

Physical Education at NSB

Across all year groups the PE team ensure that students have access to a broad and balanced curriculum. The pictures below highlight some of the activities the students are participating in during the winter term.



6th form Sport and Fitness



Yr 8 Orienteering



Yr 10 Dodgeball

GCSE PE

Our Year 10 students have started the course brightly. So far this year the students have been researching the different components of fitness and the structure and function of the musculoskeletal system. The students have produced some outstanding work, comparing and contrasting how different athletes use a variety of fitness components.

Mo Farah

Cardiovascular endurance (Aerobic power): The athlete needs to perform well for an extended period of time. Therefore, the athlete needs a lot of oxygen supplied to the working muscles so the athlete can carry on using them.

Muscular endurance: The athletes' muscles must be able to undergo repeated contractions and avoid fatigue. This is so they can finish the race fast to try and get a good result.



Speed: The end of the race may come down to a sprint finish. So, the athlete must have good speed to be able to get a good result when the race speeds up.

Reaction time: The athlete needs to have good reaction time to be able to get a good start from the sound of the starting gun. Also, if someone attacked the race and made a move, he may need to respond quickly to shut the person down or make a counterattack.



The Year 11 GCSE students have been working hard in the build up to their mock exams. January will see them sit their final formal mock before the summer examination series. Many of the students took the opportunity to complete a climbing course at Pinnacle Climbing centre to help towards the NEA component of the course.

BTEC

The cross-country season is now in full force and the Year 12 BTEC students have been taking this opportunity to help marshal and organise local Primary and Secondary events, this contributes towards their Event Organisation module of their National Extended Diploma in Sport.



Within the Psychology of Sport area, the Year 13 A Level students have been completing experiments looking at achievement motivation in relation to sporting context. In the Society in Sport module, students have been looking at deviance, violence and ethics in sport through discussion and the use of group-based research tasks.

To keep up to date with all the extra-curricular results and sporting careers of our alumni students you can follow our Twitter page [@NSBSport](https://twitter.com/NSBSport)

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