



**Brine Leas School**  
A Specialist College of Technology,  
Languages and Applied Learning

**Physical Education**  
**Department**

NAME.....

FORM.....

***Year 7***  
***Information Booklet***  
***2017-2018***



<b>Contents:</b>	<b>Page:</b>
<b>Staffing.....</b>	<b>3</b>
<b>PE Pathways.....</b>	<b>4</b>
<b>Succeeding in PE.....</b>	<b>5</b>
<b>Personal learning and thinking skills.....</b>	<b>6</b>
<b>Effort Grades.....</b>	<b>7</b>
<b>Programme of Study.....</b>	<b>8</b>
<b>Kit Requirements.....</b>	<b>9</b>
<b>Illness and injury.....</b>	<b>10</b>
<b>Valuables.....</b>	<b>10</b>
<b>Extra-curricular Clubs.....</b>	<b>10</b>
<b>Fixtures.....</b>	<b>11</b>
<b>Twitter.....</b>	<b>11</b>
<b>Able and talented.....</b>	<b>12</b>



# Welcome to the Brine Leas School P.E. Department STAFFING 2017-18

**Mrs R Dawson (RDN)**  
Head of PE



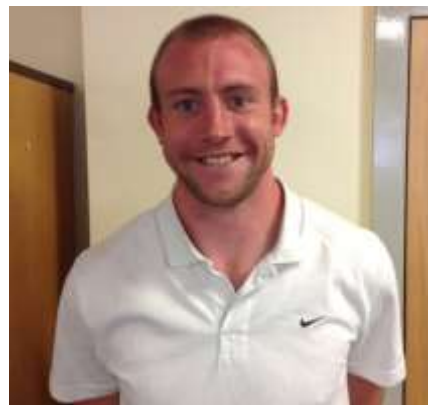
**Miss L Jones (LJS)**  
Teacher of Girls' PE



**Mr B Elliot (BET)**  
Head of Boys' PE



**Mr T Ward (TWD)**  
Teacher of Boys' PE



**Mrs L Darling (LDG)**  
Assistant Headteacher & Teacher of PE



**Mrs S Curry (SCY)**  
Teacher of Girls' PE





## **PE Pathways**



Every child at Brine Leas takes part in P.E. from year 7 through to year 11. In years 12 & 13 there is an optional PE and sport programme for all students.

In years 7, 8 & 9 pupils follow a programme of practical activities that is tailored towards their ability level and their individual needs.

Every year 10 & 11 pupil will follow a tailor-made curriculum at KS4 covering; Performing at Maximum Levels, Creative, Body & Brain and Outwitting.

In addition pupils can opt to follow GCSE PE.

In years 12 & 13, students may also select from A Level PE and/or BTEC Level 3 Subsidiary Diploma in Sport.

### **Year 7**

The programme of activities that pupils follow is shown overleaf.

Pupils are ability grouped during the introductory block and will then follow the activities outlined for their group.

G1 = Girls group 1

G2 = Girls group 2

B1 = Boys group 1

B2 = Boys group 2

These groups are flexible throughout the year



## **Succeeding in PE: We will help you to do 21 things -**

### **Improve your skills**

1. make your skills better
2. have more skills to use
3. have more control over what you do

### **Make decisions**

4. use tactics and strategies in games and challenges
5. be creative
6. change what you do to suit different situations
7. decide what you need to improve to be better
8. practise, practise, practise so you become better
9. spot dangers and risks and make things safe

### **Improve your body and your brain**

10. be stronger
11. work for longer without getting tired
12. be faster
13. be more supple
14. have more stickability (don't give up when things get difficult)

### **Evaluate and Improve**

15. say what is good or bad about a game or routine or person's fitness
16. say what needs to be improved
17. make changes to what you do so you are better next time
18. know how good you are and how good you want to be

### **Live healthy lives**

19. know which sports you are best at
20. know which jobs/roles you are best at (performer, coach, choreographer, official)
21. choose to take part in sport in school and out of school

**Our P.E. lessons also strive to develop a number of Personal Learning and Thinking skills (PLTs) in all pupils:**

**Team worker**

Through supporting other team mates, being a good team player, giving useful feedback, co-operating with others, showing confidence and being a good listener.

**Independent enquirer**

Through asking questions on how to improve performance, planning and practising to improve performance and analysing and evaluating your own and others' performances.

**Reflective learner**

Through assessing your own performance, identifying strengths and weaknesses, taking on feedback, setting yourself goals and assessing your own learning.

**Self Manager**

Through managing others, organising teams, showing initiative, identifying and dealing with problems as well as coping with challenges.

**Creative thinker**

Through using good ideas, asking thoughtful questions, creating warm-ups and drills, using imaginative ways to outwit opponents and expressing your-self through physical activity.

**Effective Participator**

Through negotiating with others, finding ways to improve your-self, discussing ideas and helping to improve other's performances.





## **Criteria for Effort Grades in PE**

Each term pupils are given an effort grade. Please see the criteria for each grade below.

### **GRADE 1**

Work is completed in the lesson and there is evidence that you have been careful, conscientious and thorough in completing tasks set.

Homework is handed in on time and is well presented (if applicable).

You have tried to complete the tasks yourself or as part of a group (as requested) and have only asked for help when necessary.

In group work or whole class discussions you have expressed your ideas willingly and with enthusiasm.

You bring the correct P.E. kit to every lesson and always remember to remove jewellery without being asked.

You co-operate with the teacher and other pupils at all times and are sensitive to the needs of others.

### **GRADE 2**

Work is completed in the lesson and there is evidence that you have been careful, conscientious and thorough in completing tasks set on most occasions.

Homework is handed in on time and is presented to a satisfactory standard (if applicable).

You have usually tried to complete the tasks yourself or as part of a group (as requested) and when you ask for help you act on advice given.

In group work or whole class discussions you have expressed some of your ideas.

You usually bring the correct P.E. kit to every lesson and mostly remember to remove jewellery without being asked.

You co-operate with the teacher and other pupils and are sensitive to the needs of others for the majority of the time.

### **GRADE 3**

Work is rushed and there is little evidence that you have been careful, conscientious and thorough in completing tasks set.

Homework is handed in incomplete or late (if applicable).

You have not tried to complete the tasks yourself or as part of a group (as requested) before asking for help. You need encouragement and reminding from your teacher to remain on task.

In group work or whole class discussions you only express your ideas when asked to by a teacher.

You do not always bring the correct P.E. kit to every lesson and rarely remember to remove jewellery without being asked.

You occasionally co-operate with the teacher and other pupils and are sometimes sensitive to the needs of others.

### **GRADE 4**

Work is rushed and there is no evidence that you have been careful, conscientious and thorough in completing tasks set.

Homework is not handed in (if applicable).

You have not tried to complete the tasks yourself or as part of a group (as requested) before asking for help. You need constant supervision, encouragement and reminding from your teacher to remain on task.

In group work or whole class discussions you do not express your ideas willingly, even when asked by a teacher.

You rarely bring the correct P.E. kit to every lesson and rarely remember to remove jewellery without being asked.

You do not co-operate with the teacher and other pupils and are not sensitive to the needs of others.



**Physical Education Department**  
**Programme Of Study**  
**Year 7 – 2017-18**



Boys G1	Lesson 1	Intro	Rugby						I-H Basketb all ***	Football						I-H Football ***	Athletics						I-H Handball ***																					
	Lesson 2	Intro	Basketball				Health Education (out)					I-H Table Tennis ***	Trampolining						Handball			Tennis																						
Boys G2/Boys G3	Lesson 1	Intro	Basketball						I-H Basketb all ***	Tag Rugby						I-H Football ***	Tennis			Handball			I-H Handball ***																					
	Lesson 2	Intro	Health Education (Gym)				Trampolining					I-H Table Tennis ***	Outdoor Education						Athletics																									
			September		October		November			December			January		February		March			April			May			June		July																
			1	2	3	4	5	6	7	8	9	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4	4	4	4
Girls G1	Lesson 1	Intro	Netball						Trampolining						Athletics																													
	Lesson 2	Intro	Girls' Football			I-H Football ***	Health Education (SH)					I-H Netball ***	Dance (Mixed ***)						Tennis			Handball			I-H Handball ***																			
Girls G2	Lesson 1	Intro	Trampolining						Creative Movement						Handball			Tennis																										
	Lesson 2	Intro	Netball			I-H Football ***	Health Education (SH)					I-H Netball ***	Dance (Mixed ***)						Athletics			I-H Handball ***																						

\*\*\* Pupils will be taught in mixed ability groups during this block





## **Kit Requirements**

We are extremely proud of the appearance of our students during P.E. lessons. The kit that pupils wear allows them to participate in a safe, effective and comfortable manner. We ask therefore, that all pupils bring the correct kit for each and every lesson. The list of activities and the kit that is needed for each is listed below. Kit should not be left in cloakrooms during the day. Pupils are strongly advised to lock kit away safely in their own lockers or arrange to leave bags with their form tutor. All kit should be clearly labelled with the pupil's name.

The following can be purchased by students from pupil reception: long sleeved top, polo shirts.

The following items can be purchased by at front reception or by e-mailing [joanne.marler@brineleas.co.uk](mailto:joanne.marler@brineleas.co.uk).

### **Compulsory PE Kit**

Blue & White Short Sleeved top with the school badge.\*

Long Sleeved Rugby top with the school badge.\*

Plain Black Shorts/Leggings or Tracksuit bottoms.

Plain Black football socks.

Trainers (no fashion shoes or canvas pumps).

Students can wear a Black or White base layer for outdoor PE, underneath their short sleeved PE top.



Boys base layer under PE top

Boys long sleeved Rugby top

Optional Hoodie

Girls base layer under PE top

Girls PE top and leggings



## **Illness and Injury**

Our aim is for all pupils to take part in lessons through a variety of roles including performer, coach, official, leader, manager, choreographer and organiser.

If pupils are ill or injured but are well enough to be in school, we ask that they **bring full P.E. kit to their lesson** so that they can adopt the role of coach, official, leader, manager, choreographer or organiser.

**Pupils will not be required to perform** or play an 'active' part in the lesson if they are ill or injured, providing a note is written by parent/guardian in their homework diary. Notes of a more personal nature may of course be enclosed in a sealed envelope.

Exceptions to this obviously include broken limbs or serious back/neck injuries.

Pupils with asthma must bring their inhaler to lessons with them and should also leave a spare inhaler in the main office. Pupils should keep their inhaler with them at all times during the lesson.

## **Valuables**

We do ask that pupils do not bring valuables into school or leave them in their lockers during P.E. lessons. If pupils do have valuables in P.E. **they must hand them in to a member of staff at the start of the lesson.** These will then be locked away in the staff office for the duration of the lesson. It is the pupils' own responsibility to collect their own valuables at the end of the lesson.

The P.E. Department do not accept responsibility for any valuables that are lost. Pupils must not leave valuables in their blazers or bags during P.E. lesson time.

## **Extra-Curricular Clubs**

We have an extensive extra-curricular programme that runs after school and on weekends. The timetables of what is on and when are displayed on all notice boards in the P.E. Department and also on the school website. It is updated every half term. We welcome coaching/refereeing contributions from parents/guardians. If you have any spare time/expertise then please contact [Rebecca.dawson@brineleas.co.uk](mailto:Rebecca.dawson@brineleas.co.uk)

## School Fixtures



We have an extensive list of fixtures, in a wide range of sports and activities that run throughout the year.

Fixtures generally run on a Tuesday, Wednesday and Thursday from 3.25-6pm (approx). We encourage all students to represent their school wherever possible and strongly support them to then go on and represent their District, County, Region and Country. We have very strong local and regional club links and 'feed' as many pupils as possible into these.

If you have any particular links with sports clubs, please contact [rebecca.dawson@brineleas.co.uk](mailto:rebecca.dawson@brineleas.co.uk) so that we can update our database and advertise your club on our notice boards and websites.

Students must attend practices in order to play in the netball team. We do only have 1 A team that enter the netball league but if other schools in our area provide B teams then we play B team matches whenever we can.

This is applicable across all of the sports that we offer.

We are pleased that we get such high participation rates from our students who show an interest in Sport.

## Twitter



The PE department have a twitter account where we encourage both parents and students to follow us to get the latest PE information. We update regularly with; fixtures, extra-curricular programme, cancellations, results and return time from venues. If you are on twitter then do follow us **@bls\_pe**

The twitter account is also available through the school website **(no twitter account is required for this access)**





## **Able and Talented**

Pupils who are identified by the P.E. Department as having a particular area of proficiency are placed on our A&T register and displayed on our notice board 'Sporting Achievements out of school'. These pupils will follow an additional programme to further strengthen their practical ability and increase their knowledge and understanding of sport and exercise related issues.

We also differentiate within the planning of our lessons to ensure that every child is encouraged to achieve to their very best.

If your child was on the A&T list for P.E. at their primary school, or competes to a high level in sport outside of school time, please email Mrs Dawson ([rebecca.dawson@brineleas.co.uk](mailto:rebecca.dawson@brineleas.co.uk)) as soon as possible and keep us updated as your child progresses through Brine Leas.

## **And finally.....**

If you have any questions or queries that have not been answered by this booklet, please do not hesitate to contact myself or any member of the P.E. Department.

Kind regards

***Mrs R. Dawson***

Head of Physical Education