



# Physical Education

## Kesteven and Grantham Girls' School

### Sports Facilities

We have a large Sports Hall; a well-equipped Gymnasium; and a Personal Fitness Area. The Sports Hall features full size courts for Netball, Basketball, Volleyball, Indoor Hockey, Handball, Tennis and Badminton. A large apparatus store in the Gymnasium enables us to store Gym apparatus; the Fitness Area is equipped with cardiovascular equipment and free-standing weights; and there are two student changing rooms.

Outside, we have three Netball courts and four Tennis courts on the hard surface area, and, on the East side of Sandon Road, is the school's sports field, on which there are four 7 a-side and two 11 a-side football pitches and practice grids, a 200 metre running track, one two lane long-jump pit, a shot circle, discus circle and cage.

### Staff

The PE Department is made up of a small team of PE specialist in addition to one or two others with specialist knowledge in specific sports.

### Programmes of Study

Students choosing to study GCSE PE follow the AQA qualification. In Key Stage 5, we offer AQA Advanced Level study. In Key Stage 4 Core PE, students follow a varied programme of study, and they can choose to opt into competitive games, games or a personal fitness programme.

In Key Stage 3, students have 4 or 5 hours of PE each fortnight; we offer a broad curriculum, including traditional games alongside activities such as Contact Rugby, Dance, Football and Outdoor Adventure Activities.

### Teams at KGGS

Badminton	U15, U16 & U18
Table tennis	Individual and U13
Netball	U12 A & B, U13, U14, U15, U16, U18
Rounders	U12, U13, U14, U15, U16
Athletics	U13, U15, U17, U19
Football	U12, U13, U14, U15, U16
Cross-country	Y7, U15, U17, U19
Gymnastics	U13, U16, U19
Water Polo	U13, U15, U18
Indoor Futsal	U12, U13, U14, U16
Volleyball	U15
Rugby	U13, U15
Equestrian	Junior and Senior

Practice sessions and competitions take place during lunchtimes and after school, and on occasional weekends.

### House matches and in-house competitions

We run a variety of in-house competitions, including Junior & Senior Netball, and House Rounders.

### Sports Day

Our annual Sports Day takes place in the Summer Term, at the Grantham Sports Stadium, and involves a variety of track and field events.

**District and National Competitions**

A number of our students compete in District and National Competitions. We have represented the county in Netball, Water Polo, Badminton, Rounders, Football, Futsal, Gymnastics and Cross country. In addition to school-based events, many of our students compete individually in a variety of sports, at different levels.

**Sports tours**

We regularly run overseas sports tours with recent tours to Porto, South Africa and Singapore with a return visit to South Africa planned for July 2027 alongside tours in the UK.