

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 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





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 **understand what makes a performance effective** and **how to apply these principles to their own and others' work**. They should develop the **confidence and interest to get involved in exercise, sports and activities out of school and in later life**, and **understand and apply the long-term health benefits of physical activity**.



PREPARE, PERFORM, RECOVER - PE Curriculum

- 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.
 - Girls - Netball, XC/ Swim, Hockey, Football.
- The Summer term culminates with Sports Day (June 2023).



YEAR 7 PE CURRICULUM - SPORTS & ACTIVITY OFFER

Year 7 Programme - Engagement, Routines & Autonomy. High standards and expectations throughout.

Dates (Year 7 PE)	PE 1	PE 2	PE 3	PE 4
From 5th Sept (2 week block)	Lesson 1 - Expectations and introduction to the lesson structure & values - Prepare, Perform, Recover - Rationale & Resources Key Emphasis on speed, agility & Muscular endurance within the warm up Lesson 2-3 (Quad kids) Lesson 4-5 (Quad kids)			
19th Sept (4 week block building up to inter-house)	Rugby (Field) Ball handling & warm up conditioning practices - 'W' Sending & Receiving Evasion practices The ruck & positions/ structure		Hockey (Astro) Grip and dribbling Sending & Receiving Attack & defense	
31st Oct (3 wk block)	Netball	Gymnastics	Football	Swim
21st Nov (3wk block)	Gymnastics	Netball	Swim	Football
5th Jan	Swim	Football	Gymnastics	Netball
30th Jan	Football	Swim	Netball	Gymnastics
27th Feb	Basketball	Basketball	dance/ invasion games	dance/ invasion games
14th Mar - 1st Apr	dance/ invasion games	dance/ invasion games	Basketball/ Hockey	Basketball/ Hockey
20th Apr	Athletics	Athletics/ Rounders	Athletics	Cricket
16th May	Cricket	Cricket	Rounders	Rounders
13th June	Outdoor multi sports	Outdoor multi sports	Tennis/ cricket	Cricket
3rd July	Tennis/ Choice	Tennis/ Choice	Outdoor multi sports	Outdoor multi sports



YEAR 8 PE CURRICULUM - SPORTS & ACTIVITY OFFER

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

	Boys 1	Boys 2	Girls 1	Girls 2
From 5th Sept	Lesson 1 - Expectations and introduction to the lesson structure - Prepare, Perform, Recover - Rationale & Resources Lesson 2-3 (Girls - 800m/ throw & Boys on 100m/LJ) Lesson 4-5 (Girls on 100m/LJ, Boys on 800m/ throw)			
19th Sept (3 wk)	Rugby	Rugby	Hockey	Netball
10th Oct	Inter-House + prep	Inter-House + prep	Netball	Hockey
31st Oct (3 wk block)	Leadership through football	Basketball	Personal Survival	Leadership through indoor Games
21st Nov (3wk block)	Basketball	Hockey	Football	Personal Survival
5th Jan	Personal Survival (Fitness)	Football/ Handball	Dance	Gymnastics (Trampolining)
30th Jan	Hockey	Personal Survival (Fitness)	Gymnastics (Trampolining)	Dance
27th 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
3rd July	Choice	Choice	Choice	Choice



YEAR 9 PE CURRICULUM - SPORTS & ACTIVITY OFFER

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

	Boys 1	Boys 2	Girls 1	Girls 2
From 5th Sept	Lesson 1 - Expectations and introduction to the lesson structure - Prepare, Perform, Recover - Rationale & Resources Lesson 2-3 (Girls - 800m/ throw & Boys on 100m/LJ) Lesson 4-5 (Girls on 100m/LJ, Boys on 800m/ throw)			
19th Sept (3 wk)	Rugby	Basketball	Hockey	Netball
10th Oct	Basketball	Rugby	Netball	Trampolining
31st Oct (3 wk block)	Water Polo/ Fitness (9C)	Football	Dance	Dance
21st Nov (3wk block)	Trampolining	Water Polo/ Fitness (9C)	Rugby	Rugby
5th Jan	Football	Table tennis	Trampolining	Water Polo/ Aqua Aerobics/ Fitness (9C)
30th Jan	Volleyball	Fitness	Water Polo/ Aqua Aerobics/ Fitness (9C)	Invasion games
27th Feb	Fitness	Trampolining	Football	Football
14th Mar - 1st Apr	Volleyball/ Hockey	Volleyball/ Hockey	Ultimate Frisbee	
20th Apr	Athletics	Athletics	Athletics	Athletics
16th May	Cricket	Cricket	Rounders	Rounders
13th June	Rounders	Rounders	Cricket	Choice / swim
3rd July	Choice	Choice	Choice / swim	Cricket



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](#)



Thank you

