

PHYSICAL EDUCATION

Autumn term topics

Athletics & Fitness

- Development of skills involving running, jumping and throwing
- Small competitions with pupils taking on roles such as coach or official
- How to use speed, strength and power in a range of activities.

Creative Movement

- Introduction and development of creative movement and ideas using themes and other stimuli, individual pair and group work.

Spring term topics

Invasion games

- Basic principles of passing, receiving, gaining and maintaining possession, use of width depth in attack, denying space as a defender.

Gymnastics

- Introduction and development of basic body management skills, individual, pair work and simple sequence construction.

Summer term topics

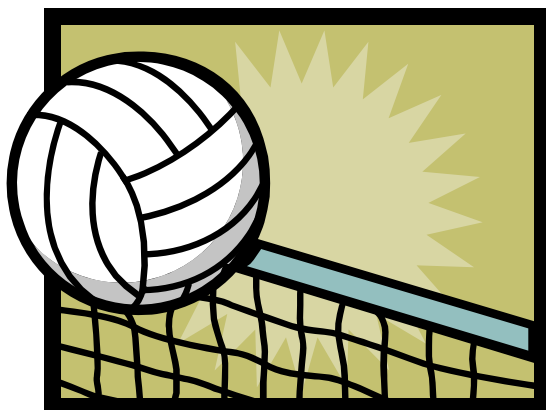
Net and racquet

- How to rally using fore and backhand techniques, how to serve and score
- Exploring different ways of hitting the ball and making contact with it, eg hard, soft.

Striking and fielding

- Learn how to strike a ball using different techniques
- How to bowl and field close to the batter or in deep field
- How to defend space as a fielder
- Decision making and how to organise and set up a fielding and striking game





Additional resources/ideas/stimuli:

- Pupils will be involved in a variety of roles such as performer/player/coach/umpire/observer. KIT IS REQUIRED AT ALL TIMES FOR LESSONS EVEN WHEN PUPILS ARE UNABLE TO TAKE PART AS A PERFORMER/PLAYER.
- Please note suitable sports trainers must be worn for PE lessons. Canvas style plimsolls or fashion converse type 'pumps' are not acceptable for PE.
- Pupils may bring their own equipment, such as racquets or hockey sticks to use in lessons if they wish.
- A full programme of activities is available to all pupils after school. We encourage all girls to participate in clubs and take part in a variety of activities such as inter-form and inter-school competitions.
- We have many links with clubs in the community and encourage pupils to join sports clubs out of school as their performance improves - the experience is invaluable in the development of knowledge, skills and understanding.
- Any visits to see live performances or top level matches out of school is encouraged to enable pupils to experience the excitement and observe the standard of professional performance.
- We welcome support from parents at school matches, sports day and performances!

PE KIT

Essential items

Black games skirt

Black/bottle green PE shirt (long or short sleeved, from stockists)

Black leotard

Plain black cycling shorts

Loose black shorts (Year 10 & 11 Only)

Black under-knee hockey socks (for hockey and football)

White sports socks (netball and summer activities)

Cross trainers for hardcourt and Astroturf (not canvas style plimsolls or fashion pumps)

Shin pads (hockey and football)

Optional extras

Plain black round necked sweatshirt incorporating school logo (from stockists)

Plain black track suit or jogging bottoms

Gum shield for hockey (an advisable precaution)