

Physical Education Department

At Saint Martin's we aim to develop all levels of ability and interest and our main aim is for all girls to enjoy sport and gain some sense of achievement. We encourage fitness for life and encourage all girls to participate in teams, house matches, sports days and swimming galas.



The Senior School has good sports facilities with a four-lane 25 metre swimming pool, a gymnasium, five netball courts, nine astro- and four hard-court tennis courts, two grass football pitches, one Astroturf hockey pitch, four rounders pitches and a 200 metre athletics track with specialist areas for long jump and triple jump.

We pride ourselves on running 11 netball teams, 7 hockey teams, 15 swimming teams, 4 rounders teams, 8 tennis teams and 12 cross-country teams.

All pupils from Reception upwards are taught by specialist staff and pupils are divided into ability groups which are regularly assessed and changes made as the pupil develops.

Girls participate in a wide range of sports which become more varied as they move up through the school. The Year 11 and Sixth Form have the option to follow courses in self-defence, squash, ice skating, rowing and golf. In addition the Sixth Form follow a Sports Leader Award which equips them with leadership qualities and develops responsible, motivated and confident pupils.

Clubs, practices and matches are available in all sports and take place at lunchtimes and after school. Matches also take place on Saturday mornings. In addition a variety of trips take place which enhances the pupil's enjoyment of sport. Pupils in Year 5 and Year 7 have a long weekend at PGL and recently the Year 9, 10 and 11 pupils travelled to Holland to play hockey. The previous year a netball tour to Bath took place.

In Year 8 pupils are taken out for a day to an Adventure Sports site to take part in problem-solving and team building exercises.