



IPSWICH HIGH SCHOOL

WOOLVERSTONE HALL
SUFFOLK, ENGLAND

SPORT

at Ipswich High School







SPORT AT IPSWICH HIGH SCHOOL

We believe sport is an integral part of education and we recognise the significant impact it can play in all our pupils' lives.

Our ethos is to inspire, motivate and encourage each pupil to reach their full potential, to challenge their physical and cognitive development through sport and to nurture a passion for health and wellbeing through physical activity - all stemming from our diverse sporting programme.

We have a belief that sport builds character and encourages a number of key traits in our pupils such as discipline, resilience, determination and leadership.



AN INTRODUCTION TO SPORT & PHYSICAL EDUCATION

Our broad and balanced curriculum enables our students to gain lifelong skills across a range of sports and be able to apply these through our extensive Enrichment and fixtures programme.

There are a host of extra-curricular sporting opportunities to take part in, either competitively or for enjoyment, and clubs are run for all abilities.

The quality of teaching, and range of experience of our staff is outstanding and this has given our pupils a platform to progress to county, regional and national level in their chosen sports.



WHY STUDY SPORT?

- Enables students to develop physical skills such as agility, stamina and strength.
- Inspires teamwork, co-operation and a positive attitude to encourage lifelong participation in sport and exercise.
- Creates opportunity for each student to achieve their full athletic potential.
- Develops strong character traits such as resilience, teamwork, self confidence, discipline, determination and leadership.
- If you have an interest in Sport and are considering a future career in areas such as Sports Science, Physiotherapist, Sports Coaching or Nutrition then this subject is essential for further progression.



FIRST-CLASS SPORTING FACILITIES

Our students enjoy working in top class facilities on a daily basis. Our facilities include:

- A modern 5-court sports hall, one of our main teaching areas.
- The Ganzoni indoor 25m heated swimming pool. Used during enrichment sessions, the pool is also available to each student during PE lessons and Enrichments throughout the year.
- The full size floodlit astro. The home of our hockey programme where there is opportunity to play before school, during curriculum time and after school in clubs or competitive fixtures.
- Our four netball courts.
- Extensive school fields which provide space for three rugby pitches, two football pitches, a 400m running track, a cricket pitch, throwing cage and double lane long jump pit.
- The Dawn Blake Fitness Suite, used by students for strength and conditioning sessions.

Our facilities and 87-acre grounds are used regularly by local primary schools and sports clubs. Suffolk Schools Athletics Association use our facilities to host County Cross Country races, as well as regional tournaments for the ISA. Our outreach work has seen hundreds of students from local primary schools enjoying our facilities.





PREP

Pupils will play games which focus on the development of spatial awareness, movement, ball skills, fair play, problem solving and teamwork. In addition, they will also take part in dance and swimming lessons throughout the year. The aim of these activities is to extend their range of movement, imagination, balance, control and hand/eye co-ordination.

As pupils progress to Year 3, we are able to offer specialist teaching in the form of PE and Games lessons. PE lessons are used to teach skills at the most fundamental levels and we use a variety of activities to encourage development. Examples include; hockey, netball, rugby, football, cricket and, in addition, all pupils have a weekly swimming and dance lesson.

YEARS 7 - 8

As students enter the Senior School they follow separately mapped out curriculum programmes for boys and girls, with all sessions delivered by highly qualified PE teaching specialists.

Our students take part in a range of sports through our diverse PE curriculum, whilst also allowing specialism through our Games lessons and daily Enrichment Programme, in which they can extend their passion for a sport, or try something new in a friendly and supportive setting.

We offer a year-round sporting calendar, playing competitive fixtures in netball, football, rugby, hockey, cricket, rounders and tennis. In addition, we compete in cross-country races, swimming galas, equestrian events and athletics meetings.



EDEXCEL GCSE

The GCSE course commences in Year 9, in addition to the core PE and Games programme.

Taught by experienced teachers, our students achieve outstanding results. The coursework looks in detail at the students' own strengths and weaknesses in their chosen sport. An individual training programme is created for the student to improve on areas of weakness.

Incorporating both practical and theoretical elements, GCSE PE equips you with the knowledge, understanding, skills and values to develop and maintain your performance in physical activities and understand the benefits to health, fitness and wellbeing.

The course will look at: Applied Anatomy and Physiology, Movement Analysis, Physical Training, Sport Psychology and Socio-cultural Influences.

AQA A LEVEL

This two year course is taught by teachers that specialise in different areas of the A Level curriculum. Close relationships with the University of Suffolk and other external organisations enable elements of our learning to take place in the world of sport.

A popular course, A Level PE aims to equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

Knowledge gained at GCSE is built upon, with modules exploring: Applied Anatomy and Physiology, Skill Acquisition, Sport and Society, Exercise Physiology, Biomechanical Movement, Sport Psychology, Sport in Society and The Role of Technology in Physical Activity.

The course is assessed through written exams and practical performance.





SPORT ENRICHMENT

There are a number of Sporting opportunities as part of our extensive Enrichment Programme, which forms part of the school day and allows students to further extend their interests or try something new.

Pupils in our Prep School can choose from Tennis, Swimming, Running, Gymnastics, Rugby, Netball, Cricket, Hockey, Football and Basketball.



Our Senior School and Sixth Form students have an equally broad Sporting Enrichment offering to choose from. Onsite options include: Tennis, Swimming Cross Country, Triathlon, Boys Rugby, Girls Rugby, Netball, Hockey, Boys Football, Girls Football, Cricket, Handball, Badminton, Fitness Suite, Volleyball, Table Tennis and Running.

There is also the option for Prep and Senior students to take part in off-site sporting Enrichment activities such as Sailing, Golf, Boulderling, Horse Riding and Skiing (racing).



MATCHES & COMPETITIONS

School teams for external fixtures are selected from the weekly Games and Enrichment sessions. We field teams across the school in a wide range of traditional and modern sports to provide opportunity for all. Our students regularly compete against local independent schools in a wide range of sports. We encourage families from our school and our opposition to come along and support the pupils playing in the fixtures and share a match tea afterwards. We also enter regional and national events organised by the ISA. Recently, we have achieved great success at these tournaments including a number of our students gaining national awards in athletics and netball.

We also hold our intra-school House matches that take place every half term. The highlight of the House competition is the annual Sports Day event which takes place in the Summer Term and is the final event before the House Cup is awarded to the winning House. The House matches are enjoyed by all students.







SPORTS TOURS

Our Sports Tour Programme provides the opportunity for our students to challenge themselves against people from all over the world, with our most recent tour visiting South Africa. Our Year 7 to 9 students have an opportunity to participate in a UK based tour, most recently to Lilleshall National Sports Centre.

TRIATHLON TRAINING

Our Bronze TriMark accredited Triathlon Club is thriving. Led by our British Triathlon coach, training takes place during Enrichment sessions and focuses on all three aspects. Bikes are stored on site so that all specific bike and transition work can be improved upon in these sessions.

EXTERNAL CLUB CONNECTIONS

Ipswich High School has positive links with Northampton Saints and Ipswich Seven Hockey Club, as well as a range of netball clubs around the county. In the coming years we will be developing further links with football clubs, skiing clubs and more.

SPORTS AWARDS EVENING

We host an annual Sports Awards Dinner where we celebrate the success of our school teams and individual performers over the course of the academic year. Recent guest speakers have included Kate Richardson-Walsh and Charlotte Edwards.

HALF & FULL COLOURS

Students that show a dedication to their school team and sporting enrichment can achieve half colours (Year 9) and full colours (Year 11). These are in recognition of their commitment and high-performance levels in their sport.

ELITE PERFORMER PROGRAMME

Open to all students competing at county level and above in their chosen sport. Elite Performers are assigned a teacher mentor and will receive half termly meetings, as well as access to additional sessions to help prepare them for the world of sport. Support is focused on helping balance workload and training commitments.



SPORT SCHOLARSHIPS

Sport scholarships are available to students entering Year 7 and to new students entering the school in Year 9. These scholarships, each with their own tuition fee award, are carried through to Year 11. Those entering Year 12 can apply for a Sophie Youngman Scholarship for Sport. We look for scholars with a passion and excellence in one particular sport or a range of sports, as well as demonstrating excellent leadership skills and acting as a sporting role model to other students in the school.

All Sport scholarship applications will be reviewed by the Director of Sport, who will then invite those shortlisted for interview and assessment.

For further information on our Sport Scholarships please contact our Admissions Department:

admissions@ipswichhighschool.co.uk





CONTACT US

For further information about Ipswich High School, our Sports offer, admissions or the scholarship process and to arrange a private tour, please contact our Registrar:

01473 201058

admissions@ipswichhighschool.co.uk

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Ipswich High School, Woolverstone Hall,
Ipswich, Suffolk IP9 1AZ

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