

PE Expectations September 2023

Start of the lessons & Kit:

- Arrive promptly – you should have your PE kit ready and with you so that you can go directly to the changing rooms at the start of the lesson.
- Students will line up in alphabetical order outside their changing room and once their name has been called they can go in and start getting changed.
- Change quickly and quietly - the maximum time for changing is 10 minutes but we expect it to be closer to 5 minutes. We want to get as much lesson time as possible.
- Bring the correct kit & make sure it is named or initialled:

Girls	Boys	
<p><u>Correct Kit:</u> Light Hall T-Shirt Light Hall Skort/Shorts Plain black joggers Black socks School Rugby top Black skins (top and bottoms)</p>	<p><u>Correct Kit:</u> Light Hall T-Shirt Light Hall Shorts Plain black joggers Black socks School Rugby top Black skins (top and bottoms)</p>	<p><u>Other reminders:</u> No jewellery (earrings to be taped if cannot be taken out but we need a note from home to say they have only just been pierced) Nose studs must be removed for the lesson No Chewing gum Hair tied up if your hair is long enough to be tied up</p>
<p><u>Not to be worn:</u> Tights Leggings School shoes Blazer Hoodies Own t-shirts/shorts</p>	<p><u>Not to be worn:</u> School shoes Blazer Hoodies Own t-shirts/shorts</p>	

- If you do not bring the correct kit you must tell us when we take the register. You will have the option of borrowing clean kit and trainers from us – you will have to give us something in exchange for the kit so we can tick off that you have brought it back e.g. a phone, or piece of uniform. If you do this you will not receive any sanctions. You are expected to still wear kit even if you bring a note or cannot take part fully due to an injury (unless there are exceptional circumstances). If you refuse to borrow our kit and do not have FULL KIT the following consequences will apply:

1 st Offence:	Lunchtime detention & email home + Reminder of Expectations
2 nd Offence:	Break & lunchtime detention & phone call home + Reminder of Expectations
3 rd Offence:	After school detention – 30 mins
4 th Offence:	After school detention – 60 mins
5 th Offence:	After school detention – 60 mins – PRS & meeting with parents
6 th Offence:	After school detention – 60 mins – PRS & meet with Head of Year
7 th Offence:	Meeting with parents & NHY/LMT

- Members of staff will be present in the changing rooms to ensure that students are safe and changing quickly. They will lock the changing rooms when all students are out.
- You will move directly to the area that you are having your lesson in whether it is inside or outside. Please make sure you offer to help with the equipment – students are expected to help the teacher put out and put away equipment.
- Don't forget your water bottles and inhalers if you need them – water bottles must be filled up prior to the lesson. You must use the toilet before we lock the changing rooms.

Sets & Curriculum

- KS3 & KS4 have 2 single lessons every week – each sport or activity is done for approximately 6 lessons where possible.
- Key Stage 3 groups will be in sets for lessons but these are flexible if there are any issues – the reason we do this is that we find students of all abilities and confidence levels make more progress this way. With year 7 we will do a baseline assessment and then allocate students to groups. Key Stage 4 will choose an option block and follow that curriculum for the year.

Year 7		Year 8		Year 9		Year 10	Year 11
Girls	Boys	Girls	Boys	Girls	Boys	Choice of Option Blocks for Competitive or Recreational/Fitness activities – all blocks will still cover the National Curriculum	
Netball	Football	Netball	Football	Netball	Football		
Hockey	Badminton	Fitness	Badminton	Fitness	Badminton		
Dance	Rugby	Dance	Rugby	Dance	Rugby		
Football	Dance	Football	Handball	Football	Handball		
Badminton	Gymnastics	Badminton	Basketball	Badminton	Basketball		
Basketball	Handball	Basketball	Table Tennis	Basketball	Table Tennis		
Gymnastics	Basketball	Gymnastics	Fitness	Tag Rugby	Fitness		
OAA	Hockey	OAA	OAA	OAA	OAA		
Rounders	OAA	Rounders	Softball	Rounders	Softball		
Athletics	Softball	Athletics	Athletics	Athletics	Athletics		
Cricket	Athletics	Cricket	Cricket	Cricket	Cricket		
Tennis	Cricket	Tennis	Tennis	Tennis	Tennis		
	Tennis						

- Key Stage 3 students will be assessed in each of the sports/activities that you take part in throughout the academic year. We will use our HEAD-HEART-HANDS assessment criteria. This will be explained in more detail within your lessons but essentially:
HEAD – Your understanding of the rules and theory of the activities that you are taking part in, as well as your use of tactics and strategies
HEART – Your understanding of healthy participation & how the activity may support a healthy body & lifestyle
HANDS – Your motor competence & how effectively you can perform skills & movements

Your assessments for each sport will inform the reports that are sent home to parents.

- At Key Stage 4 we do not assess but we expect you to continue progressing in the different activities and deciding what sort of activities you think you will continue to enjoy to support lifelong participation. We also offer Sport Studies as an examination course that you can choose as an option.

Classroom Conduct:

- Students should always support the teacher to get any equipment that is needed for the lesson and always have respect for the school equipment that we spend a lot of money on.
- It is expected that all students will apply themselves fully to the lesson and be eager to learn
- PE is also about building your social skills and team working skills therefore students should be supportive of all others in their lesson and be willing to work with anyone.
- If a student cannot take part fully due to injury, illness or kit issues then they will be given alternative tasks to do such as umpiring, refereeing, scoring, coaching. There may also be a question sheet to fill in based on the lesson being taught. This is to ensure that you can still learn within the lesson.

Extracurricular:

- We release an extracurricular timetable every half term – this will be in the Word and in Tutor Time Powerpoints but will also be displayed around the department & in the changing rooms.
- There may be weekly changes due to meetings or fixtures so always keep an eye out for updates that we make you aware of. We offer a range of activities and have outstanding facilities to use for clubs – so make the most of them.
- Attendance at extracurricular clubs will inform our Sports Awards that will be in summer 2024. We also want you to attend so that you can improve your skills and knowledge in certain activities, as well as represent the school in fixtures and competitions.

We will put up posters for local teams or clubs if there any local opportunities in any sport. If there is any activity or sport you are interested in then ask us to direct you.

If you have sporting success outside of school then we want to hear about it! Let your teacher know so they can pass it on – we will put it on our Twitter page and will share your achievements with the other staff.

PE Twitter Page @LightHall_PE