

# PHYSICAL EDUCATION

## **Autumn and Spring term activities will include:**

### **HOCKEY**

- Consolidating and extending the skills and principles already learned on the artificial pitch
- Developing knowledge and understanding of rules and the introduction of new rules
- Introducing simple tactics and set plays within a small sided game situation to develop teamwork and co-operation.

### **NETBALL**

- Refining and extending the skills previously learned, moving towards the recognised version of the game
- Understanding the basic responsibilities of the various playing positions on the court
- Planning attacking and defending tactics within a team situation.

### **GYMNASTICS**

- Extending and refining the range of gymnastic actions and performing sequences showing variety and contrast
- Developing confidence and body management skills by improving body tension and clarity of body shape
- Improving co-operation and evaluation skills through pair work.

### **DANCE**

- Extending movement vocabulary by learning more technical motifs
- Extending compositional skills by exploring the four elements individually, in pairs and small groups
- Developing observational skills enabling pupils to describe, analyse and interpret dances.

### **FITNESS**

- Understanding the different aspects of personal fitness and how to improve them
- Understanding the short and long term effects of exercise on the body
- Understanding how to prepare for and recover from vigorous activity.

## **Summer term activities:**

### **TENNIS**

- Revising and improving ground strokes, volleys and developing the rally
- Understanding the scoring system for singles and how points are won and lost
- Improving the consistency of the serve.

### **ROUNDERS**

- Developing accuracy and power in batting and fielding skills
- Understanding and applying the basic principles involved in striking and fielding games in the full game situation
- Understanding the importance of the changing role of the fielder.

## ATHLETICS

- Improving and developing the basic skills of running, jumping and throwing
- Applying the safety rules and developing techniques in a variety of athletic events
- Improving performance through partner coaching and observation.



### 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 activities such as inter-form and inter-school competitions.
- We have many links with clubs within the community and encourage pupils to join sports clubs out of school as their performance and interest improves - the experience is invaluable in the development of knowledge, skills and understanding.
- Any visits to see live performances or top class competition 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
- Black under-knee hockey socks (for hockey and football)
- White sports socks (netball and summer activities)
- Cross trainers for hardcourt and Astroturf (not canvas 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)