

14 February 2025



RIDGEWOOD
SCHOOL

Barnsley Road, Doncaster
DN5 7UB
01302 783939

Dear Parents/Carers,

Thank you for all of your support throughout this half term. By the time you receive this letter, our half-termly newsletter will have already been shared, celebrating the many activities, opportunities and successes that our students have been involved in over the last 6 weeks. You will see from reading this, the huge variety of ways in which our students demonstrate our values of Respect, Responsibility and Resilience including in sporting fixtures, theatre and performing arts opportunities, extra-curricular clubs and local, national and international visits. As usual, I have included a number of updates followed by our Curriculum Spotlight on the PE and Sport Faculty.

Non-Uniform Day

Thank you to the generosity of students/parents with today's non-uniform fundraiser. We raised over £500 for the Eve Merton Dreams Trust, as part of Mr Hodgson's fundraising drive, leading up to his role in the Doncaster Rovers vs Manchester United Legends charity football match in May. The charity provides once-in-a-lifetime opportunities to patients and families affected by long term and terminal cancer conditions.

Mock Exams

Y13 mock exams (and some Y12 vocational subjects) are scheduled to take place w/c 24 February, with Y11 mocks taking place the following week, beginning Monday 3 March. Y11 students studying Geography and History will be involved in mocks on Thursday 27 February. It is important that students use their time productively over half term to prepare for these examinations.

Safer Internet Day

Wednesday 12 February was safer internet day. We help students to stay safe online through our PSHCE curriculum, our ICT lessons and through our assembly programme. Many students have smart phones and other electronic devices that allow them access to the internet at home. I would recommend all parents visit internetmatters.org which contains very useful guidance on how to set up devices safely with appropriate filtering, and advice for monitoring your son/daughter's online activity.

Curriculum Spotlight – PE and Sport Faculty

The PE faculty's vision is to inspire young people to participate in and enjoy physical activity.

The World Health Organisation emphasises that any amount of physical activity is better than none, as all movement counts. They also highlight the importance of reducing sedentary time and incorporating muscle-strengthening exercises for overall health. However, according to the Active Lives Survey conducted by Sport England, only 47% of students in Years 7-11 meet the Chief Medical Officers' recommendation of at least 60 minutes of physical activity per day.

At Ridgewood, we recognise the importance of providing opportunities for students to be physically active both inside and outside the classroom. Through our PE curriculum, students develop an understanding of the benefits of an active and healthy lifestyle. Our goal is not only to encourage participation in physical activity during their time at school but also to inspire students to find a form of exercise they can enjoy and continue beyond their school years to promote an active lifestyle.



'Prepare for the road ahead'

Respect

Responsibility

Resilience

Core PE

At Key Stage 3, students have two hours of PE each week, engaging in a wide range of activities such as Handball, Netball, Football, Rugby, Dance, Gymnastics, Badminton, Basketball, Athletics, Pickleball, and Striking and Fielding. In addition, they also take part in Health and Fitness lessons and Outdoor Adventurous Activities (OAA). To ensure continuous progress, we maintain consistency in the sports offered each year, allowing students to build their knowledge and skills across KS3 with approximately seven lessons dedicated to each activity. Our curriculum is structured to be progressive, following a phased approach. Phase 1 focuses on skill development, Phase 2 advances to tactics and understanding, and Phase 3 emphasises performance analysis. Our goal is to enhance students' knowledge and understanding in each activity while helping them draw connections between different sports to develop transferable skills across the board.

At Key Stage 4, students have one hour of Core PE per week, designed to keep them engaged in physical activity while fostering lifelong participation. At the start of the year, they choose a pathway that aligns with their interests—*Games, Fitness, or Dance*. Lessons focus on competition, gameplay, and skill development, ensuring students stay active in a way that is both enjoyable and beneficial for their long-term well-being.

Leadership Academy and Sports Committee

Our Sports Committee plays an essential role in supporting the Leger Sport Primary Festivals, which are held three times per half term for Years 1-2, 3-4, and 5-6. The committee members train once per term in the sport featured at the festival - having already completed football, basketball, and dodgeball, with cheerleading, tennis and athletics still to come. During their training, students learn how to deliver warm-up activities and officiate competitions, gaining valuable leadership and organisational skills. This hands-on experience provides our students with an incredible opportunity to develop their confidence and leadership abilities. The work they do is highly valued by Leger Sport and the primary schools, who are fortunate to have such outstanding role models guiding the younger students.

Key Stage 4

At Key Stage 4 (Years 10-11), students can take the OCR Cambridge National in Sports Science, a qualification that combines practical and theoretical learning to explore key aspects of sports science and performance. The course is structured into three key areas: *Reducing the Risk of Sports Injuries & Dealing with Common Medical Conditions* (exam – 40%), *Applying the Principles of Training: Fitness & Skill Performance* (coursework – 40%), and *Nutrition and Sports Performance* (coursework – 20%).

Sixth Form

In Sixth Form (Years 12-13), students can pursue the OCR Cambridge Technical in Sport, an advanced qualification designed for those interested in careers in sport, coaching, fitness, and rehabilitation. The course offers both a Single Award (equivalent to one A-Level) and a Double Award (equivalent to two A-Levels), providing flexibility based on students' aspirations. The Single Award covers *Body Systems and the Effects of Physical Activity* (exam), *Sports Coaching and Activity*, *Sports Organisation and Development* (exam), *Performance Analysis in Sport and Exercise*, and *Sports Injuries and Rehabilitation*. The Double Award includes all Single Award units plus additional topics such as *Working Safely in Sport, Exercise, Health, and Leisure* (exam), *Organisation of Sports Events*, *Biomechanics and Movement Analysis*, *Practical Skills in Sport and Physical Activities*, and *Sport and Exercise Psychology*.

Both qualifications will equip students with the essential skills and knowledge needed for further education or careers in the sports industry.

Extra-Curricular Sport

Outside of the curriculum, the PE Faculty is committed to supporting the wider development of our students by offering a variety of opportunities. We participate in competitive leagues across Doncaster, including girls' and boys' football, netball, athletics, rugby, cross country, cricket, rounders, cheerleading, and badminton. In addition, we run a range of extra-curricular clubs, such as basketball, dodgeball, fitness suite sessions, table tennis, and boxercise. Throughout the year, we also organise our popular inter-school football league, which has become a student favourite in recent years. We are always open to suggestions and eager to listen to our students. If there's a sport or activity they'd like to see us offer, they should speak with a member of our Sports Committee or their PE teacher. Student input is important to us!

If you have any queries about our PE curriculum, please do not hesitate to use the 'contact us' facility on the school website, for the attention of Mrs Newton, Curriculum Leader – PE and Sport.

I hope you have a fantastic half term break.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Andy Bridge', with a stylized flourish underneath.

Andy Bridge
Associate Headteacher