

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 |
|----------------|---|---|--|---|------------------------------------|
| Morning | Swimming Club (Mrs Castle) | | | | |
| Lunch (Indoor) | Y9 Basketball (Mr East) Year 9/10 Strength & Conditioning (Mrs Butler) | Y8 Boys Basketball (Mr Joyce) | Y10 Strength and Conditioning (Mrs Butler) Y10 Basketball (Mr Brennan) | | Y11 Basketball (Mr Brennan) |
| Afterschool | Y7 Boys Basketball (Mr Robins) | Y7, 8 & 9 Girls' Football (Miss Royall & Mrs Castle) Y7 Rugby (Mr Moses) Year 9 Rugby (Mr East) Y10 Netball club (Mrs Wilkinson) | Y7, 8 & 9 Girls' Football (Miss Royall) Y7 Rugby (Mr Moses) Year 9 Rugby (Mr East) Y10 Netball club (Mrs Wilkinson) | Y7 Netball club (Miss Royall) Y8 Rugby (Mr Brennan) Year 10 Football (Mr Goodwin) All Years Hockey Club (Mrs Scarrott and Mrs Wilkinson) | |

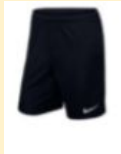
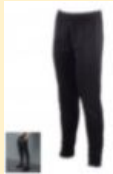


What will my Child Need for PE lessons?

Pro Sports Kit Website

Secondary

- T-shirt from Pro sportskit for the 2023-24 academic year
- Shorts
- Midlayer (optional)
- Rugby top
- Shin pads & gum shields
- Green socks or white 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 Monday before school (Start date tbc, possibly from Nov 2023).



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

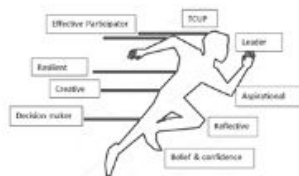
Hockey - Shin pads & Gum Shields

Dance & Gymnastics - Socks & Trainers are removed



KS3 Programme 2023-24

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, XC/ Swim or Basketball, Football.
 - Girls - Netball, XC/ Swim, Hockey, Football.
- The Summer term culminates with Sports Day (June 2024).



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 (5 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) 4 lessons to determine groups (single sex) <ul style="list-style-type: none"> 4 lessons of invasion games Skills and tactical game play with a view of playing games | | | |
| 2nd Oct (3 week block building up to inter-house) | Rugby | Rugby | Rugby | Rugby |
| 30th Oct (3 wk block) | Netball | Gymnastics | Hockey | Swim |
| 20th Nov (3wk block) | Gymnastics | Netball | Swim | Hockey |
| 8 th Jan | Swim | Hockey | Gymnastics | Netball |
| 29 th Jan | Hockey | Swim | Netball | Gymnastics |
| 26th Feb | Football | Basketball | Dance | Dance |
| 11th Mar - 28th Mar | Dance | Dance | Football | Basketball/ Hockey |
| 15th 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 |

The Red indicates that these lessons will be single sex lessons, however the rest of the lessons will be mixed gender groups.



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) | | | |
| 18 th Sept (3 wk) | Rugby | Rugby | Hockey | Netball |
| 9th Oct | Inter-House + prep | Inter-House + prep | Netball | Leadership through indoor Games |
| 30th Oct (3 wk block) | Leadership through football | Basketball | Personal Survival | Gymnastics (Trampolining) |
| 20th Nov (3wk block) | Basketball | Hockey | Football | Personal Survival |
| 8 th Jan | Personal Survival | Football/ Handball | Dance | Fitness |
| 29 th Jan | Hockey | Personal Survival | Gymnastics (Trampolining) | Dance |
| 26th Feb | Trampolining | Table-Tennis | Rugby | Rugby |
| 11th Mar - 28th Mar | Table-Tennis | Trampolining | Fitness | Hockey |
| 15th 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) | | | |
| 18 th Sept (3 wk) | Rugby | Basketball | Hockey | Netball |
| 9 th Oct | Basketball | Rugby | Netball | Trampolining |
| 30 th Oct (3 wk block) | Water Polo | Football | Dance | Fitness |
| 20 th Nov (3wk block) | Trampolining | Water Polo | Rugby | Rugby |
| 8 th Jan | Football | Table tennis | Trampolining | Water Polo/ Aqua Aerobics |
| 29 th Jan | Volleyball | Fitness | Water Polo/ Aqua Aerobics/ Fitness (9C) | Hockey |
| 26 th Feb | Fitness | Trampolining | Football | Volleyball |
| 11 th Mar - 28 th Mar | Hockey | Volleyball/ Hockey | Ultimate Frisbee | Dance |
| 15 th Apr | Athletics | Athletics | Athletics | Athletics |
| 16 th May | Cricket | Cricket | Rounders | Rounders |
| 13 th June | Rounders | Rounders | Cricket | Choice / swim |
| 3 rd July | Choice | Choice | Choice / swim | Cricket |



Y10 Core PE Curriculum

| Year 10 | | | | |
|----------------------|--|---------------------------|---------------------------|---------------------------|
| w/c | PE1 | PE2 | PE3 | PE4 |
| September | Intro lessons + Quad Kids | Intro lessons + Quad Kids | Intro lessons + Quad Kids | Intro lessons + Quad Kids |
| September 18th | Fitness | Rugby | Hockey | Basketball |
| October 9th | Handball | Basketball | Netball | Benchball |
| 16th October | Interhouse | | | |
| October half term | | | | |
| October 30th | Netball | Football | Fitness | Dodgeball |
| November 20th | Hockey | Water polo | Benchball | Fitness |
| December | Interhouse | | | |
| Christmas break | | | | |
| January | Leadership unit | | | |
| February half term | | | | |
| February | Leadership unit - delivery sessions | | | |
| Options | | | | |
| 13th March (2 weeks) | Fitness room / Football / Yoga / Basketball | | | |
| 27th March | Interhouse | | | |
| Easter break | | | | |
| 17th April (3 weeks) | Ultimate Frisbee / Quick Cricket/ Aerobics/ fitness to music / Dodgeball | | | |
| 16th May (2 weeks) | Tennis / Rounders / Volleyball/ Cricket | | | |
| May half term | | | | |
| 6th June (2 weeks) | Rounders / Tennis / S+F (Softball/cricket)/ Outdoor volleyball | | | |
| 4th July (3 weeks) | Rounders / Tennis / Outdoor volleyball / | | | |



Y11 Core PE Curriculum

| Year 11 | | | | |
|--------------------------|---|---------------|---------------|---------------|
| w/c | Boys 1 | Boys 2 | Girls 1 | Girls 2 |
| 4th September (1 weeks) | Intro lessons | Intro lessons | Intro lessons | Intro lessons |
| 11th September (6 weeks) | Handball / Netball / Basketball / Ultimate Frisbee | | | |
| | Alternative Games | | | |
| October half term | | | | |
| 30th October (6 weeks) | Benchball / Volleyball / Hockey / Football | | | |
| | Alternative Games | | | |
| 11th December | Interhouse | | | |
| Christmas break | | | | |
| 8th January (3 weeks) | Fitness room / Exercise to music / Circuit training / Couch to 5k | | | |
| 29th January (3 weeks) | Volleyball / Yoga / Swim / Football | | | |
| February half term | | | | |
| 26th February (3 weeks) | Fitness room / Basketball / Dodgeball / Netball | | | |
| 18th March (3 weeks) | Volleyball / Touch rugby / Benchball / Football | | | |
| 27th March | Interhouse | | | |
| Easter break | | | | |
| 17th April (3 weeks) | Rounders / Tennis / Cricket / Outdoor Volleyball | | | |



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



Simon Balle
All-through School

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