



## What will Year 7 students learn and how many lessons will they have each week?

At Denbigh School, we believe that Physical Education (PE) is more than just being good at sport. Our PE programme creates opportunities for students to develop physically, mentally and socially through the vehicle of sport and physical activity. We believe that young people should not only be physically literate, but should possess communication, leadership and social skills. Students will learn and develop these skills which will support them in their next stages of learning, future employment and lifelong participation in sport or physical activity.

## What will Year 7 students need to bring with them to lessons?

### Boys

**Indoor:** Mercury white polo, white shorts, white socks, sports trainers.

**Outdoor:** Reversible rugby shirt, black shorts, black football socks, football/rugby boots, gumshield and shin pads.

### Girls

**Indoor:** Venus white polo, royal blue shorts, sports trainers.

**Outdoor:** Venus white polo, royal blue shorts, royal blue football socks, astroturf trainers, shin pads.

**Optional girls' kit:** Denbigh navy sports leggings and fleece.

**All our PE kit is available from our local uniform supplier.**

## How can I support my child at home with their learning in this subject?

You can support your child with their learning in PE by encouraging them to take a positive attitude towards sport and physical activity. This could be through promoting the benefits of sport or exercise to your child, enrolling them in sports clubs/teams (inside and out of school) or simply encouraging them to exercise regularly.

## What opportunities are there for further study and careers in this subject?

Students can choose to study GCSE PE or a V-Cert Health and Fitness Level 1/2 Technical Award from Year 9, concluding in Year 11. At post-16 level, students have the opportunity to study A-Level PE or a Level 3 BTEC National Extended Certificate in Sport. A further opportunity for post-16 study is through Denbigh School's Football Academy where students study a BTEC Level 3 Diploma in Sport alongside regular football training. The study of PE can lead to sports related studies at degree level and subsequent careers in Physiotherapy, Coaching, consultancy, sports policy at local and national level, personal training and nutrition.

## How will my child be assessed in PE?

In PE at Denbigh School, students are assessed using a head, heart, hands assessment model. An average of your child's best two grades will be on their progress report.

**Head:** Knowledge & Understanding, Analysis, Feedback.

**Heart:** Communication, Leadership, Resilience.

**Hands:** Physical ability, Competitive, Tactics.

## Will my child be expected to do outdoor PE when it is raining?

In most cases, yes. Outdoor PE lessons go ahead, as planned, in wet weather. At Denbigh School we have two 4G all-weather astroturf facilities, as well as three outdoor hardcourts. These are used in conjunction with the extensive playing fields at Denbigh. During periods of inclement weather, if the surfaces of outdoor lesson venues are deemed unsafe, lessons will be relocated to indoor venues but in most other instances lessons go ahead outdoors during wet weather.

## What happens if my child cannot do PE or forgets their kit?

We understand that there will be times where students will not be able to do PE due to injury, illness or other circumstances. In such instances, your child will be responsible for providing their teacher with a note from parents/guardians explaining why they cannot participate practically in the lesson.

If students forget part or all of their kit for a PE lesson they will be issued with a 10 minute detention at the PE department at break or lunchtime. Any further instances of forgetting kit in the same half-term will result in contact home to parents/guardians.