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 EXTRA-CURRICULAR SPORTS CLUBS ON?



	Mon	Tues	Weds	Thurs	Fri
Lunch (Indoor)	Senior Basketball (Mr Joyce) KS4 Girls Strength & Conditioning (Mrs Butler)	Y7 Basketball (Mr Robins)	Y7 Sportshall Athletics (Mr Moses) Year 9 Rugby (1.20-2pm) (Mr Brennan) starts from Nov 16th	KS4 Table Tennis (Mr Brennan) Y10 Rugby (Mr Moses)	Y9 Basketball (Mr Brennan)
Afterschool	Y8 Netball (Mrs Scarrott) Y7 Boys Rugby (Mr Joyce) Y8 Boys Rugby (Mr East) Y10 Football (Mr Moses)	Y7 Netball (Miss Newman) Y8 Boys Football (Mr East) Y7 Football (Mr Heald)	Y9 &10 Netball (LD, KA)	All Years Hockey (Girls PE Dept) Senior Football (Mr East & Mr Heald) Swimming Club (Mr Kellaway)	





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



WHAT ARE THE KEY STANDARDS & EXPECTATIONS WHICH MY CHILD SHOULD BE AWARE OF?

- Correct PE kit to be worn at all times.
- Students are expected to participate in all activities. If you are ill or injured you must produce a note or email your class teacher, which clearly explains exactly what you can or cannot do.
- However students must still be in PE kit and take an appropriate part in the lesson, for example scoring, coaching, analysis, umpiring or refereeing.
- If unable to change due to a severe injury then students will complete PE theory work on their chromebooks.

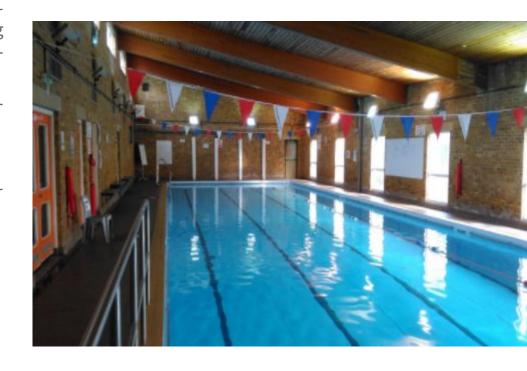
Health & Safety

- No chewing gum
- No food allowed in the PE area
- No jewellery of any kind may be worn in any PE lesson.
- Tie all long hair back.
- Gym and Dance must be performed in bare feet.
- Trampolining will be performed in socks. No plimsolls allowed.
- Behave in a safe and responsible manner at all times.



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 2022).





WHAT ADDITIONAL EQUIPMENT WILL MY CHILD REQUIRE FOR PE 1 FSSONS?

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

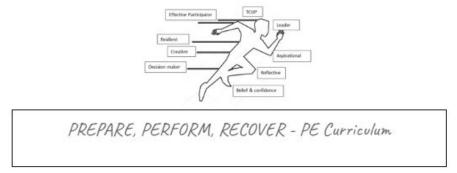
Dance & Gymnastics - Socks & Trainers are removed





KS3 Programme 2022-23

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should <u>understand what makes a performance effective</u> and <u>how to apply these principles to their own and others' work</u>. They should develop the <u>confidence and interest to get involved in exercise</u>, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.



- Year 7 focus Preparing to learn and building aspirations (Preparing to participate)
- Year 8 focus Learning to lead and developing a growth mindset (The Reflective learner Values based focus)
- Year 9 focus Learning to creatively think and manage pressure (The creative performer/ learner: Tcup)

Key events and activities

- Inter-House will take place on the final week of the first 3 half term windows with a focus on the following
 - Boys Rugby touch (in some cases 360 rugby), XC/ Swim, Football.
 - o Girls Netball, XC/ Swim, Hockey, Football.
- The Summer term culminates with Sports Day (June 2023).



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	TEAK / PE C	NKKICATAM - 2	Prokis & Aciin	ITIA OFFEK
	Year 7 Programme - Enga	gement, Routines & Autono	my. High standards and e	xpectations throughout.
Dates	PE 1	PE 2	PE 3	PE 4

Gymnastics

Basketball

Cricket

dance/invasion games

Athletics/ Rounders

Outdoor multi sports

Tennis/ Choice

Netball

(Year / Pt)

(4 week block building

31st Oct (3 wk block)

21st Nov (3wk block)

14th Mar - 1st Apr

up to inter-house)

From 5th Sept

(2 week block)

19th Sept

5th Jan

30th Jan

27th Feb

20th Apr

16th May

13th June

3rd July

Rugby (Field)

Netball

Gymnastics

Basketball

Athletics

Cricket

dance/invasion games

Outdoor multi sports

Tennis/ Choice

Lesson 2-3 (Quad kids)

Sending & Receiving

The ruck & positions/ structure

Evasion practices

Lesson 1 - Expectations and introduction to the lesson structure & values - Prepare, Perform, Recover - Rationale & Resources

Ball handling & warm up conditioning practices - 'W'

Key Emphasis on speed, agility & Muscular endurance within the warm up Lesson 4-5 (Quad kids)

Hockey (Astro)

Gymnastics

Netball

Athletics

Rounders

Tennis/ cricket

Outdoor multi sports

Grip and dribbling

Sending & Receiving Attack & defense

dance/invasion games

Basketball/ Hockey

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Netball

Rounders

Cricket

Gymnastics dance/invasion games Basketball/ Hockey Cricket

Outdoor multi sports



From 5th Sept

19th Sept (3 wk)

31st Oct (3 wk

21st Nov (3wk

10th Oct

block)

block) 5th Jan

30th Jan

27th Feb

20th Apr

16th May

13th June

3rd July

14th Mar - 1st Apr

Boys 1

Rugby

Basketball

Hockey

Trampolining

Table-Tennis

Athletics

Cricket

Choice

Rounders

Inter-House + prep

Leadership through football

Personal Survival (Fitness)

Year 8 PE - Feedback (Analysis & Leadership focus) - Learning to lead

Lesson 1 - Expectations and introduction to the lesson structure - Prepare, Perform, Recover - Rationale & Resources

Girls 1

Hockey

Netball

Football

Dance

Rugby

Fitness

Athletics

Rounders

Cricket

Choice

Gymnastics

(Trampolining)

Personal Survival

Girls 2

Nethall

Hockey

Dance

Rugby

Fitness

Athletics

Rounders

Cricket

Choice

Personal Survival

Gymnastics (Trampolining)

Leadership through indoor Games

Lesson 4-5 (Girls on 100m/LJ, Boys on 800m/throw)

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Boys 2

Rugby

Basketball

Hockey

Inter-House + prep

Football/ Handball

Table-Tennis

Trampolining

Athletics

Cricket

Choice

Rounders

Personal Survival (Fitness)

Lesson 2-3 (Girls - 800m/ throw & Boys on 100m/LJ)



From 5th Sept

19th Sept (3 wk)

31st Oct (3 wk

21st Nov (3wk

10th Oct

block)

block) 5th Jan

30th Jan

27th Feb

20th Apr

16th May

13th June

3rd July

14th Mar - 1st Apr

Boys 1

Rugby

Basketball

Trampolining

Football

Volleyball

Volleyball/ Hockey

Fitness

Athletics

Cricket

Choice

Rounders

Water Polo/ Fitness (9C)

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Year 9 PE - Challenge (Scenario based/ GCSE prep/ Creative thinking & managing pressure)				

Boys 2

Basketball

Rugby

Football

Table tennis

Trampolining

Volleyball/ Hockey

Fitness

Athletics

Rounders

Cricket

Choice

Water Polo/ Fitness (9C)

Lesson 2-3 (Girls - 800m/throw & Boys on 100m/LJ)

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Lesson 1 - Expectations and introduction to the lesson structure - Prepare, Perform, Recover - Rationale & Resources

Girls 1

Hockey

Netball

Dance

Rugby

Football

Athletics

Rounders

Choice / swim

Cricket

Trampolining

Water Polo/ Aqua

Ultimate Frisbee

Aerobics/ Fitness (9C)

Girls 2

Netball

Dance

Rugby

Football

Athletics

Rounders

Cricket

Choice / swim

Trampolining

Invasion games

Water Polo/ Agua Aerobics/ Fitness (9C)

Lesson 4-5 (Girls on 100m/LJ, Boys on 800m/throw)



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

<u>YST move crew</u>



Thank you

