



**ST MARY'S RC HIGH SCHOOL  
LUGWARDINE HEREFORD HR1 4DR**

**Archdiocese of Cardiff**

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**Headteacher: Mr S Wetson BA (Hons) PGCE NPQH**

### **WELCOME TO PHYSICAL EDUCATION**

**PE Staff: Mrs A Giampalma (Head of Department), Mr J Griggs, Mrs M Walton, Miss L Criasia, Mrs C Tumelty, Mr M Cox**

The ethos of St Mary's is one of participation and enjoyment with students appreciating the need for exercise and the fun of competing.

The PE department aims to deliver a very broad curriculum at KS3 to give the students experience of playing as many different sports and activities as possible. At KS4 the focus is on the students choosing a pathway in sport that they have particularly enjoyed at KS3 with the view to continue enjoying sport, exercise and physical activity when they leave the school.

The department is made up of a Head of Department, 3 full time PE teachers and 2 part time PE teachers. Pupils in Years 7 and 8 have 4 hours and Year 9 have 3 hours of curriculum time across the two-week timetable. In KS4, pupils in 'B' band have 4 hours of core PE across the two-week timetable and pupils in 'A' band have 3 – 4 hours of core PE across the two weeks. In addition to the core PE, pupils who take GCSE PE as one of their option subjects have 5 GCSE PE lessons over the two-week timetable. In Y11 there are 2 GCSE PE groups with a total of 43 students and in Y10 there are also 2 GCSE PE groups with a total of 40 students. All four of the full time members of staff in the department have extra responsibilities as Heads of Year and the Head of Department has extra responsibilities in SLT. The department's new part time member of staff is an experienced PE teacher and mentored by the Head of Department.





We are very proud of the range and success with our extra-curricular clubs/fixtures. We enter Hereford schools competitions/cups, play inter schools friendlies and enter some national competitions.

The school is well equipped with lovely playing fields at the front and back of the school. There are outdoor courts for netball, tennis and basketball. Our indoor spaces consist of a gymnasium, small fitness suite and sports hall which includes a climbing wall.

The PE department offer annual ski trips for Y8 – 11students and outdoor and adventure trip for GCSE PE students. These trips give our students opportunities to develop in different sports and activities in challenging, outdoor environments.

