



The opportunity to compete

What are Quaker attitudes to competition? To take on and try to beat another team in competition is a healthy endeavour. PE also gives Bootham students an understanding of the nature of competition.

Our students compete to their utmost, with fair play and respect for the opposition. They recognise that winning carries responsibility and losing can be an opportunity to learn. Winning at all costs is to misrepresent human dignity. Not stepping up to compete is, equally, to place a limit on human achievement. We offer our students the chance to engage competitively with each other in school and with fixtures in school leagues and other local clubs.

Team sports and individual events

Bootham offers representative sport in Football, Hockey, Netball, Rounders, Basketball, Cricket, Athletics, Swimming and Tennis. Selection for a team is possible for everyone who has the skill and application required. Students must compete for places, and learn to manage their disappointment when initially unsuccessful. For some students, it's the loneliness of the long distance runner which attracts, or the individualism of golf: these, and yoga, biathlon, climbing, fencing and riding are all options at Bootham.

The opportunity to excel

Just as students at Bootham excel in the classroom, the laboratory and the music school, so they excel at sport. Training in skills is rigorous and professional across the sports curriculum. Students who will benefit are encouraged to access opportunities beyond the school, and many are successful at district, regional and even national level.

Choice and personal responsibility

Delivering excellence in sport demands flexibility and an element of choice. While Bootham enjoys the contribution of international sportsmen and women in its teams, we also recognise that for some students sport, like other areas of learning, can be a least favourite activity. There is little worse than the humiliation felt by someone for whom every afternoon is a period of chilblains and fear on the edge of a pitch. So we offer, as far as we can, a range of activities for younger students and increasing choice for older ones.

An education about, and for, life

Bootham Sport and PE is not a department in isolation. Working collaboratively with the school Health Centre and with teachers delivering Personal, Health and Social Education (PHSE), staff in the PE department aim to increase every student's awareness of what constitutes a healthy lifestyle, and to provide the students with the abilities to live one, at whatever level is individually appropriate. The school's programme of PE is a seamless part of its education about selfhood. It's about empowering students to be discerning, critical, enthusiastic and balanced as they grow into the citizens of tomorrow.

This leaflet explains the underlying philosophy of sport at Bootham. Please note that for students wishing to pursue an academic interest in sport, PE is available as an examination subject at GCSE and AS/A2 level.



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**A Paper on
Sport and Physical Education
at Bootham**

Jonathan Taylor

Too many children find themselves restricted, by a 'safety-first' culture, and the relentless advance of electronic home entertainment, to the family sofa. Bombarded by advertisements for unhealthy food, the country slouches towards an obesity blow-out, even as millions elsewhere face food shortages. What is our response to these conditions? We in the Bootham Physical Education department, along with the catering department and the school Health Centre, see our role as crucial and one which we embrace with enthusiasm.

Restoring the health of the country's population is not a cause for fanaticism, but a task for a balanced philosophy of well-being. The development of physical fitness goes hand in hand with development in spiritual, moral and cultural values to produce citizens able to contribute to and lead their society in adult life.

While we admire the prowess of a world champion athlete, we know that the development of a body without the balancing development of other qualities is a distortion of what it means to be human. Bootham is committed to the development of balanced, rounded individuals. For us, PE is important in the same way as maths, music and French are important: and PE is a compulsory part of the curriculum from Year 7 to Year 13. Moreover, PE provides unique opportunities for developing social and behavioural skills



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within the year group, and through meeting students in other schools, both independent and maintained.

One of the refreshing things about Bootham is the absence of a culture of cliques among the student body. It's perfectly possible to be in the choir and our first XI. Students who achieve great distinction in sport are not marked by the wearing of a special badge or emblem. This is not to ignore or not to celebrate success, nor to denigrate healthy competition. It is to demonstrate that success is not to be championed in the face of other activities or at the expense of those who are less successful. If there is 'that of God' in everyone, everyone has success somewhere. Bootham students have a very mature perspective on this, and are happy to share their wide-ranging achievements. PE provides many opportunities for such personal growth through social interaction and mixing with pupils from other schools.



So what should students, and their parents, expect from a Bootham programme for Sport and PE?

The development of skills, motivation, endurance – for life

Sport is a great domain for human achievement and satisfaction. Equipped with the right skills, students can discover abilities and unlock life-changing opportunities. Through our PE curriculum, students have the opportunity to learn the specific skills of all major individual and team sports, from swimming to basketball; netball to climbing; athletics to cricket. They learn about the psychology of sports and physical activity. In our Outdoor Education Programme, they discover other physical resources through orienteering and adventure training. These opportunities are complemented by the school's Fixture Programme of competitive matches against other schools and clubs. Together, education and competition form the rounded PE provision at Bootham.

