**The Physical Education Department at Northwood College**

Northwood College is part of the Girls’ Day School Trust (GDST), a leading network of independent girls’ schools in the UK with a history of pioneering innovation in the education of girls. The GDST runs a network of 23 schools and 2 academies throughout the UK. Northwood College for Girls is to become the leading school in North West London and it is vital that the applicants are forward looking and eager to embrace and encourage innovation to drive success.

The aim of Physical Education at Northwood College for Girls is to inspire all students to adopt a healthy and active lifestyle through developing a lifelong love of physical activity, equipping students with the skills they need to participate in a wide range of activities throughout their lives. We aim to provide students with positive experiences which enable them to develop as confident and successful individuals. This is achieved through delivering high quality lessons that are active and fun, whilst also offering extra-curricular opportunities to stretch and challenge. Members of the Physical Education department act as role models for students to aspire to, using their expertise to draw out the best performances from all students. We want each student to reach their full potential in physical activities that they love.

* The Physical Education Department has five full-time and one part-time staff that delivers the Physical Education curriculum across Key Stages 2 to 5 (swimming EYFS – KS5).
* Physical Education is offered at GCSE and A Level. We currently follow the Edexcel specification for GCSE and the OCR specification for A Level.
* The department has some excellent facilities: a large 4 badminton court sports hall, indoor 6 lane 25 metre swimming pool, fitness suite, dance studio, two newly resurfaced netball / tennis courts, small astro-turf with a further 2 netball / tennis courts, grass hockey pitch / 160m track in summer. There is also a 7 metre high, five line climbing wall that includes 3 auto belays and a 30 metre traversing wall.
* The school holds and participates in fixtures throughout the year, including: netball, swimming, hockey, badminton, cricket, cross country, gymnastics, rounders, tennis and athletics. These include local district leagues, as well as friendlies against other local independent schools. We also participate in the ISA regional and national competitions and GDST sports rallies.
* There are a variety of extra-curricular squad practices and recreational clubs that take place at lunchtimes and after school. These include: netball, hockey, football, gymnastics, dance, trampolining, tennis, cricket, rounders, athletics, swimming, volleyball, fitness, badminton, climbing, golf & table tennis.
* Intra and inter school competition in a wide variety of activities develops higher performance skills and students are directed and channelled towards both internal and external sports clubs to further their experiences and help them reach their full potential.
* A Gym and Dance display is a biennial event which all girls in years 7 & 8 take part along with individual and group dance / gym routines from other years. The 2018 event saw 250 girls from year 5 – 13 take part in two sell out performances.

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