

love of learning and

personal development

Become a member of PHGS Rugby Alumn



enhance your studies and get a degree





PE THE JOURNEY OF LEARNING

Winter Clubs 1st XV Rugby Sixth Form Netball

A LEVEL PE YR13 Units



alternative post 18

YEAR



Take a gap year, travel the world and embrace new cultures

Winter Clubs

1st XV Rugby Sixth Form Netball



*Unit 10: Sports Event Organisation *Unit 4: Sports Leadership *Unit 23: Skill Acquisition in Sport *Sport Psychology

*Unit 2: Fitness Training and Programming for Health, Sport and Well-being

*Exercise Physiology

*Sport Society and Technology





PHGS whole school Prize giving (Academic and sporting achievement awards presented)





*Unit 1: Anatomy and Physiology (Exam)

*Unit 17: Sports Injury Management *Unit 3: Professional Development in the Sports Industry *Unit 6: Sports Psychology

A LEVEL PE YR12 Units

*Anatomy and Physiology *Skill Acquisition

*Sport and Society





Summer Clubs

Boys & Girls Rounders Softball/Cricket/ Athletics/Dance/ Free Swim



Winter Clubs

Boys & Girls Football/Rugby Basketball/Running/Dance Netball/Rowing/Swimming Badminton/Table Tennis/ Cheerleading/Dodgeball





Table Tennis/Club Energy Gym/ Boxing/GCSE PE Badminton/Rounders/Girls Netball/Dodgeball Free Swim/Football/Yoga/Basketball/Rugby/Badminton/HIIT / CrossFit/Walking



GCSE PE

Start your GCSE/BTEC PE course

Pearson **BTEC** BTEC Level 1/Level 2 Tech Award in Sport

Boys & Girls Football/Rugby Basketball/Running/Dance Netball/Rowing/Swimming Badminton/Table Tennis/ Cheerleading/Dodgeball

Winter Clubs



Summer Clubs

Boys & Girls Rounders Softball/Cricket/ Athletics/Dance/ Free Swim

Sports Awards

Olympic

Day!

YEAR 10 Activity Options

World Sports/Table Tennis/Club Energy Gym/ Girls Boxing/GCSE PE Athletics/Rounders/Girls Netball Free Swim/Football/Yoga/Basketball/Dodgeball/Softball/ Rugby/Badminton/Boxing/Mixed Netball/Zumba/Volleyball



Boys & Girls Rounders Softball/Cricket/Athletics Dance/Free Swim

Interform Comps

South Africa Sports Tour Yr9 & Yr10 **Rugby and Netball**

Rugby and Netball





Winter Clubs

Boys & Girls Football/Rugby Basketball/Running/Dance Netball/Rowing/Swimming Badminton/Table Tennis/ Cheerleading/Dodgeball





YEAR 9 Term 3

Cricket/Rounders/Softball

YEAR 9 Term 2

Dodgeball/Football/Life Fitness

YEAR 9 Term 1

Netball /Swim Fit/Table Tennis/Rugby/Badminton Athletics/Swim Fit/ Water Polo Badminton/Cheerleading/Swim Fit Orienteering/Life Fitness/Cheerleading/Water Polo





Winter Clubs

Boys & Girls Football/Rugby Basketball/Running/Dance Netball/Rowing/Swimming Badminton/Table Tennis/ Cheerleading/Dodgeball



Summer Clubs

Boys & Girls Rounders Softball/Cricket/Athletics Dance/Free Swim

Interform Comps



YEAR 8 Term 1

Netball /Swim/Table Tennis/Rugby/Badminton Football/Dodgeball/Life Fitness/Dance/Basketball /Basketball/Dance/Swimming/Gym

Interform Comps YEAR 8 Term 2

YEAR 8 Term 3 Dodgeball/Rugby/Football/Life Fitness Cricket/Rounders/Softball Athletics/Swimming







Sports Ties **Awarded**



YEAR 7 Term 3

Cricket / Rounders

Athletics / Swimming

Summer Clubs Boys & Girls Rounders

Softball/Cricket/Athletics Dance/Free Swim



Interform Comps

Badminton/Rugby/Football/Life Fitness Netball /Swimming/Gym/Rugby/Badminton

Winter Clubs

Boys & Girls Football/Rugby Basketball/Running/Dance Netball/Rowing/Swimming Badminton/Table Tennis/ Cheerleading/Dodgeball





YEAR

YEAR

9

Interform Comps



CLUB LINKS

Evening













Table Tennis/Orienteering/Gym

YEAR 7 Term 2









YEAR 7 Term 1

Football / Dodgeball / Life Fitness









Evening