

Welcome to

PE & Dance



What will you learn about in PE and Dance?

Within PE at Durrington students will focus on developing their skills and techniques in a wide range of sporting activities that cover both team and individual sports. As students move through Key Stage 3 they will learn how to carry out tactics with the intention of outwitting their opponents. In Key Stage 3 students will work on a rotation of activities across the Autumn and Spring Terms. Activities within rotations include football, basketball, badminton, rugby, netball, handball, OAA, hockey, fitness, gymnastics, dance, table tennis, volleyball. Within the summer term students will cover athletics events and a range of striking and fielding activities. We offer an extensive extra-curricular sports programme for all year groups for both boys and girls. In general, we compete very successfully in all local sports leagues and also enter county and national competitions in a selection of sports. All standards of ability are always welcome at the extra-curricular clubs and we encourage as many students as possible to attend. We run clubs throughout the year including: football, rugby, cricket, netball, fitness, rounders, athletics, tennis, basketball, handball, badminton and table tennis.

Why is it so important to study PE and Dance?

Durrington High School's high-quality PE curriculum inspires all students to succeed and excel in both competitive sport and other activities involving physical literacy. It is within these activities that students become physically confident; they learn that physical activity is 'fun and enjoyable' and vital in terms of leading a healthy active lifestyle. PE is at the heart of school life and we, as a department, want all students to leave school being physically literate - having developed skills such as balance, coordination and agility within lessons. A key aim is that we want students to continue to be physically active within their lives when they leave school. PE is a vital component in preparing students for life beyond Durrington High School, it develops teamwork, co-operation, leadership, resilience, perseverance and communication. All of which are essential components in succeeding across a multitude of careers, including in the sports industry such as leisure management, physiotherapy, coaching, nutrition, personal training and teaching.

GCSE Results 2020

| Name | Entries | 9 - 4 % | 9 - 5 % | 9 - 7 % |
|-------|---------|---------|---------|---------|
| PE | 102 | 82% | 66% | 32% |
| Dance | 17 | 88% | 71% | 29% |

Department Leadership



Tom Pickford

Director of PE & Dance

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"I like PE as I feel we are all challenged and have to work hard every lesson. I love the fact that we learn about so many different sports."

James, year 9