

SPORT IN THE SIXTH FORM

INTRODUCTION

Physical Education is an exciting and varied part of our School curriculum. There are many opportunities for students in Years 12 and 13 to participate in physical activity during the school week.

A LEVEL

The AQA Physical Education A Level is available to students in the Sixth Form. The course builds on their GCSE studies and the theory units include; anatomy, physiology, fitness training and the sociological aspects of sport. Students produce practical performances in one sport and produce analytical written work based upon observations of performance.

A LEVEL RESULTS 2019

GRADE	A *
Physical Education	100%

CO-CURRICULAR

There are regular team practices for all the main sports and regular opportunities to compete in inter-school leagues, regional and national tournaments, and friendly matches throughout the year in various sports. A sample of the extensive range of co-curricular clubs and activities, many of which feature sport, and which run before and after School, as well as during the extended lunch break, can be viewed by following the link <https://www.walthamstow-hall.co.uk/sixth-form/co-curricular>. It is also possible to have extra coaching in squash, judo, taekwondo, tennis, and gymnastics.

There is an annual ski trip for all years, and a bi-annual sports tour alternating between a Lacrosse Tour to America, and a Netball Tour to countries such as South Africa. We also take a group of older students to play in Netball tournaments at Manor House in Okehampton.



Students also represent their School Houses with great enthusiasm in termly sporting competitions, including: lacrosse, netball, badminton, rounders, tennis, cricket, athletics, gymnastics, tug of war and benchball. All sports fixtures are listed on our online portal, accessible via our website. There are plenty of opportunities to excel in sport at Walthamstow Hall, and each year a number of our students go on to represent their county and region in their sport, and perform in national competitions for the School.



SPORTS FACILITIES

Our on-site facilities include an indoor 25 metre, 6 lane Swimming Pool, squash court, 4 hard tennis/netball courts, a playing field for lacrosse/rounders/athletics, and an additional indoor hall used for gymnastics. Our Sports Centre, opened in 2015, offers indoor badminton and netball courts, a Fitness Room and Dance/Fitness Studio. We also have access to the Holly Bush Astrotrurf pitches directly adjacent to the School, and our cross-country runners train next door in Knole Park.

