

PHYSICAL EDUCATION

Autumn & Spring term activities will include:

Hockey

- Improvement of accuracy and precision of attacking and defending skills and playing the full recognised version of the game.
- Development of simple techniques, strategies and tactics applicable to the game.
- Development of umpiring skills.

Netball

- Improvement of accuracy and precision of attacking and defending skills and playing the full recognised version of the game.
- Demonstrate a range of tactics in the game situation.
- Evaluating strengths and weaknesses of the opposition and plan appropriate tactics.

Gymnastics

- Planning and performing more complex pair and group work.
- Evaluating actions and performance through observation of performance and video analysis.
- Planning and performing group sports acrobatics sequences.

Dance

- Enabling pupils to support their compositions with descriptions of intentions and outcomes.
- Extend pupils ability to describe, analyse, interpret and evaluate dances.

Badminton

- Adapting and refining principles, techniques and range of shots already learned.
- Revision of the rules of singles and introduce principles of doubles play.
- Applying simple attacking and defending tactics and adapt to a variety of situations.

Tennis

- Improvement of accuracy and precision of the various shots.
- Play the recognised version of the game singles and doubles. Using the scoring system and tactics.
- Take part in various competitions and identify strengths and weaknesses in others.

Rounders

- Improvement of accuracy and power in batting and fielding skills.
- Understanding and applying the rules to the full recognised version of the game.
- Demonstrate skills as both performer and official.

Athletics

- Refinement and consolidation of principles and techniques learned in Years 7 and 8.
- Apply relevant mechanical principles and improve performance in all events.

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 own equipment, such as racquets or hockey sticks to the 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 links with clubs within the community and encourage pupils to join sports clubs out of school. As their performance and interests improves the experience is invaluable in the development of knowledge, skills and understanding.
- Any visits to see live performances or top class competitions 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)

