



Bedales  spoopyss

**Physical  
Education**  
at Dunhurst

**At Dunhurst we aim to strike a balance between 'sport for all' and 'sport for excellence'. We endeavour to make Physical Education a positive and enjoyable experience for each and every pupil.**

Our curriculum is designed to provide a safe environment in which each child can achieve success and increase their self esteem.


We believe that team work, communication, cooperation, fair play, and leadership skills are just as important as the physical skills learnt for each sport. Sport provides our pupils with another avenue for self expression and a sense of freedom and well-being through exercise.

#### **Our Aims**

- To promote excellence in all that we do.
- To raise the expectations of what our pupils can achieve.
- To compete and achieve success.
- To offer opportunities in a wide range of sports.
- To teach our core curriculum; and to impart knowledge, interest and motivation which will encourage a life-long participation in sport.
- To improve the fitness of the individual and promote a healthy life-style.
- To give pupils the opportunity to participate in sports up to seven hours a week plus matches.



Rachel Hearnshaw  
Head of Department



Sport provides our pupils with another avenue for self expression and a sense of freedom.

## Facilities

All the facilities are shared between Dunannie, Dunhurst and Bedales:

Full-sized, floodlit astroturf pitch (12 tennis courts in the summer term)

Sports hall with floor space for eight badminton courts

Modern indoor swimming pool

Two gymnasiums

Multi-gym

Three hard netball/tennis courts

17 acres of playing fields

## Curriculum

We offer a broad and balanced curriculum which caters for the needs of all individuals.

	Autumn	Spring	Summer
Groups (Years 4 - 6)	Badminton Basketball Dance Football Gym Netball Swimming	Cross country Gym Games skills Health & Fitness Hockey Rugby Swimming	Athletics Cricket Rounders Tennis
Blocks (Years 7 - 8)	Basketball Football Gym Netball Swimming	Badminton Cross country Dance Health & Fitness Hockey Rugby	Athletics Cricket Rounders Tennis

Other sports such as judo, fencing, golf, tennis coaching and tap, ballet and modern dance are offered during extra curricular time. This curriculum offers a smooth and logical progression to Bedales.



## Time Allocation

Each year group has two double lessons for PE and one double lesson for Games per week. There are opportunities for extra sport (both for teams and for fun) each day during extra curricular activities.



We aim to raise the expectations of what our pupils can achieve.

## Teams and Fixtures

We have fixtures on Wednesday afternoons and on Saturdays.

### Teams

Boys U13, U12, U11, U10, U9 (where possible)	Girls U13 A&B, U12 A&B, U11, U10, U9
Athletics	Athletics
Cricket	Hockey
Football	Netball
Hockey	Rounders
Rugby	Swimming
Tennis	Tennis
Swimming	Girls can play in some boys' teams
There are also mixed teams in some sports.	

We encourage pupils to play for local teams as well as for the school. No one is forced to play for the school but we aim to give everyone who is keen and committed a chance to play in matches. We encourage the more able to challenge themselves and work towards reaching their potential. To this end we put those children forward for County trials and development

squads where appropriate. We also encourage dedication, commitment and responsibility within the squads and promote a healthy attitude towards competition.

During the summer term, the whole school spends Friday afternoon (pupils and staff) participating in Athletics.



## Staffing

We have six dedicated members of staff delivering the curriculum, with the added support of professional tennis and cricket coaches. Staff have all played sport in their own disciplines to a high level and hold a large number of nationally recognised coaching awards.

## Recent Developments

Due to demand, pre-season training in all major sports is a regular occurrence. In addition, we organise annual Easter sports camps.

We enter and host tournaments in all sports. In addition, in netball we enter the IAPS (Independent Association of Prep Schools) tournament. Portsmouth FC's community football coaches give expert tuition in football lessons and the Club also uses our facilities for some of their larger school tournaments.





### In Summary

Pupils at Dunhurst experience:

- An up-to-date curriculum, which encompasses National Curriculum activities, and more.
- Co-educational classes for the majority of activities, with equal opportunities for boys and girls.
- Excellent facilities.
- Six dedicated staff who provide a variety of expertise and skills. The PE department is supported by other talented and interested members of staff and by Pro-staff who are employed to augment activities and lessons.
- Opportunities to develop their talents to the full.
- Good communication and cooperation between staff at all three Bedales schools providing continuity.

With excellent facilities and time-tabling that sees the children participating in sport for a minimum of three hours a week, the department is proud of its ambition to strive for excellence whilst retaining diversity and, at its core, a 'sport for all' ethos.





Summer 2009

Printed on Challenger Offset  
- produced from Elemental  
Chlorine Free bleached  
pulp (ECF), FSC certified  
- sourced from sustainable  
managed forests.

## **Dunhurst**

Head: Penny Watkins

Alton Road, Steep, Petersfield

Hampshire GU32 2DP

T: (0) 1730 711733

F: (0) 1730 304343

E: [dunhurstadmissions@bedales.org.uk](mailto:dunhurstadmissions@bedales.org.uk)

[www.bedales.org.uk](http://www.bedales.org.uk)

Charity Number: 307332