

Winter

2025



VIGOUR



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A WARM WELCOME

Dear Parents and Carers,

We hope you and your child had an excellent first term!

Welcome to our termly guide to keep you updated with all the great things going on in PE, Sport Health at Bohunt School Worthing. I would particularly like to say thank you to all our students who have already been showing so much commitment.

There is a real buzz in PE classes since returning from the Christmas Holiday and there has been plenty going on. In this edition we will be looking back over the many events and successes from the Winter Term.

We pride ourselves on offering outstanding Physical Education lessons and opportunities for our students through our extra-curricular programme. We are seeing students thrive in lessons and we have already seen students being successful in many District, County and National Competitions.

Our Basketball Academy in association with Worthing Thunder is now up and running and we are seeing more and more students excelling in every training session and games that are played. Our U14 and U16 squads have both qualified for the last 32 of the Co-Ed National Cup and should be extremely proud.

Thank you for your continued support. Please enjoy this edition of the PE and Health Guide and we look forward to sharing more incredible news in the future. If there is anything we can do to further support your child or you would like to offer any feedback then please do get in contact.

Best wishes,

Gary Weedon
Head of Physical Education
Email: gweedon@bohuntworthing.com

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VIGOUR

At BSV 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 BSV to show through their PE and Sport.

OUR PE VISION



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VIGOUR

V - Values

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 through lessons, clubs and fixtures, leadership, ERA rewards systems, gifted and talented opportunities or within academic.

U - Unite

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

R - Remember

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

PE Kit and EXPECTATIONS

As we progress through the school year we would like to take this opportunity to remind everyone of the PE uniform policy especially as we now find ourselves at the time of year where the cold and wet weather tends to be more frequent!

BSW PE Uniform:

To view our uniform policy please visit our school website where you will find more details including:

- **Compulsory PE Items**
- **Core PE Items**
- **Optional PE Items**



In short, the compulsory PE item is a BSW branded polo top. Aside from this students are permitted to wear plain black sports clothing and not BSW branded clothing, this includes plain black tracksuit bottoms and a plain black round neck jumper. When purchasing plain black items please ensure that they have no hoods, no prominent attachments such as zips and no noticeable or offensive writing or slogans. A small branding logo is acceptable.

Winter Weather:

Now that the weather has turned colder and we are experiencing more cold days and more rain in the forecasts. We strongly advise that students are prepared for their PE lessons outside and on the field. Students have the option of wearing thermals and black jumpers and should be as prepared as possible for being outside. Especially when we lose indoor spaces for exams.

When students are on the field during the winter and participating in activities such as Football and Rugby we strongly advise they have the following items:

- **Rubber studded Football / Rugby boots or an old pair of trainers that they don't mind getting wet and muddy**
- **Gum shield for Rugby**
- **A change of socks**
- **A PE bag separate to their school bag to store their wet and muddy PE kit**

What Are Students Learning

YEAR 7 AND 8



We have enjoyed a busy start to PE this year in Y7 and 8 with students making great progress across lessons. We have seen some great perseverance shown with some cold weather and have been impressed by the levels of engagement in lessons.

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, skills and understanding of activities that equip them with necessary knowledge and application to improve performance and become more competent and confident. In Y8, the focus allows students to apply skills and movements in depth, linking to tactical awareness, outwitting opponents and understanding how to make performance effective.

As we move into the Spring Term students will participate in the following activities:

Handball, Badminton, Table Tennis, Rugby, and Football. We then look ahead to the summer term where hopefully the warm weather will return!



KS3

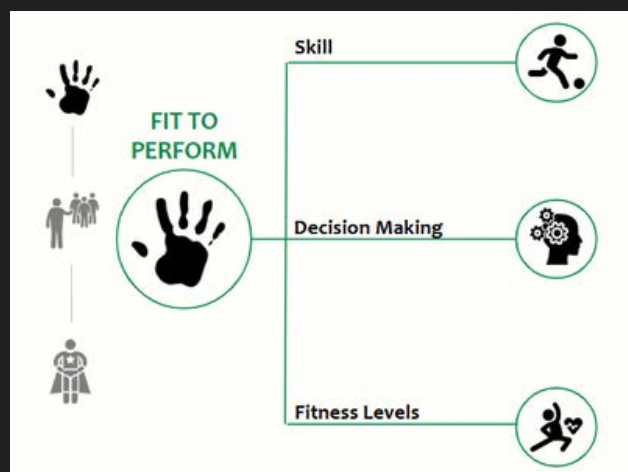
PE ASSESSMENT

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

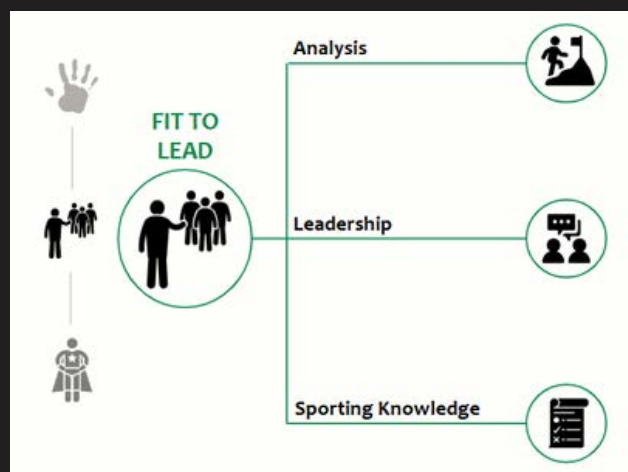
Fit to Perform:

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 on 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.

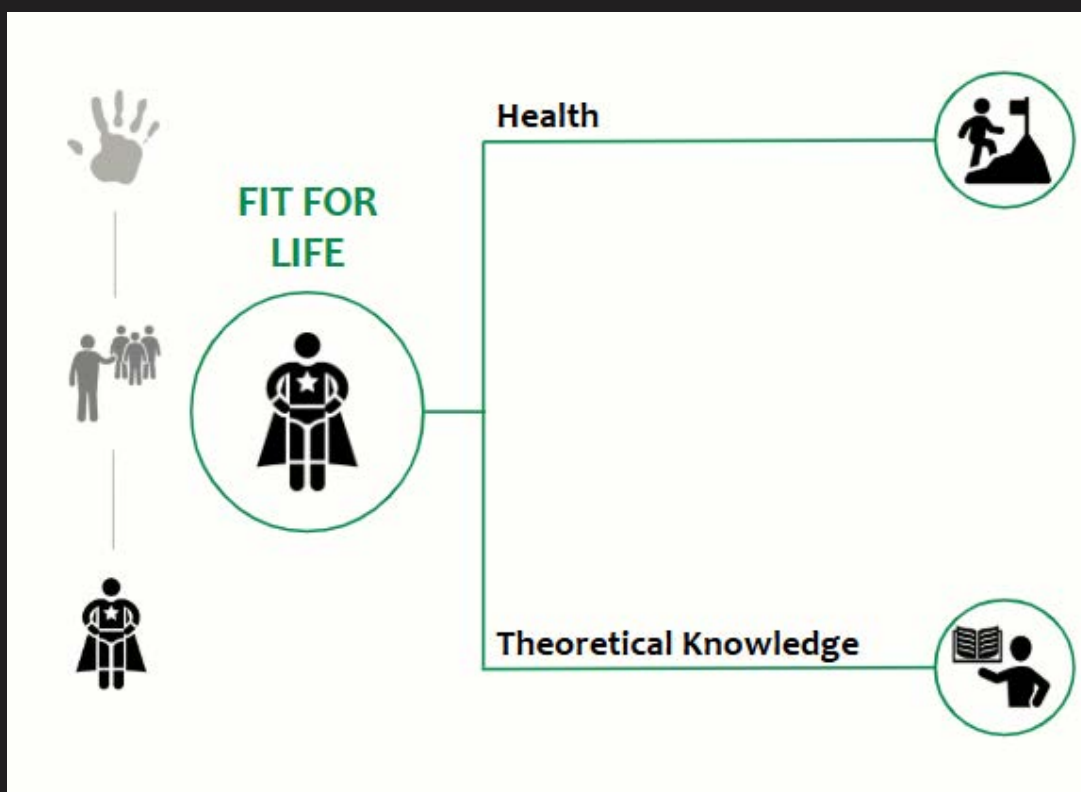


KS3

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.



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KS4 Core PE CURRICULUM



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.

We have been running these pathways since the start of the year and have seen a positive response from students and good levels of engagement and enjoyment.

Students have the option from choosing from one of the following pathways and choice at KS4:

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

It has been fantastic to see an increase in student participation. This year we have seen our highest numbers for engagement which means we are working towards each student being able to strive towards lifelong participation in physical activity and making positive health choices in the future.

Should you want to read more about what each group entails please see Page 9 of our summer 2023 edition.



[file:///wor-fs02/Home\\$/Staff\\$/GWeedon/Downloads/PE-Health-Guide-Summer-2023.pdf](file:///wor-fs02/Home$/Staff$/GWeedon/Downloads/PE-Health-Guide-Summer-2023.pdf)

Health and WELLBEING

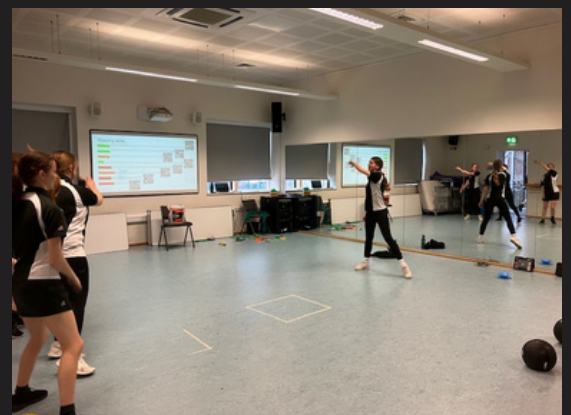
We introduced a new Health and Wellbeing Pathway in 2023-2024 and have continued to offer this for this academic year with the continuation of the “Rise Up” programme. We have welcomed our current Year 9s onto the programme along with creating new content for our current Year 10s.

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; and additionally we have included knowledge on healthy habits including nutrition, sleep, hydration and the use of social media. Practical activities have included yoga, boxercise, fitness goal setting, circuit training, walking, jogging, and team-building exercises. Additionally we 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.

We strive for enjoyment and participation in these groups and try to offer our students activities to get them moving and enjoying, from energizing activities to stress busters.

Staff were pleased to meet with Neil Moggan (the creator of the RISE Up programme) to discuss our vision for this programme, and came away with some positive feedback and suggestions going forward.

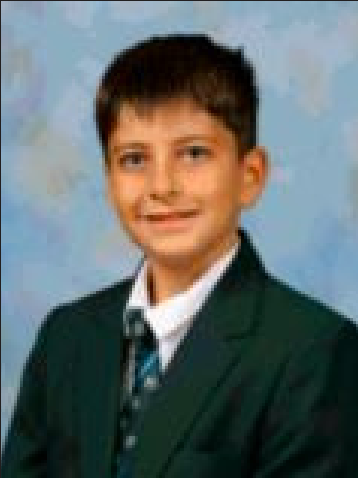
As the weather improves and we begin to feel the warm sun of spring, we will continue to incorporate traditional sports like rounders, stoolball, and cricket, along with mini athletics focused on teamwork. Feedback last year was positive, and we look forward to expanding this curriculum throughout the year and engaging all learning in physical education and movement.



GAMECHANGERS

Of The Term

Year 7 - Dylan :



Dylan has shown a fantastic attitude towards his learning in PE and on top of this has also been a shining star of the Y7 basketball team, putting in some great performances. He does all of this with a great attitude and focus.

Year 8 - Hoy Wen :



Hoy Wen has been putting a great amount of effort and application in to his PE lessons and is always striving to improve. He has also represented the school fantastically at the BET cup in table tennis where he went undefeated. He also recently won a local schools competition in table tennis and has used his skill level to help progress others in his table tennis lessons this half term.

Year 9 - Lola :



Lola continues to be an absolute role model for all. Lola is the first to put her name forward to represent the school in all sports and competitions. Lola has excellent attitude to learning in all her PE lessons and is thriving in the subject. Keep up the good work Lola!

GAMECHANGERS

Year 10 - Tom:



Tom is not only an exceptionally hard working student in PE lessons, he has also been a great leader at Rugby Club this year. Tom organises equipment, helps to organise students and contributes to the coaching of the younger year group throughout the training session. His attendance and commitment is outstanding, even in the tough winter conditions.

Year 11 - Tyler



Tyler has worked tremendously hard in PE this term in both his academic study and within the U16 National Cup Basketball team. He always strives to do the best and is a role model to all other students in the year group!

OUR LATEST FIXTURES

U16 Girls Football:

The U16 girls football team were desperate to play in the Tournament at SRWA in January as for some, it would be their last one, and thanks to Mrs Zeshan and Mr Wyatt they were able to attend. There were 6 teams in total and the girls won 2, lost 2 and drew 1. The girls demonstrated a fantastic attitude and Kyra was the team's highest goal scorer. We are awaiting the final results but well done to all players.



Year 7 Boys Football:

The squad's first experience of playing together for the school has been positive despite the fixtures not going our way. The Y7 boys came up against some strong opposition in their fixtures. However, they remained positive and determined throughout their matches and visibly started to learn from mistakes and make improvements. Well done to all who represented the school.

Year 7 Boys Basketball:

The squad started the basketball fixtures against Angmering and played a crazy game ending 46-45 in favour of Angmering, a score rarely seen at Y7 level! The team then won a series of games to put them in a strong position for making the semi finals. Sadly a run of three successive losses in the last 3 games meant we were pipped to that last semi final place. It has been a pleasure to watch the team develop over their matches and we have seen vast improvement in the skill level and game understanding of many players in the squad, many of whom were playing competitive basketball for the first time this year. We look forward to seeing where the squad can end up next year!



OUR LATEST FIXTURES

Year 8 Football:

The season started with a tough away fixture at Angmering who had previously had a big cup run the year before so we knew it would be a tough opening game. They had a lot of experience and strength going forward and caught us out a number of times to lead 5-0 at half-time. A strong start to the second half gave us a goal back from Leo and was a much more evenly contested fixture but sadly Angmering eventually ran away with it 11-1. In the second game against St Andrews, Bohunt came out fighting and put on an exceptional display showing great grit and determination to come back from the opening game. A world class free kick from Leo, a top bins half volley from Barra and strike from distance from Alfie M helped us along the way to a crushing 7-1 win. A big shoutout to Ben C and Max B in defence kept it tight at the back. Next up, Worthing High. A 50-50 game that could have gone either way but was played fairly with a 1-1 draw. The year 8 had done enough even having to forfeit the final league game to progress to the semi final where they played a strong Littlehampton side. It could have gone either way but Littlehampton sadly managed to make it count when it mattered and won 1-0 eliminating Bohunt and ending the season.

Year 9 Football:

The year 9 football team had a mixed season, winning 1, drawing 1 and losing 2 games. There was a mixed squad this season with lots of opportunities for new players to show their talent but also with key players not being able to play. Unfortunately, the boys were unable to qualify for the semi-final but we already look forward to next year where, hopefully with a full squad, can compete for title.



OUR LATEST FIXTURES

Year 7 Netball Tournament:

The year 7 girls travelled to Durrington for their first tournament of the season. The girls' have been working really hard at training and were really excited to play and put their hard work and commitment into action. We started off in a small pool of 4 teams and came 2nd overall. Our defense was impeccable and our shooting was unstoppable despite going up against some very tricky teams! The second round was for our final position in the tournament. We fought hard against our opponents and finished 11th overall. We have just started our netball league. Unfortunately, our first game was a 5-13 loss to The Angmering School but I do not think our Goal Attack missed a shot and there was some lovely netball being played. Well done girls.



U14 and U16 Girls Basketball:

At the time of writing this we are only midway through the league for the U16 girls but it is so great to have so many keen players registering me for information about the next game. U16 is made up of Year 10 and 11 so for some, this is their last season for Bohunt and they really want to play out with a bang. There has been a loss to St Oscar Romero for our first game but had a good win against WHS where, on display, was some fantastic teamwork and basketball skill. The U14 had their season earlier on in the year and had some fantastic results with the highlight being a 21-10 victory over Durrington High. We hope the love of sport and basketball continues for the girls that are leaving in the summer because it is so great to see the passion in girls/womens sport. Let's keep it up for the rest of the league and well done so far.



OUR LATEST FIXTURES

Year 7 Girls Basketball:

It has been fantastic to have such a committed group of girls playing basketball this season. What we lack in numbers (only 8) we make up in fierce determination and skill. There were 9 teams entered meaning that we had 8 matches overall. Overall the team won 5 games and narrowly lost the others in some really tense matches. The league had some fantastic players so it has been really exciting to see so much fantastic basketball from our youngest students. It has been wonderful for me to see the improvements in teamwork and skill over the course of these matches and I hope the love and passion they share for the game continues to grow into Year 8.



NATIONAL CUP BASKETBALL

This year we have again entered our Basketball teams into the England Basketball National Cup and Jr. NBA Competitions. Seasons have started and below you will find out about how they have been getting on.

U14 and U16 National Cup Basketball:

We are delighted to share with you that for the first time in the history of Bohunt School Worthing, both the U14 and U16 National team have qualified for the last 32 of the National Cup. The U16 team won 4 out of 4 of their group games with convincing wins over Guilford County, ACS Cobham, Lewes Priory and a narrow victory over Basketball Academy rivals Holy Trinity. They have secured a home game in the last 16 where they will play Cheney School (North London). The U14 team also had convincing wins over Downlands and Lewes Priory but unfortunately lost by 2 points to BET friends Bohunt Liphook. They will travel to Cornwall and then Northampton to play in the last 32 and last 16 of the competition. Well done to all the players, teachers and coaching staff for this fantastic achievement.



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THE BET CUP

The BET cup is a series of different sports over the course of the year, for year 8 students. 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.

Wokingham hosted the first round of the BET Cup which was a Badminton and Table Tennis tournament. This event was a hugely successful event with all 9 Trust schools attending with 1 boys and 1 girls team. The next round is Handball to be played at Priory School and we look forward to sharing our performance in the event in the next edition



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BET BADMINTON/ TABLE TENNIS

We had to travel with a depleted team due to a fixture clash. But nonetheless our Y8 students gave it their all and performed well!

The combined results for our boys and girls in the badminton saw us finish 2nd out of the 8 schools competing, a great result! Table tennis was where our absence hit hardest and as a result we only had one boy representing the school instead of 4. A massive shout out must go to Hoy Wen Leung who was undefeated in all of his games. This combined with the girls results saw us finish 6th overall in Table Tennis. Hopefully we can continue this level of performance at future BET cup events and try to secure our highest BET cup placing ever.

Next up for the Y8 BET cup is handball.



Other FIXTURES AND EVENTS

Cross Country:

In November we took 30 brilliant athletes and runners to the annual District Cross Country event at Lancing Manor. There were competitions for Y7 boys and girls, U14 boys and girls and U16 boys and girls. All runners showed real grit and determination to finish a difficult course and score as many points for Bohunt in the team competition. Out of 12 competing schools the results for BSW were excellent.

In January it was time for the Sussex School Cross Country. On a sunny winter day we took a team of Junior (Y8/9) and Senior (Y10/11) boys and girls to waterhall in Brighton. Students ran to the best of their ability against some phenomenal County and National runners and should be extremely proud of their determination. It was Tom M and Jozef M with the stand out performances who finished 59th and 95th of over 200 runners.

Sussex School Trampolining:

Joseph Henderson-Ford represented the school at the British Schools Trampolining Competition. He got off to a great start completing some great routines which saw him win his category in the regional competition and qualify for the zonal competition which would see him compete against the best in the south of the UK. Unfortunately he didn't manage to make it to the national finals but a fantastic effort nonetheless. To make it even more impressive, on the same day that he qualified for the Zonal round he also graded for his black belt in karate and passed with flying colours! Well done Joe!



SPORTS CAPTAINS

To apply for the position of Sports Captain the students had to write a supporting letter explaining why they would make a good Sports Captain and why they have applied. Following this they undertook an interview with Mrs Woodward who oversees our amazing Sports Captains and Inter-House Sport. The candidates performed brilliantly and it was a really high standard of interviews with great answers. Congratulations to those that were successful and we hope to see those that weren't, apply again next year.

The Sports Captains have started the year well and after a welcome breakfast and hot chocolate were keen to get started. The captains have signed up to a rota to help in PE and have successfully organised and run the InterHouse Benchball Dodgeball competition In the Autumn Term.

The results were:

Y7 winners - Franklin and Mandela

Y8 winners - Turing

Y9 winners - Mandela

Y10 winners - Franklin

Overall winners - Franklin

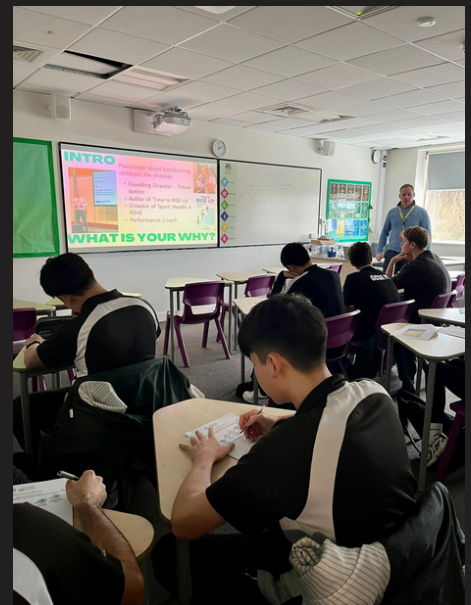
We will run our next Inter-House competitions in the Spring term. Mrs Poole has now taken over the Sports Captains. She is looking forward to organising the next competition so watch this space.

GIFTED AND TALENTED

RECOGNITION PROGRAMME

The Gifted and Talented programme is in place to recognise our students who are competing to a high level in their sport. As a school we want to celebrate their success and also support their learning. Being part of this programme means they will have access to opportunities throughout the year to support them as an athlete and to help them understand how to balance school life and their sporting commitments.

Each term we aim to provide an experience for the gifted and talented students. In January our Gifted and Talented students participated in a workshop with Neil Moggan from Future Action. In the workshop students developed an understanding of Sports Psychology and how to reduce stress in performance. Students participated in both practical and theoretical tasks and are now better equipped with strategies to help them cope in high level sports performance.



GIFTED AND TALENTED

RECOGNITION PROGRAMME

Meet of our Gifted and Talented students:

Gabriel - Year 9



Gabs plays for Worthing Thunder at both U14 and U16 teams at National League level. He has been one of the best players to represent BSW and is a role model for all students. Recently Gabriel has been invited to participate in the England Aspire camps which for part of Basketball England talent identification programme. He is a key player for both the U14 and U16 teams who have reached the last 32 of the Dynamik Schools National Cup. The highlight for Gabriel this year is scoring a match winning shot in the last seconds in a close game and said there is not better feeling than helping your team win! However, it is not just winning that Gabriel plays basketball for, he is clear that the main reason that he plays basketball is the pure enjoyment of playing with friends and meeting lots of new people.

Well done Gabs! - We look forward to hearing more successes for the rest of the season!

WEST WORTHING TENNIS CLUB

West Worthing Tennis Club offers lots of opportunities to participate in tennis at all age groups. Whether you are a complete beginner or expert at tennis there is something for you.

Junior groups cater for all abilities and are held after school on Wednesdays and during the day on Saturdays. Courses run on indoor courts for a duration of 6 weeks with each session lasting 1 hour.

After school Junior groups are a follow-on option to their Junior Racquets Camps which run during school holidays

School Holiday Sports Camps

Their team of coaches run regular school holiday sessions for mini and junior players. Sessions are available to suit all abilities. For more detail and to book, please visit the website below. <https://www.wwc.org.uk/holiday-activities/>

Junior Club Night

Monday evening from 5.00pm until 7.00pm is Junior Club Night! This social tennis session allows children aged 10 and over to play friendly tennis matches against others of a similar ability. The session is run by an experienced club coach and is open to members and non-members.

For more information on clubs, camps and membership options below:

Website: <https://www.wwc.org.uk/about/>

Email: info@wwc.org.uk

Phone number: 01903 247274

Facebook: The West Worthing Club

Instagram: [westworthing.club](https://www.instagram.com/westworthing.club)



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WORTHING THUNDER

We are now half way through the first year of working with Worthing Thunder to improve our Basketball provision here at Bohunt School Worthing. Over the last few years we have seen a rapid growth in student engagement, participation and performance in Basketball. This year we already have 5 teams through to District semi-finals and our U14 and U16 teams have both qualified for the last 32 of the National Cup.

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.

Fully Funded All Girl's Sessions:

Tuesday Evenings @5.30pm

All sessions can be booked via:

<https://bookwhen.com/worthingthunder>

For anymore information please contact

Sara Jenner

07490166600

juniors.worthingthunders@gmail.com

Easter Camps:

Monday 7th April - Wednesday 9th April

Monday 14th April - Wednesday 16th April

- 9am - 3pm
- @ Durrington High School
- Ages 6 - 16



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