

Light Hall School PE

Department



2010-2011

PE Department

We have a wide range of very experienced staff members to deliver your PE lessons.

Mr Hayfield



Head of Physical Education

Mr D Hall



PE Teacher
Head of Lower School

Mr M Barnes



PE Teacher
SSCO

PE Department

Miss Nicklen



Female PE Teacher

Miss Dunlevy



Female PE Teacher



Mr Barr
PE Teacher
Deputy Head Teacher



Mr McCrainor
PE Teacher
Asst Head Teacher



Mr R Hall
PE Teacher
Asst Head Teacher

What we offer

As a department we try to offer the largest range of exciting and engaging activities for you to learn through.

Opportunities to continue your involvement through extra-curricular clubs and by representing the school in teams.

A consistent approach to your lessons so you know what to expect.

PE Lessons

2 lessons each week

Lesson One

Indoor Kit



Lesson Two

Outdoor Kit

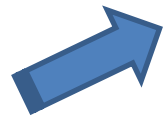


How do I know what I am doing?

Your Band YEAR 7 BAND H BOYS GROUP 3 ← Your PE group

PROGRAMMES OF STUDY
PHYSICAL EDUCATION 2010/2011

Where you need to get changed



What activity you are doing

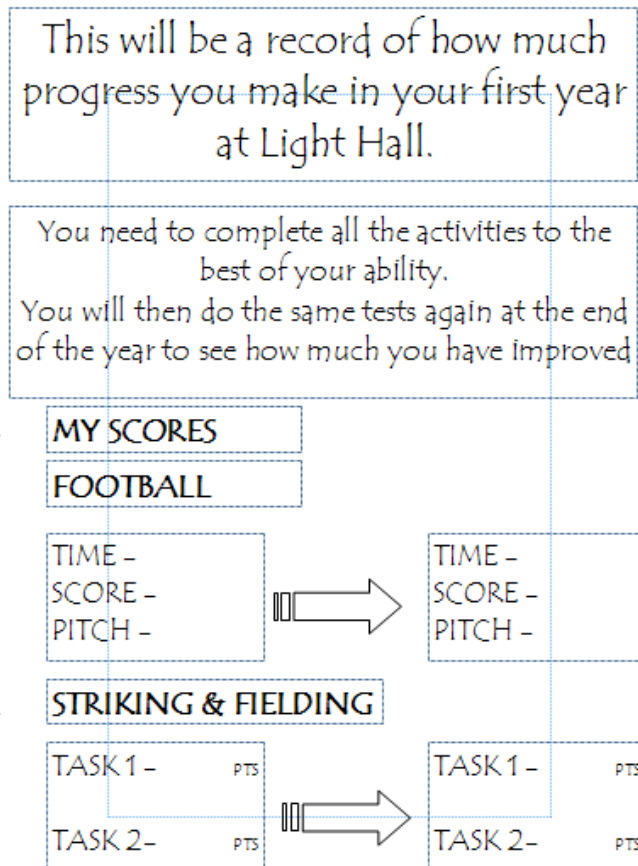
LESSON 1 Week1(Wed 5) Week2(Thu 1)	LESSON 2 Week1 (Fri 4) Week2 (Fri 5)
Assessment Activities <u>GYM CHANGING</u> 6 th Sep – 10 th Oct	Assessment Activities GYM CHANGING 6 th Sep – 10 th Oct
<u>FITNESS</u> SPORTSHALL CHANGING 4 th Oct – 19 th Nov	FOOTBALL GYM CHANGING 4 th Oct – 19 th Nov
<u>INTERFORM ACTIVITIES</u> 13 th Dec	
BADMINTON SPORTSHALL CHANGING 22 nd Nov – 21 st Jan	BASKETBALL SPORTSHALL CHANGING 22 nd Nov – 21 st Jan



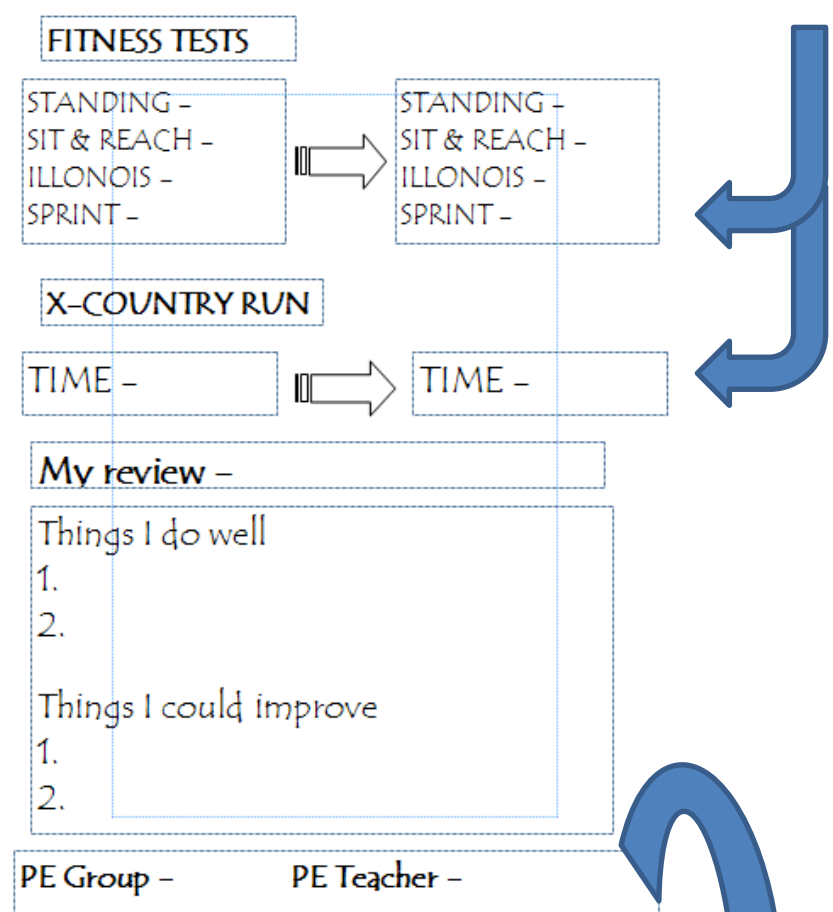
Go on through the year

Your first three weeks in PE?

You will have a go at 5 different fitness tests and get a score for each



You will have a go at two different activities and get a score for each



You then will be put into YOUR PE group

Your first three weeks in PE?

- Introduction to PE at Light Hall
- X-Country Run – you will need your WINTER, OUTDOOR KIT
- Baseline Testing to find out what group you will be in.

What do we offer outside of school?

As a department we aim to offer as many different and challenging activities as we can.

We have a Extra-curricular timetable for each half term and many of the clubs have teams selected from them to represent the school.

Students who represent the school and attend after school clubs may be rewarded with Sports Colours.



What do we offer outside of school?

School team sheets will be posted outside the Boys gym office for boys and outside the Girls gym office for girls.

You need to tick off your name to show that you can play, if not another player may be asked.

All the details for the game will be on the sheet so please do not ask your teacher before you have checked.



Light Hall School PE Department

Sept –
Oct ½
Term

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Football

All years 7:30 am – 8:30

Before School

Sports Hall

2nd Break

TBC

1:20 –

1:55

Badminton

All years

Sports Hall

MBA

Badminton

All years

Sports Hall

MBA

Breakfast Basketball

All years 7:30 am – 8:30

Before School

Sports Hall

Basketball

All years

Sports Hall **MBA**

Dance

All years

LSH (Meet in Gym changing rooms) **EDU**



Badminton

All years

Sports Hall

COACH



Rugby

All years

Field (Meet in Gym changing rooms)

NHY, DHA



Football

All years

Field (Meet in Gym changing rooms)

MBA & NHY



Badminton

All years

Sports Hall

MBA/EDU/MNI



After School

3:00 – 4:15

Girls Football

All years

Astro (Meet in Gym changing rooms) **MNI**



Basketball

Years 9, 10, 11

Sports Hall **DHA**



Fitness

All years

Fitness Room (Meet in Sports Hall changing rooms) **NHY**



Hockey

All years

Astro (Meet in Gym changing rooms)

MNI



Netball

Years 9, 10, 11

Sports Hall **EDU, DSW**



Trampolining

All years

Gym **MNI**



Fitness

All years

Fitness Room (Meet in Sports Hall changing rooms)

MBA/EDU/MNI



Netball

Years 7, 8

Netball Courts (Meet in Sports Hall changing rooms) **EDU, DSW**



Duke of Edinburgh

Year 10

Coming Soon!

Sports Colours Criteria

1. They must show a good attitude to physical education and have a motivated and consistent approach to improve their own and others physical literacy (must maintain an effort level of 1 or 2 on report).
2. They must show a commitment to both clubs and representative school teams and must attend the club six times over the year (where appropriate).
3. They must set a high standard of both appearance and kit for curricular, extra-curricular and when representing the school in teams.
4. They must be a positive role model / Physical Education Ambassador and a student that others look to emulate.
5. They must support the positive ethos of the Physical Education department.

What other activities do we offer?

In addition to the activities listed we also run;

Duke of Edinburgh

- Yr 10 Option
- Organisational skills



Kayaking / Sailing

- Paddle Power Award
- Different opportunity

Sports Leaders Award

- Build skills needed to lead others
- Learn how to improve others performance



What other activities do we offer?

Throughout the year we run INTERFORM competitions which finishes with our annual Sports Day.



How am I rewarded in PE

As a department we will at every opportunity look to reward students who take part in physical activity and who are positive role models for others. We look to reward through;

- Praising you, phone calls home and positive postcards.
- Selecting you to represent the school teams
- Termly reward trips – based on attendance stamps.
- Sports Colours
- Awards at the Physical Education Awards Evening



Expectations in PE

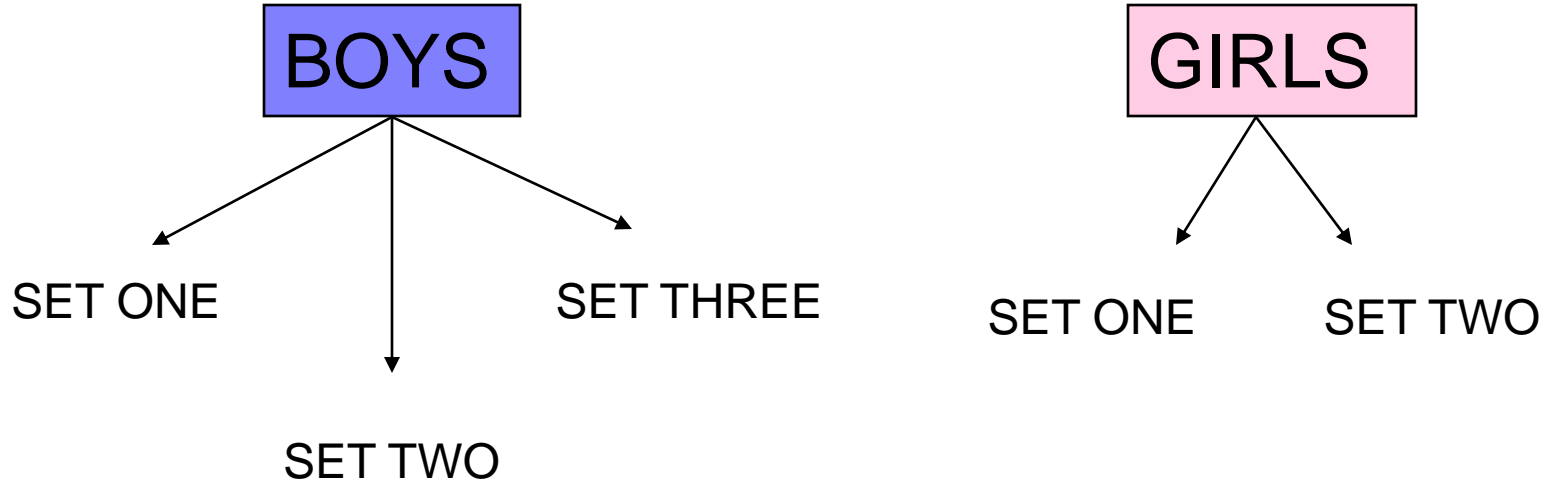
Like all lessons at Light Hall School we expect the highest standards of behaviour and effort in lessons.

You are expected to bring the CORRECT KIT to each and every lesson and also maintain a high standard of behaviour.

If you cannot take part in PE and have brought in a SIGNED NOTE from home you will be expected to help officiate, coach and assist in the lesson.

How are you taught in PE?

Each year group is split into 5 groups for PE.



Groups are based on your performance and effort in lessons and they **WILL CHANGE** at a half termly review.

PE Kit Expectations

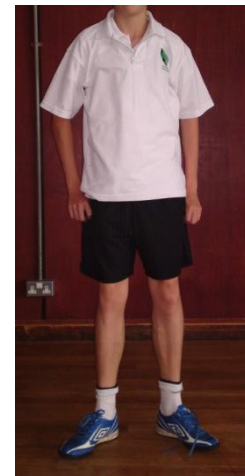
WINTER KIT - Outdoor

- Black Light Hall Shorts
 - Green Rugby Top
- Black Football Socks
 - Light Hall Fleece
 - Football Boots
 - Shin Pads
 - Gum Shield
 - A Towel



WINTER KIT – Indoor

- White Polo Shirt
 - Black shorts
 - White socks
- Suitable Trainers



PE Kit Expectations

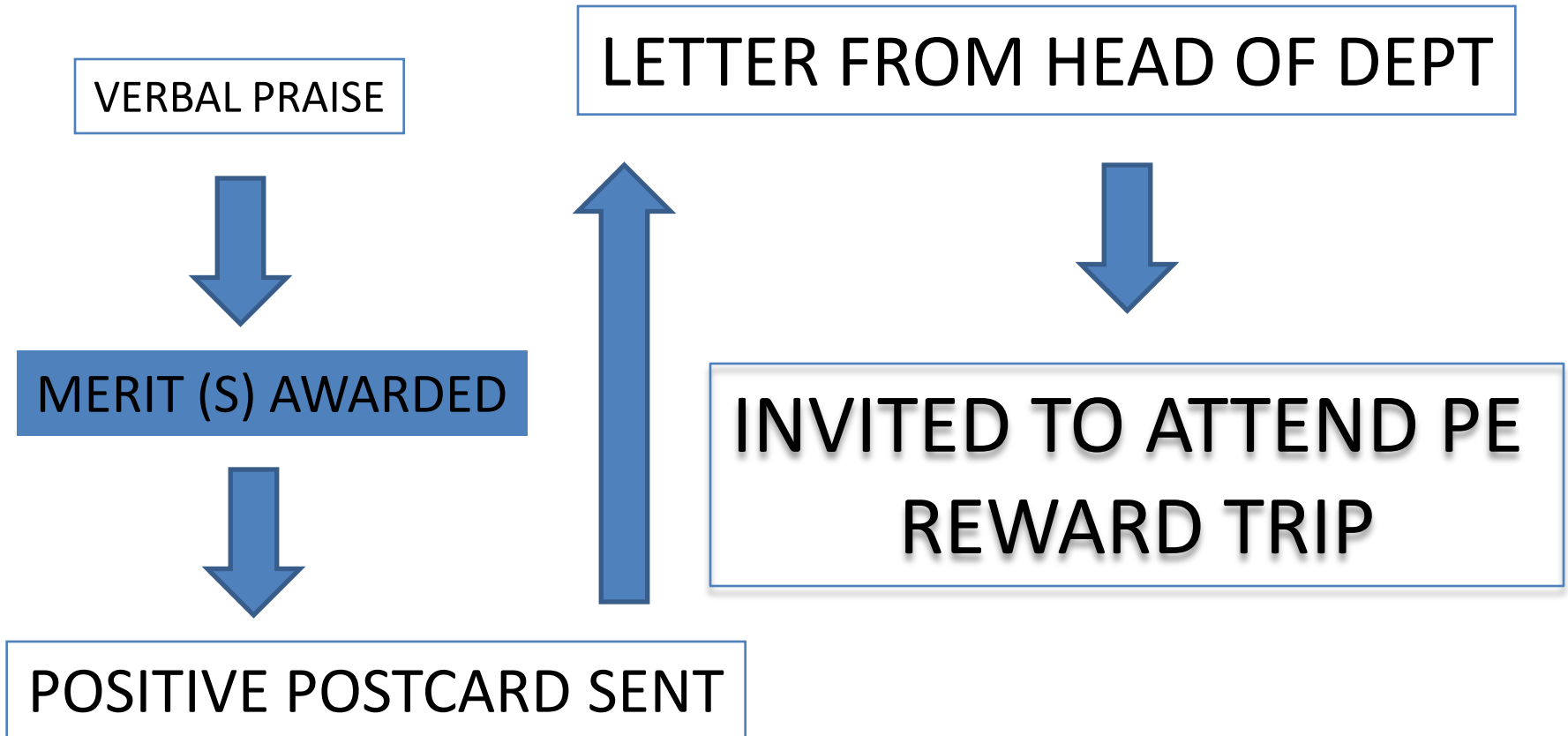
SUMMER

- Black Light Hall Shorts
 - White Polo Shirt
 - White Socks
- Suitable Trainers



Reward Strategies

If you perform well in PE and invest time and effort in the activity you will be rewarded;

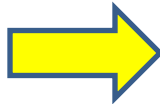
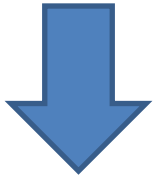


KIT EXPECTATIONS

SANCTIONS

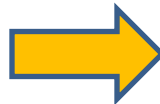
As a department we hope that all students bring with them the correct kit but if you fail to meet this expectations sanctions will follow. These are reset each half term, but a record is kept. IF YOU FORGET YOUR KIT YOU WILL BORROW SOME OF OURS, SO DON'T FORGET YOUR OWN!!

FORGET KIT ONCE



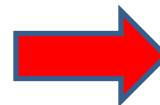
WARNING GIVEN

FORGET KIT TWICE



30 MINUTE DETENTION

FORGET KIT THREE TIMES AND
EVERYTIME AFTER



60 MINUTE
DETENTION &
LETTER HOME

How are you assessed in

What skills do you have?

PE

Can you evaluate others and your own performance

LEVEL	DEVELOPING PHYSICAL COMPETENCE	DEVELOPING HEALTHY, ACTIVE LIFESTYLES	EVALUATION & IMPROVISION
2 EXPLORE DESCRIBE SUGGEST CORRECT- VOCABULARY	<ul style="list-style-type: none"> Repeat and explore simple skills and actions Show body awareness, tension and control when performing simple skills and actions Explore tactics and compositional ideas to overcome simple problems and challenges 	<ul style="list-style-type: none"> Participate in different activities and identify those they enjoy and feel successful in Apply knowledge of safe exercise to a different context Describe how their bodies feel when they participate in physical activities 	<ul style="list-style-type: none"> Talk about differences between their work and the work of others Suggest ways of improving a skill or action, using correct vocabulary Use simple tactics and basic compositional ideas
1 COPY LINK SIMPLE ADJUST OBSERVE REPEAT RECOGNISE	<ul style="list-style-type: none"> Copy and repeat simple skills and actions Perform some whole-body and fine motor skills with control and co-ordination Start to link simple skills and actions 	<ul style="list-style-type: none"> Recognise how their bodies feel when they participate in a physical activity Work safely and appropriately within different environments and situations, e.g. staying with a defined area 	<ul style="list-style-type: none"> Observe and comment on their own and others' actions Adjust their actions to suit different activities

Do you have a healthy lifestyle?

How are you assessed in PE – How to improve

Each block of activity you perform you will be given an ATTAINMENT level.

This will be the average of three assessments;

1. Physical Competence – how good you are at ‘doing’
2. Healthy and Active Lifestyles – your knowledge
3. Evaluate & Create Solutions – can you improve?

You should get better as you move through the school and there are loads of ways we help.

How are you assessed in PE – How to improve

In both the Gym and Sports hall there are posters which will help you improve.



They tell you what you can do and what you need to do to improve – USE THEM

What can you do next?

At Light Hall School we offer 2 examination options with groups selected based on performance in lessons and where we think you will do best in.



GCSE

- Examination at the end of year 11
- Mark awarded for your practical performance

BTEC

- Coursework throughout both years
- No practical mark