



# **D'OVERBROECK'S OXFORD**

A NORD ANGLIA EDUCATION SCHOOL

**D'OVERBROECK'S NEW STUDENTS  
– PE AND SPORT INFORMATION**

## New Students - PE and Sport information

### Let's get to know you

Please fill out this form so we can get some more information about you.

### Kit list

#### d'Overbroeck's Senior School

### PE curriculum Year 7 & 8

Term 1A		
Morning	Lacrosse	Oxford City
Afternoon	Hockey	Oxford Hawks

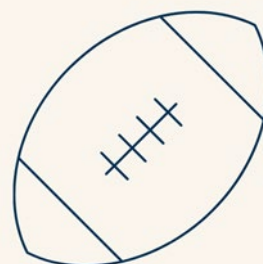
Term 1B		
Morning	Handball	Oxford University
Afternoon	Football/Netball	Oxford City

Term 2A		
Morning	Badminton	Oxford City
Afternoon	Swimming & Football	Oxford City & Ox University

Term 2B		
Year 7		
Morning	Movement	Oxford University
Year 8		
Morning	Basketball	Oxford University
Afternoon	Swimming & Football	Oxford City & Ox University

Term 3A		
Morning	Athletics	Oxford University
Afternoon	Cricket & Tennis/Padel	Stratfield break & Oxford LTA

Term 3B		
Morning	Softball	Stratfield brake
Afternoon	Cricket & Tennis/Padel	Stratfield break & Oxford LTA



## Year 9

Term 1A		
Morning	Lacrosse	Oxford City
Afternoon	Hockey	Oxford Hawks

Term 1B		
Morning	Handball & Dance	Oxford University
Afternoon	Football/Netball	Oxford City

Term 2A		
Morning	Badminton/ Basketball/Cricket nets	Oxford University
Afternoon	Football/ Netball	Oxford City

Term 2B		
Year 7		
Morning	Badminton/ Basketball/Cricket nets	Oxford University
Afternoon	Football/ Netball/ Tag rugby	Oxford City

Term 3A		
Morning	Athletics	Oxford University
Afternoon	Cricket & Tennis/Padel	Stratfield break & Oxford LTA

Term 3B		
Morning	Softball	Stratfield brake
Afternoon	Cricket & Tennis/Padel	Stratfield break & Oxford LTA



## Year 10

Term 1A		
Morning	Handball & Dance	Oxford City
Afternoon	Hockey	Oxford Hawks

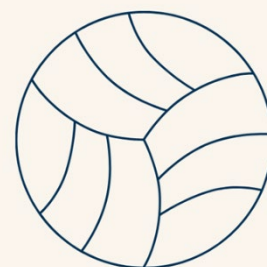
Term 1B		
Morning	Basketball/ Badminton/ Fitness	Oxford University
Afternoon	Football/Netball	Oxford City

Term 2A		
Morning	Basketball/ Badminton/ Fitness	Oxford University
Afternoon	Football/ Netball	Oxford City

Term 2B		
Year 7		
Morning	Basketball/ Badminton/ Fitness	Oxford University
Afternoon	Football/ Netball/ Tag rugby	Oxford City

Term 3A		
Morning	Athletics	Oxford University
Afternoon	Cricket & Tennis/Padel	Stratfield break & Oxford LTA

Term 3B		
Morning	Softball	Stratfield brake
Afternoon	Cricket & Tennis/padel	Stratfield break & Oxford LTA



## Thursday Activities – Years 7–9 Only

The activities session will appear on students' timetables as **11:10 AM – 12:45pm**.

- Years 7 & 8 will rotate between:
  - Healthy Active Lifestyle Programme
  - THINK Programme
  - Activities
- Year 9 will rotate between:
  - Activities
  - THINK Programme
  - Squad Training

### **Information on each Healthy active lifestyle programme module**

#### **Year 7**

##### **Nutrition in Sport**

Students will explore the role of nutrition in athletic performance, developing an understanding of the different food groups and how they contribute to various energy systems. This knowledge will be applied to specific sporting contexts, helping students make informed choices about diet to support physical activity.

##### **Rewilding**

This module focuses on natural movement and physical awareness. Students will learn about correct posture and the principles of barefoot walking and running, promoting better body mechanics and a deeper connection with movement in natural environments.

#### **Year 8**

##### **Mini PEPs (Personal exercise programme)**

Students will investigate various training methods and their application in sports performance. The use of modern technology such as GPS trackers and heart rate monitors will be introduced to help students analyse performance data and understand how technology enhances training outcomes.

##### **Sports Leadership**

This unit develops key leadership and communication skills through sport. Students will learn how to effectively plan, organise, and lead physical activities, with a focus on teamwork, decision-making, and delivering small-sided games and sessions.

both in and out of the classroom. Through thought-provoking discussions, collaborative activities, and real-world problem solving, students learn to think independently, communicate effectively, and grow in confidence.

### Activities

Please note that activities are subject to change based on group sizes and availability. We currently offer the following:

**Offsite:** Football, Swimming, Squash, and Badminton

*Students participating in offsite activities must wear their sports kit on the day.* **Onsite:** Book Club, British Sign Language, Chess Club

### Year 9 squad training

Term 1- Hockey

Term 2- Football

Term 3- Cricket



## After school clubs

- Open to all boys and girls
- Clubs are subject to sufficient sign-ups
- May be cancelled if fixtures are scheduled on the same day

TERM	Monday		Wednesday		Thursday	
1A	Hockey	Oxford Hawks	Gym- Year 10&11 only	Ferry leisure centre	Hockey	Oxford University
	Dance	School				
1B	Football	Oxford City	Gym- Year 10&11 only	Ferry leisure centre	Football	Oxford City
	Boxing fitness	School				
2A	Football	Oxford City	Gym- Year 10&11 only	Ferry leisure centre	Football	Oxford City
	Boxing fitness	School	Football	(Cage) School		
2B	Netball	Oxford City	Gym- Year 10&11 only	Ferry leisure centre	Netball	Oxford City
	Boxing Fitness	School				
3A	Cricket	Stratfield Brake	Gym- Year 10&11 only	Ferry leisure centre	Cricket	Stratfield Brake
3B	Cricket	Stratfield Brake	Gym- Year 10&11 only	Ferry leisure centre	Cricket	Stratfield Brake

Additional clubs- PE GCSE 4-5pm at school clinic day TBC

Any questions please do contact Head of PE, Jo Kalies [jo.kalies@doverbroecks.com](mailto:jo.kalies@doverbroecks.com)

