

PE & SPORT FREQUENTLY ASKED QUESTIONS

“Creating tomorrow’s healthy active learners, sports leaders and performers”

A commitment that all students receiving the opportunities and experiences that lead to a life long healthy active lifestyle underpinned by our Physical Education & Sport values.

Practice with purpose. Perform with passion.



ALL THROUGH PE & SPORT AT SIMON BALLE

PE & Sport have a very special place at Simon Balle. Our students are given equality of opportunity to participate in a broad and balanced range of activities, with experiences working in co-operative and competitive situations. Through enjoyable learning experiences we hope to foster a positive attitude towards physical activity, a sense of achievement and an increase in self-confidence. We encourage students to show initiative and make decisions independently of the teacher, whilst working in a responsible and safe manner. We will support those further who wish to pursue a career in sport but above all our students, we will instill the character traits and values that will enable them to flourish in today's ever changing and complex world.

We look forward to supporting and working with you all.

Yours in Sport

Daire Brennan (Director of Sport)



WHEN ARE SCHOOL SPORT FIXTURES RETURNING?

Sept '21 onwards;

We are re-introducing clubs and fixtures from the 6th September onwards. Saturday Rugby fixtures will take place from October onwards and Saturday Football fixtures from Jan 2022.

Senior Girls plan to compete in the annual Saturday County Netball tournament in October.





WHEN ARE EXTRA-CURRICULAR SPORTS CLUBS ON?



	Mon	Tues	Weds	Thurs	Fri
Lunch (Outdoor)			Y8 Rugby (Mr Brennan)		Senior Netball (Miss Davison & Miss Ansell)
Lunch (Indoor)		Y7 Basketball (Mr East)	Senior Sport (TBC)		
Afterschool	<p>All years hockey (Mrs Scarrott & Miss Newman)</p> <p>There will be more Hockey starting up on Weds/ Thurs in Nov</p>	KS3 Girls Football (Mr Doyle & Mr Read)	<p>Y9 &10 Netball (Miss Davison & Miss Ansell)</p> <p>Y9 & 10 Rugby (Mr Moses & Mr Joyce)</p>	<p>Y8 Netball (Miss Newman)</p> <p>Y7 Football (Mr East)</p> <p>Y8 Rugby (Mr Brennan)</p> <p>Y9 Football (Mr Moses)</p> <p>Senior Basketball (Mr Joyce)</p>	<p>Yr7 Netball (Mrs Scarrott)</p> <p>Y7 Rugby (Mr East)</p> <p>Senior Rugby (Mr Brennan)</p>





WHAT WILL MY CHILD NEED FOR PE LESSONS?

Secondary

- Polo top
- Shorts
- Midlayer (optional)
- Rugby top
- Shorts
- Green socks
- Tracksuit bottoms (optional with SBS embroidery)



Secondary

- Skort
- Black sports leggings

Sixth form Sport

- Midlayer
- Tracksuit bottoms





WILL MY CHILD HAVE AN OPPORTUNITY TO USE THE SWIMMING POOL

- In Year 7-9, every student will receive 6-8 lessons of swimming as part of our curriculum offer
- Year 10-11 students will have the opportunity to choose water activities as part of our Core PE offer
- Swimming club for Year 7-9 will take place on Thursday after school from 3.20-4.20pm (Start date tbc, possibly from Nov 2021).





WHAT ADDITIONAL EQUIPMENT WILL MY CHILD REQUIRE FOR PE LESSONS?

We expect and highly recommend that students bring the following equipment when participating;

Rugby - Gum Shield & Boots

Football - Shin pads

Hockey - Shin pads & Gum Shields

Dance & Gymnastics - Socks & Trainers are removed



YEAR 7 PE CURRICULUM - SPORTS & ACTIVITY OFFER

Dates (Year 7 PE)	Boys 1	Boys 2	Girls 1	Girls 2
From 6th Sept (2 week block)	Lesson 1 - Expectations and introduction to the lesson structure & values - Prepare, Perform, Recover - Rationale & Resources Lesson 2-3 (Girls on Sportshall & Boys on XC/ Invasion) Lesson 4-5 (Girls on XC/ Invasion, Boys on SportsHall)			
20th Sept (4 week block building up to inter-house)	<u>Boys - Rugby (Field) + Sportshall session</u> Ball handling & warm up conditioning practices - 'W' Sending & Receiving Evasion practices The ruck & positions/ structure		<u>Girls - Hockey/ Netball (Astro) + sportshall session</u> Grip and dribbling Sending & Receiving Attack & defense	
1st Nov (3 wk block)	Handball	Football	Netball	Hockey
22nd Nov (3wk block)	Swim	Basketball	Rugby	Rugby
5th Jan	Hockey	Swim	Basketball	Fitness
24th Jan	Football	Hockey	Swim	Gym
28th Feb	Gym	Gym	Football	Swim
14th Mar - 1st Apr	Netball	Netball	Gym	Basketball
20th Apr	Athletics	Athletics/ Rounders	Athletics	Cricket
16th May	Cricket	Cricket	Rounders	Rounders
13th June	Outdoor multi sports	Outdoor multi sports	Tennis/ cricket	Cricket
4th July	Tennis/ Choice	Tennis/ Choice	Outdoor multi sports	Outdoor multi sports

YEAR 8 PE CURRICULUM - SPORTS & ACTIVITY OFFER

	Boys 1	Boys 2	Girls 1	Girls 2
From 6th Sept	Lesson 1 - Expectations and introduction to the lesson structure - Prepare, Perform, Recover - Rationale & Resources Lesson 2-3 (Girls on Sportshall & Boys on XC/ Invasion) Lesson 4-5 (Girls on XC/ Invasion, Boys on SportsHall)			
20th Sept (3 wk)	Rugby	Rugby	Hockey	Netball
18th Oct	Inter-House + prep	Inter-House + prep	Netball	Hockey
1st Nov (3 wk block)	Leadership through football	Basketball	Personal Survival	Leadership through indoor Games
22nd Nov (3wk block)	Basketball	Hockey	Football	Personal Survival
5th Jan	Personal Survival	Football/ Handball	Dance	Gymnastics (Trampolining)
24th Jan	Hockey	Personal Survival	Gymnastics (Trampolining)	Dance
28th Feb	Trampolining	Table-Tennis	Rugby	Rugby
14th Mar - 1st Apr	Table-Tennis	Trampolining	Fitness	Fitness
20th Apr	Athletics	Athletics	Athletics	Athletics
16th May	Cricket	Cricket	Rounders	Rounders
13th June	Rounders	Rounders	Cricket	Cricket

YEAR 9 PE CURRICULUM - SPORTS & ACTIVITY OFFER

	Boys 1	Boys 2	Girls 1	Girls 2
From 6th Sept	Lesson 1 : Expectations and introduction to the lesson structure & Cross Country lesson - Prepare, Perform, Recover Rationale & Resources			
13th Sept (3 wk)	Rugby	Basketball	Hockey	Netball
4th Oct (3wks)	Basketball	Rugby/ Handball	Netball	Trampolining
1st Nov (3 wk block)	Water Polo	Football	Dance	Dance
22nd Nov (3wk block)	Trampolining	Water Polo	Rugby	Rugby
5th Jan	Football	Table tennis	Water Activities	Fitness
24th Jan	Volleyball	Fitness	Trampolining	Water Activities
28th Feb	Fitness	Trampolining	Football	Football
14th Mar - 1st Apr	Volleyball/ Hockey	Volleyball/ Hockey	Trampolining	Ultimate Frisbee
20th Apr	Athletics	Athletics	Athletics	Athletics
16th May	Cricket	Cricket	Rounders	Rounders
13th June	Rounders	Rounders	Cricket	Cricket
4th July	Choice	Choice	Choice	Choice

Year 10

w/c	Boys 1	Boys 2	Girls 1	Girls 2
1st September (2 weeks)	Intro lessons	Intro lessons	Intro lessons	Intro lessons
13th September (3 weeks)	Rugby / Gaelic Football		Netball / Football	
4th October (3 weeks)	Volleyball / Football		Trampolining / Lacrosse	
October half term				
1st November (3 weeks)	Water polo / Hockey / Volleyball / Benchball			
22nd November (3 weeks)	Table -tennis / Handball / Aerobics/ fitness to music / Fitness room			
13th December	Interhouse			
Christmas break				
3rd January (6 weeks)	Leadership unit			
February half term				
21st February (3 weeks)	Leadership unit - delivery sessions			
14th March (2 weeks)	Fitness room / Football / Yoga / Basketball			
28th March	Interhouse			

Year 11				
w/c	Boys 1	Boys 2	Girls 1	Girls 2
1st September (2 weeks)	Intro lessons	Intro lessons	Intro lessons	Intro lessons
13th September (6 weeks)	Football / Netball / Basketball / Hockey			
	Alternative Games			
October half term				
1st November (6 weeks)	Table- tennis / Volleyball / Netball / Lacrosse			
	Alternative Games			
13th December	Interhouse			
Christmas break				
3rd January (3 weeks)	Fitness room / Exercise to music / Circuit training / Couch to 5k			
24th January (3 weeks)	Volleyball / Benchball / Swim / Handball			
February half term				
21st February (3 weeks)	Ultimate Frisbee / American Football / Yoga / Dodgeball			
14th March (2 weeks)	Football / Netball / Trampolineing / Softball			
28th March	Interhouse			
Easter break				



HOW CAN I SUPPORT MY CHILD IN PE AND SPORT?

Physical Education

- Encourage doing your best
- Encourage your child to share
- Model Physical Activity on a regular basis
- Emphasise fun and enjoyment
- Ask your child how they are enjoying and engaged in PE.
- To support review and consolidation of your child's learning.
- Encourage routines and structure

Sport

- Encourage your child to experience as many sports and activities as possible
- Promote fair play and reflection
- Promote the importance of a healthy nutritious diet
- Promote the importance of sleep & routined bed-times

Links to PE@Home and examples of additional resources

[YST move crew](#)

[Tokyo Ten Activities](#)



WHAT ARE THE LATEST SPORT DEVELOPMENTS AT SIMON BALLE?

July '21

Football pitch resurfacing

Fitness suite regeneration

New updated Simon Balle Sport website

Sept '21

PPP Sport for All model & Sixth form Sport developments

Plans for a new Sportshall (2-3 Yr Project)

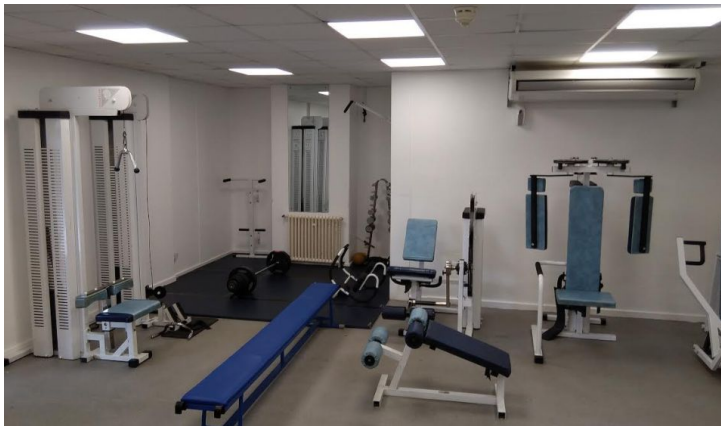
Sports Academy (2022)

Gymnasium refurbishment

Monthly Simon Balle Sport Newsletter

2022

Sports Tour to Holland (Y9 & 10) (TBC)





Thank you

Follow us on Twitter : [@simonballesport](https://twitter.com/simonballesport)

Contact us at : sport@simonballe.herts.sch.uk

