



Autumn 2024

VIGOUR



PE & HEALTH GUIDE

Enjoy

Respect

Achieve

A WARM WELCOME

Enjoy Respect Achieve

Dear Parents & Carers,

Welcome to our termly guide to keep 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 BSVV PE family.

We have had a superb start to the academic year. There has been plenty of engagement in PE lessons and it has been great to see so many students getting involved in the extra-curricular clubs.

In this edition we will be celebrating the Summer term from last academic year as well as providing an insight into all things happening in PE this term

Last year was incredible! Engagement in PE has been at an all time high and students are thriving in lessons and through clubs and sport. Throughout the year we completed an application to the Association for Physical Education and are delighted to share with you that we achieved the 'Quality Mark Award' at Distinction level. We will hold this status for the next 3 academic years. I would like to thank the PE team for their continued support and dedication to providing outstanding opportunities for our students.

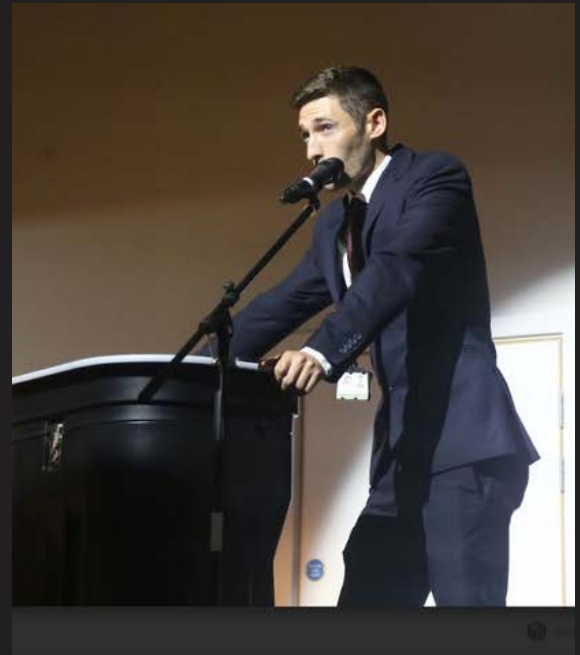
Thank you for your continued support as parents. We look forward to what promises to be an incredible year of sport and physical activity. If there is anything we can do to further support your child then please do get in contact.

Best wishes,

Gary Weedon

Head of Physical Education

Email: gweedon@bohuntworthing.com



OUR PE VISION

At BSW we want students to be happy, safe and confident individuals who can thrive in PE.

“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 Gamechangers.”

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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ASSOCIATION FOR PHYSICAL EDUCATION QUALITY MARK

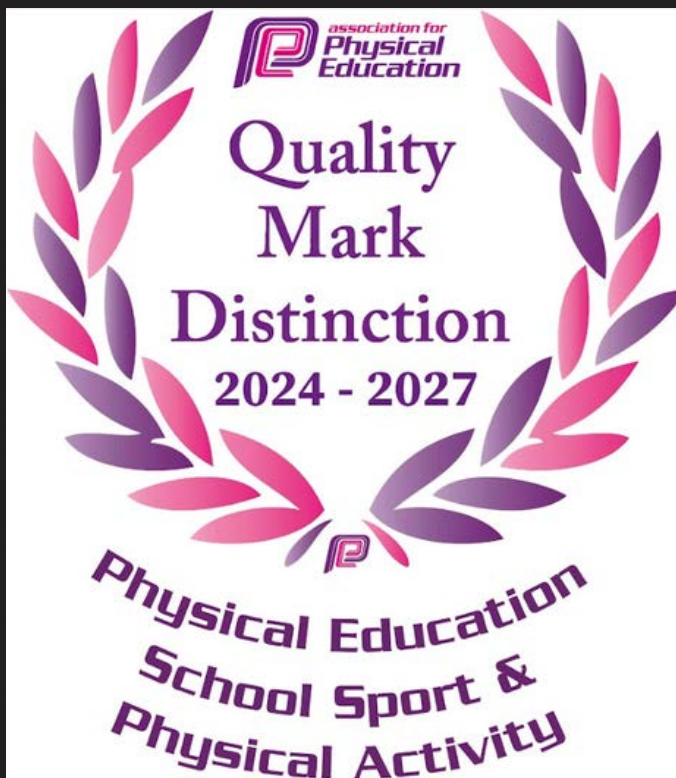
Last year the BSW PE team submitted an application for the Association for PE (AfPE) quality mark and we are pleased to announce that we were successful in achieving the award at Distinction level.

The afPE Quality Mark is a prestigious award that demonstrates the strength and quality of Physical Education, School Sport and Physical Activity (PESSPA) at our school.

We have achieved the award with Distinction and will retain this for the next 3 years. It is a privilege to hold this award to show our outstanding provision for Physical Education, School Sport and Physical Activity at BSW. We are only 1 of 2 secondary schools in Sussex to achieve this award with distinction since 2013!

PE colleagues have shown excellent commitment to this over the last 3 years and continue to provide outstanding opportunities for our students.

In addition to this, we have also been lucky to have our work on 'meaningful PE for all' published by Future Action and will be presenting our work at the Active Sussex PE conference in October.



Neil @ Future Action 
2 hours ago · 6 min

**Case Study - Bohunt
Worthing - Personally
Relevant PE for all**

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BASKETBALL ACADMEY

We are delighted to announce that from September, we will have our very own Basketball Academy in association with Worthing Thunder.

The academy aims to develop basketball players at all levels, from those who are competing within National Leagues and Schools National Cups, to those who want to play basketball for fun or within the local school or Sussex leagues.



Students receive 2 hours of coaching a week from our excellent basketball coach, James Ellis, as well as expert coaching from Worthing Thunder staff and players such as Ishmael Fontaine and Zaire Taylor. Basketball sessions include work on fundamental skills, training and preparation for competitions in the local area, County and National competitions, as well as a strength and conditioning session once a week. All National cup games are filmed and can be analysed by coaches and players using the state of the art VEO camera.

We want students to be ambitious about their basketball when they come to Bohunt School Worthing. This academy will provide the foundations and stepping stones to improve as an athlete, develop the skills needed to succeed academically and provide a pathway to play basketball in further education.

We are looking forward to developing this partnership with Sara Jenner and Zaire Taylor.



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WHAT ARE STUDENTS LEARNING IN YEAR 7 & 8?



In Y7 and Y8 our students participate in a broad and balanced curriculum with 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.

Our Y7 schemes of work focus on students developing fundamental movements and preparing students with the skills and knowledge that allow them to access the wide range of sports that they are exposed to. Allowing students to improve performance and become more competent and confident.

In Y8, students recap and develop on from the skills they were introduced to in Y7. Lessons are structured to allow students to apply skills and knowledge in more depth with more links to tactical awareness and how to make performance effective.

So far this year students have participated in the following activities:

Cricket, Rounders, Athletics, Health Related Fitness, Team Building, Orienteering, Gymnastics, Dance and Non-traditional activities.

In the Autumn term, students will also participate in:

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



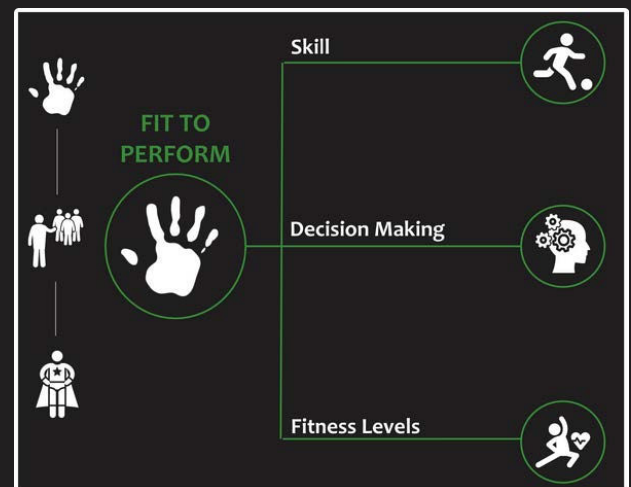
KEY STAGE 3 PE ASSESSMENT

In Key Stage 3 we assess students under 3 strands. Each strand allows both us and the students to get a full understanding of the progress they are making through a holistic approach.

Our three strands are Fit to Perform, Fit to Lead and Fit for Life

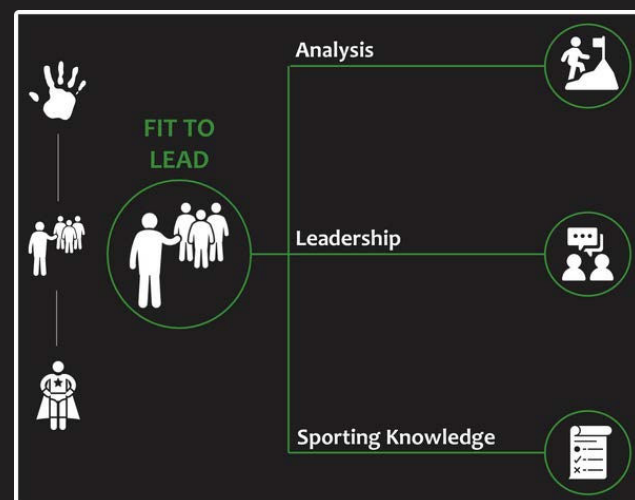
Fit to Perform

This strand focuses on performance in sports and activities. We assess their ability to perform skills, their level of fitness and decision making. This strand is primarily focused on their physical performance.



Fit to Lead

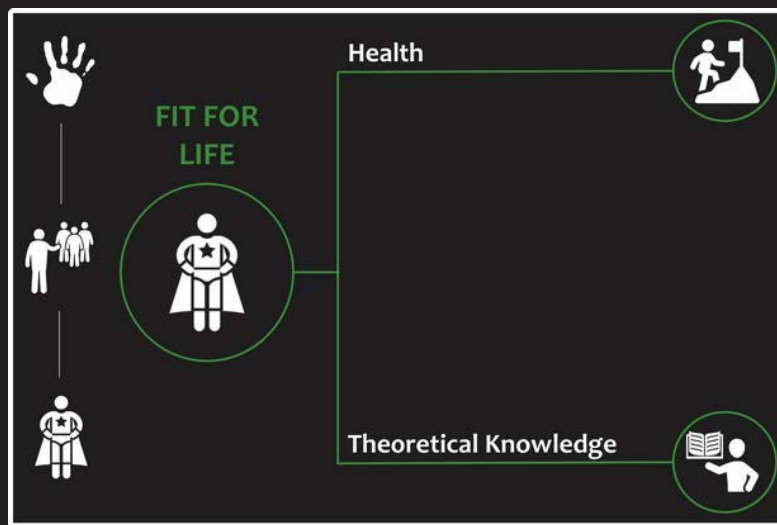
This strand focuses and personal attributes displayed in PE lessons. Analysis of their own and others performance is integral to this strand of assessment. Students are given the opportunity to practise and refine their ability to give feedback to improve performances. Students will use verbal feedback or video analysis using their iPads. We also assess other soft skills such as communication, team work and organisation which can be developed through PE. This is assessed under our Leadership branch of this strand. We also understand students need to understand rules and regulation to participate effectively, therefore we give students the opportunity to umpire/referee games to develop their sporting knowledge.



KEY STAGE 3 PE ASSESSMENT

Fit for Life

Our last strand focuses on the knowledge and understanding of theoretical PE and Health to support progress in academic courses and inform future life decisions around Fitness and Health. We use knowledge organisers as support and guidance to embed this. Knowledge is taught through practical teaching supported by homework tasks around their knowledge organisers. We then give students short quizzes at the end of each half term, to further assess their understanding.



KEY STAGE 4

CORE PE

In KS4 core PE our aim is to ensure lessons are meaningful and beneficial to each individual so all are engaged, active, happy and safe. Students have 2 hours of PE a week in their double Games lessons. Each student is offered 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.

Our pathways include:

- GCSE PE / High Performance
- Traditional Sports
- Non-Traditional Sports
- Health Related Exercise / Aesthetics
- Health and Wellbeing



The pathways are proving to be a popular option amongst students and engagement remains high across lessons. We are committed to working towards each student being able to strive towards lifelong participation in physical activity and making positive health choices in the future and feel that our adaptive curriculum is going a long way to aiding students to achieve this.

Should you want to read more about what each group entails please see Page 9 in the Autumn 2023 edition

HEALTH AND WELBIENG

We introduced a new Health and Wellbeing Pathway in 2023-2024 and have continued to offer this for this academic year with the integration of the Rise Up programme.

This pathway helps students understand the synergy between their bodies and minds, from the effects of exercise-related hormones to practices like body scanning and gratitude. They will continue to learn how and why exercise helps manage emotions.

Activities include yoga, boxercise, fitness goal setting, circuit training, walking, jogging, and team-building exercises. As the weather improves, we are incorporating traditional sports like rounders, stoolball, and cricket, along with mini athletics focused on teamwork. We have also introduced a “race for life” unit where students aim to improve their 5k time over the course of 6 weeks, working with different training types.

Feedback last year was positive, and we look forward to expanding this curriculum throughout the year and engaging all learning in physical education and movement.

“I have picked the health and wellbeing group because I did not like the competitive elements of PE and this made it feel more supportive. I like that we also look at other skills and topics like mental health and confidence.”



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SPORTS DAY

Sports Day 2024 was incredible. A hub of activity, participation from the whole school and an outstanding engagement and participation 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! It was an incredible day but it was Turing that were eventual winners for the second year in a row!



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PE AND SPORTS CELEBRATION EVENING

On Wednesday 17 July 2024 we welcomed over 300 students and parents to our second PE and Sport Celebration evening. The evening celebrated and shared the successes and outstanding achievements of our students from the academic year of 2023-24.

It was another outstanding year where we have continued to excel and been able to represent BSW at multiple events and competitions at Local, County and National Level. Our student engagement and commitment stems from a wide base of participation at our PE, Sport and Health clubs and it is both the commitment to regularly participate and the outstanding performance of our young Athletes that we celebrated.

We were also lucky to have a guest speaker from professional Basketball player and BSW basketball coach Ishmael Fontaine. Ishmael has previous BBL experience playing for London Lions, has won the National Trophy with Essex Leopards and has experience playing abroad in Germany. Students loved Ishmaels enthusiasm, not only for basketball but for education and life!



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CELEBRATION EVENING

Congratulations to the following teams and winners below:

Y8 Basketball Team - District League Winners
Y10 Basketball Team - District League Winners
Y11 Basketball Team - District League Winners
Girls Team of the Year - Y9 Rounders
Y11 Football - District League Winners

Sports Captain of the Year - Dahami Waduge

Platinum Participation Award

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

Y7 - William Hemsworth and Yelena Osbhar-Scott
Y8 - Cayton Cheung and Lola Robinson
Y9 - Zain Samoy and Sophie Gregory
Y10 - Leo Chen and Jeanelle Jolito
Y11 - Josh Collins and Lillie Calder

Sports Personalities of the Year - Jakub Miller and Jess Salgado



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GAMECHANGERS

Of The Term

Year 7 - Lucas Powell



For consistently going above and beyond in all PE lessons. No matter what the activity, Lucas gave every effort to do his best. Lucas was always engaged and tried his best. His efforts have meant he has been moved up a set in PE this year.

Year 8 - Ria Head



Ria has been a super star this term. Ria continued to excel in PE lesson, working hard to make the most progress possible. Ria is also the first to volunteer to support other and represent the school in any sport or activity.

GAMECHANGERS

Of The Term

Year 9 - Tom Culliford



Tom always goes above and beyond in lessons, whether that is giving 100% effort or helping me with equipment without asking. Tom has had an attitude to PE this year!

Year 10 - Tyler Winn



Tyler has shown excellent resilience and determination throughout the term. Tyler has given his every effort to develop as an athlete and within academic GCSE PE. He is making excellent progress in the attainment and his basketball has improved drastically.

OUR LATEST FIXTURES

YEAR 7 Rounders

Year 7 rounders- We had a dedicated core team of students who regularly attended rounders club and played in the fixtures. Although these fixtures are usually part of the “girls” fixtures list, this year the other local schools were happy for us to play with the inclusion of 3 boys in the Bohunt team who were incredibly enthusiastic. The team learnt a lot from these matches and improved every week to average 6 rounders per innings. The fielding and bowling were particularly strong and I hope that we get the same enthusiasm for spring/summer 2025.

YEAR 9 Rounders:

The Year 9 Rounders team was the most committed rounders to represent BSW. All team mates who were able to, came to the club to work on tactics and improve technique. The first game was close against Durrington losing by only half a rounder. However, the team bounced back with a great win 13-4.5 against Worthing High and a 10-0 win against Angmering putting the team through to the Semi-Final. Steyning were the opponents on a summers day in the pouring rain. The girls played an amazing game, unfortunately losing and not making it to the final. They all worked so hard and it was a pleasure to have them on all the fixtures seeing the enjoyment throughout the season. Well done girls!



OUR LATEST FIXTURES

Year 8 Cricket:

The Y8 cricket team had another exceptional season this year. The team were unbeaten in the league stage with emphatic wins over Shoreham Academy, Worthing High and St. Andrews. However, they were unable to match their success from Y7 and lost in the semi-final to a very strong Steyning team in a very close game. Well done everyone!



BET CUP

The BET cup is a series of different sports over the course of the year, for year 8 students where all schools in the trust are invited to enter. The sports change each year to cover a wide variety. At the last event of the year the Trust gathers for the highly anticipated final of the BET Cup. The event, which is in its third year, includes all students from all BET schools showcasing their talent, determination, and sportsmanship in various disciplines. This year students have competed in Tag Rugby, Trampolining, Handball, Cricket and Athletics. Unfortunately, BSW did not make the podium for overall results but well done to all students who represented the school in the BET Cup this year!

5 SPORTS



8 SCHOOLS

ONE WINNER

THE ULTIMATE IN BET SPORT!

#BETCup

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BET CUP

BET Cup Cricket

This year's BET Cup cricket was held at Steyning with all trust schools participating, totaling 10 teams. The team from Worthing, consisting of Ethan, Jakub, Dheer, Ewan, Lola, Alishba, Ria, and Fran, showed high motivation and included both experienced players and newcomers. Matches featured 6 players per team with 5 required to bowl an over. Worthing started strong with two convincing wins, thanks to Ethan's bowling and runs by Ria and Jakub. They narrowly lost their third game to the eventual champions. In the 3rd/4th place playoff against Liphook, despite losing their strongest batters early, they fought hard but finished fourth. Overall, it was a fantastic afternoon showcasing great effort from Team Worthing.



BET Cup Athletics

BET Cup Athletics was a great day out. Mr Dalziel saved the day and agreed to come along, drive the mini bus and help out. All students participated to their best ability and were great at organising themselves to their strongest events while staff ran long-jump. As a group they were polite and so encouraging of one another, so much so they were told to stand back to allow athletes space to compete. Despite everyone doing so well a highlight of the day was Andy V throwing the Javelin a whopping 19.35m beating every other trust school winning his event!

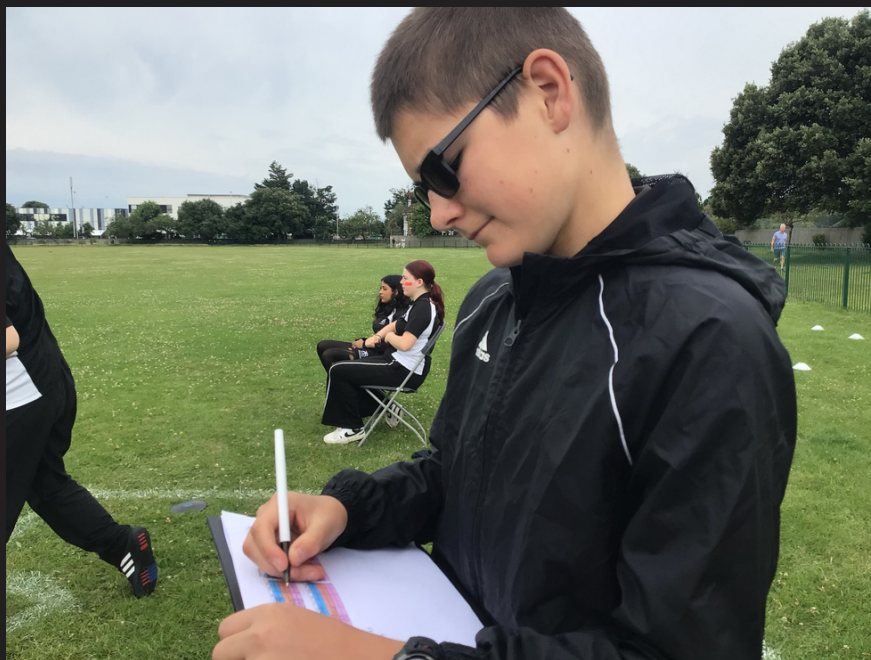
SPORTS CAPTAINS

The Sports Captains process is well under way for this year. Lots of applicants have written their letters explaining why they feel they would be a good Sports Captain. Interviews will be held with successful applicants shortly where they have the opportunity to discuss what they will bring to the role to help enhance the PE and inter house experience for all students.

Throughout the year the Sports Captains show off their leadership skills by helping to organise Inter house competitions throughout the year, creating teams and helping to run and support competitions. This is finished off with running sports day alongside the PE department in the Summer Term.

The captains are rewarded for all their efforts by being invited to Sports Celebration evening at the end of the year where we like to acknowledge their achievements from throughout the year. It is an enjoyable role that allows students to immerse themselves into the school house system and promote school spirit.

If you have any questions regarding this year's sports captain process or looking to apply next year, do come and see Mrs Woodward to discuss this.



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GIFTED AND TALENTED PROGRAMME

Our Gifted and Talented Programme aims to celebrate the successes of your child and provides further opportunities to help them as a high performing athlete. For example, last year a sports physiotherapist led a seminar sharing how to get into physiotherapy, what the job involves and got the students involved in some hands-on activities. This year we are hoping to invite a sports nutritionist in and organise a visit to a university to look around their sports department. Please scan the QR code and complete the form to share your child's sporting achievements with us.

Jacob Parsons

Jacob Parsons in Year 11 plays for the U16 and U18 Brighton and Hove Albion Football Club as a Centre Forward. He currently does day release on Tuesdays and Thursdays where he follows a strict timetable of studying, football training and gym sessions.

Jacob has had a very successful 2023/24 season. His success, hard work and dedication has meant that he has now been offered a scholarship to Brighton and Hove Albion whereby he will study his A Levels with the club full time from next year

Not only that, Jacob has been picked for the U16 England squad. He recently represented his country in a tournament against France, Israel and Ukraine. They won all three games and won the tournament. A key highlight of the tournament was Jacob getting the French goalkeeper sent off in a 1v1 at the end of the game as the French goalkeeper was stopping him from scoring.

Jacob was part of the prestigious Northern Ireland SuperCup squad. This is a massive achievement as the likes of David Beckham and Gary Neville amongst others have won this tournament. A highlight for Jacob was scoring the winning penalty in the final



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MEET THE TEAM

MRS WOODWARD

In this edition of 'Meet the Team' we get to know Mrs Woodward. Mrs Woodward has had a great impact on our students and department, an excellent teacher and great lover of theory teaching, challenging our most academic students to the best grades. Mrs Woodward oversees our trainee teachers and our Sports Captains to help develop the future leaders, coaches and teachers.



Why did you want to become a PE teacher?

I had such a great time at school especially in PE and all the opportunities I had. I'd love every student to have the same school experience. I also believe healthy active lifestyles are so important for everyone in future life.

What is your favourite sport and why?

I love sport and could literally see, watch and play anything from darts to rugby. My favourite sport is netball. I love the team mentality and I love how the game has progressed over time. Although people think it's non contact it's feisty and fast paced.

MEET THE TEAM

MRS WOODWARD

What do you enjoy the most about working at BSW?

I love the BSW PE department and how many opportunities there are for the students and how committed the staff are. The team are always moving forward and the new basketball academy is the newest example of this.

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

One of my favourite parts of the job is taking the students on trips and to fixtures. Seeing the students represent the school and play so passionately always makes my day.

Tell us an interesting fact about yourself.

I have sailed a boat across the Atlantic Ocean. Three of us set sail from Gibraltar to St Lucia and it took 4 weeks. It was both the most terrifying and rewarding thing I have done.

EXTERNAL CLUBS



Interested in Table Tennis?

Worthing Table Tennis club is the perfect opportunity to take part in both competitive and social sport and activity.

Session details:

Monday's - 18:00 - 19:30

Saturday's - 10:00 - 12:00

Venue - Bohunt School Worthing Sports Hall

For more information please contact Worthing Table Tennis club:

Email: info@worthingttc.com

Phone: Matt - 07411018856

No need to book a space, just turn up and all the equipment is provided.

You can follow Worthing Table Tennis Club on Facebook, Instagram and X: @ WorthingTTC

Or copy the link below to find out more:

<https://youtu.be/sTYuVNEv63Y?feature=shared>

WORTHING
TABLE TENNIS CLUB

**JUNIOR
TABLE TENNIS
COACHING**

£7.50

AGES 6 -18

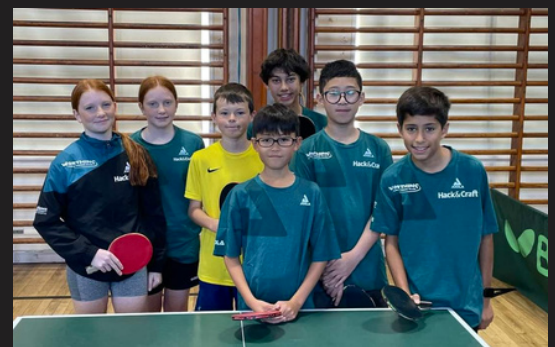
QUALIFIED DBS CHECKED COACHES

ALL EQUIPMENT PROVIDED

MONDAYS
6.00PM - 7.30PM
BOHUNT SCHOOL WORTHING
BROADWATER ROAD

&

SATURDAYS
10.00AM-12.00 NOON
BOHUNT SCHOOL WORTHING
BROADWATER ROAD



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OUR PARTNERSHIPS



Interested in basketball?

Worthing Thunder Juniors currently have teams playing in the National League from U12 to U18 for boys and girls. They have drop in sessions running throughout the year which will start in September. Sessions are coached by the Worthing Thunder players and head coach Zaire Taylor. If you are interested in taking your basketball further then please book via the link below:

<https://worthingthunder.pembee.app/>

Drop in Sessions:

Friday's @ St. Oscar Romero

U14's - 5.30-6.30pm

U16's - 6.30-7.30pm

Half Term Camp:

28th - 30th October

9am - 3pm

Durrington High School

For any more information please contact

Sara Jenner

07490166600

juniors.worthingthunders@gmail.com



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