but unfortunately lost out to Harsham and TPS on runs scored for a place in the final. They did however bounce back to win their play-off game to finish in 5th place. Congratulations to all who took part!



BET Cup Athletics

20 students travelled to Portsmouth, Mount Batten, for the last sport of the BET cup. This time it was Athletics and students would be competing in a range of track and field events, finishing with a 4x100m and 4x200m relays. Students performed exceptionally well against all other 8 BET schools and held their own against some experienced athletes. Notably Clara L 1st in shot putt and Brook S 2nd in the 200m. All students were excellent and helped Bohunt Worthing to finish 3rd overall in the BET cup this year. An excellent result, well done to all teams throughout the year!



SPORTS CAPTAINS

The Sports Captains have had a busy year meeting half termly to organise events throughout the year. They have recruited players for 4 Inter-house competitions including Basketball, Netball, Football and Rounders

Rounders Results

Well done to Franklin for winning both the Year 7 and 8 Rounders events and well Done to Turing for winning the Year 9 and to Mandela for winning by just half a rounder in Year 10.

The Sports Captains were fantastic on Sports Day this year showing great organisation and leadership. The help with setting up and running events was invaluable. They arrived early and stayed late and showed great house spirit and support. A huge thank you from the PE department to those students.

How to apply this year?

If you would like to apply for this year 2023-2024 then please keep an eye out for it being advertised in your PE lessons. Following this you will be asked to complete an application form from the PE office sharing why you would be suitable for the role. If your letter is successful then you will be invited to interview shortly after.

Any questions please don't hesitate to contact Mrs Woodward at:

lwoodward@bohuntworthing.com



SPORTS CAPTAINS

Festival of Sport

Festival of Sport is linked to National School Sports Week. It is an opportunity for students to take part in activities outside of their school curriculum. This year for Year 7 and 8, classes took part in an Obstacle Course, Frisbee Golf and Fun Relay Runs. Students worked hard to collect points for their houses and the competition was very close.

In year 9 and 10 students took part in Dodgeball, an Orienteering challenge and Stoolball. Again competition was fierce and students enjoyed taking part in alternative activities. Well done to Turing for winning the overall totals for Festival of Sport.



GIFTED AND TALENTED RECOGNITION

As part of our ethos of Enjoy, Respect, Achieve we believe that all students should be challenged to reach their full potential and to develop as individuals who are 'game changers'. Central to this is a need to recognise and provide for our most able students in PE and Sport. We want to recognise the diverse strengths of our students in PE and ensure they are consistently challenged and stretched in order to maximise their achievement. Alongside their attainment, these students are recognised by their teachers as having particular strengths in their subject area and displaying the potential for excellence.

We also want to recognise and provide opportunities for our most talented athletes beyond the curriculum to support their pursuit of excellence. To ensure we can achieve this, if your child competes in high level sport (County Level or above), please scan the QR code to provide us some more information.



Physiotherapy Workshop

On Monday 3rd July Charlotte James, a professional sports physiotherapist, came in to speak to our Elite performers and Gifted and Talented Physical Education students. Charlotte shared with the students how to get into the role of a physiotherapist, what qualifications are required and the different career pathways within physiotherapy. The students then got stuck in with learning all about the anatomy of an ankle, how to assess a patient with an ankle injury and had a go at treating their ankles by applying their assessment techniques and taping. It was a fantastic day and the students really enjoyed learning about the job and what it involves.



Meet one of our Gifted and Talented Students

Henry (Year 11) Water Polo

Henry is a centre forward for Worthing Waterpolo club. He trains every week and his team competes in major tournaments. Most recently, his team came 3rd in the National Age Group U17 finals in Sunderland



MEET THE TEAM

MISS MOORE



This is the second edition of Meet the Team. Miss Moore joined the BSVV PE team in 2022 and has had a great impact on our students and department already. Miss Moore oversees the inclusivity vision for PE and has a great passion for empowering girls and improving engagement and participation in PE, Sport and Health.

Why did you want to become a PE teacher?

I realised I wanted to become a PE teacher when I started volunteer coaching gymnastics at the age of 12. I progressed through this becoming a lead coach at my club, running Artistic Gymnastics for ages 5-8 years old. I enjoyed sharing my knowledge and enjoyment of sport, seeing them progress, achieve and overcome barriers.

What is your favourite sport and why?

My favourite sport is gymnastics. I started gymnastics when I was 4 years old, competing at county and regional level. When I decided to stop competing I began competing in All Star Cheerleading at National level. Still now my favourite sport to watch is Gymnastics along with Dance.



MEET THE TEAM

MISS MOORE

What do you enjoy the most about working at BSW?

I enjoy coming into work every day and this is made better working with such an incredible department. Being new to the school I was not expecting to be as involved as I have been on trips, this has been a highlight for me; the year 7 pantomime, Sestriere Ski Trip, DofE expedition, Big Sleep over and finally our trip to France for ERA week. The biggest enjoyment though has to be our Tuesday cake day in the office!

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

There are many things I find rewarding about being a PE teacher but to summarise. I find it rewarding to see students progress and succeed throughout sport or within a lesson, this ranges from physical success to leadership. Being a part of students' learning experience witnessing them overcome challenges, is a reward I do not think you can experience in any other career.

Tell us an interesting fact about yourself.

I performed at the Olympic torch relay in 2012 and got to hold the torch!

EXTRA CURRICULAR

The Summer Term was another jam packed term of clubs, with lots of new opportunities for our students to benefit from. As well as some returning favourites, such as futsal and handball, we offered a striking and fielding club, with sports including rounders, stoolball and cricket, as well as athletics and table tennis.

It has been great to see a large number of our Bohunt Worthing students taking part in extracurricular clubs right up until the end of the year. As such it has been encouraging to see lots of students making progress in their sports fixtures from the practice they have put in in their clubs and training sessions, with particular examples of this including the Y7 Cricket Team, who won their district league.

Within the co-curriculum we like to recognise those who demonstrate the three key characteristics of Co-Curricular Game-changers. Namely, those who are leaders, committed to their club and adventurous enough to try new sports and activities. Please see the Celebration Evening section of this guide for the students that were recognised in this way with the Platinum Participation Award.

Below is a short interview between brothers Jakub M (Y8) & Joe M (Y10), providing insight into their experiences of extra-curricular clubs:

What do you like most about clubs?

Jakub - As I am very passionate about sport, I really like the opportunity to engage in all of the different sports that are offered by the PE department.

Joe - There are so many opportunities that you wouldn't get outside of school. For example, basketball is not a sport that I would have otherwise taken up outside of school, but with the club inside school I have been able to access different sports that I would never have otherwise tried. This has also led to me being able to represent the school in basketball, football and cricket.

EXTRA CURRICULAR

What is your favourite sport club? Why?

Jakub - Football because I like to try the different activities & drills that teachers give us, and then apply these in a match?

Joe - Futsal. Futsal has been something I also would have never tried, it has allowed me to improve my ball control and other key skills within the sport. I have also made new friends and I like the relaxed atmosphere that it provides. Being on a Friday, it also means that I haven't stayed any later than I normally would have at school, but I have been able to try something new.

What makes sports clubs so special?

Jakub - I feel confident and happy enough to go to different clubs on my own, without the need to follow my friends. This is because, they are delivered in a pressure free way, which does not make me feel like I have to have others with me to provide support.

Joe - I like the competitive elements that sport clubs give when compared to others. I think there is more teamwork and comradery and social skill developments within these clubs due to the nature of the sports they focus on. I think my leadership skills have improved massively through going to sports clubs.

Autumn Term Clubs

The new school year provides us with the perfect opportunity to refresh our clubs offer. Please see the link below for our Autumn Term clubs timetable:

[Autumn Term Clubs Timetable](#)

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EXTERNAL CLUBS



Interested in basketball?

At BSW we are excited to be working closely with Worthing Thunder and there will be more developments in 2023-24.

Worthing Thunder Juniors currently have teams playing in the National League from U12 to U18 for boys and girls. They have the following drop in sessions throughout the year for all children to attend to learn something new or develop their current skills.

Sessions are coached by the Worthing Thunder players and head coach Zaire Taylor. If you are interested in taking your basketball further then please see the details below:

Sessions:

@ Durrington High

Friday's 5:30 - 6:30pm - Ages 10-13

Friday's 6:30 - 7:30pm - Ages 13-16

There will also Holiday clubs every half term at Durrington High School for all children ages 5 to 16. If you are interested in attending then please see the contact details below.

For any more information please contact

Sara Jenner

07490166600

juniors.worthingthunders@gmail.com



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