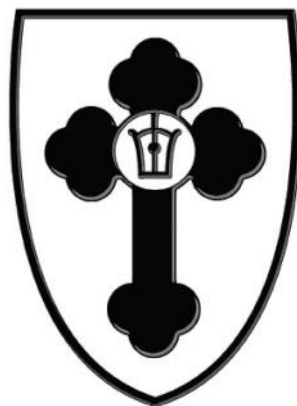


PHYSICAL EDUCATION

**WILLIAM BROOKES
SCHOOL**



Physical Education

**Parents' Physical
Education Guide
2009 - 2010**



MAIN AIMS

Our aims support those of the school and, more specifically, seek to develop the following in our students:

- the acquisition and application of skills
- the ability to adapt and refine movement
- the skills of evaluation and appreciation
- an understanding of the effects of exercise
- an appreciation of the need to pursue an “active lifestyle”



PE Staff:

Mrs C Jardine

Mrs A Smith

Mr A Reece

Mrs K Humphreys

Mr M Wilson

Mr A Parkes

Mr M Harvey

Head of Department

School Sports Co-ordinator

Assistant Head of Department

Much Wenlock Leisure Centre Manager



FACILITIES

The school has strong links with the Much Wenlock Leisure Centre and Wenlock Olympian Society Athletics Club. All facilities are for joint use, offering a wide variety of opportunities for all the students. There is a large Sports Hall, multi-purpose Gymnasium, covered Swimming Pool and extensive playing fields, including Red Grass pitch, with synthetic surfaces for athletics, and hard court netball/tennis courts. These are open to the public during evenings, weekends and school holidays.

SPORTS CLUBS

Clubs for many sports are offered at lunch-times and these give the students the opportunity to improve in the sports they most enjoy. They are open to everyone.

Matches are played against other schools in South Shropshire, on a friendly basis. We also play in the South Shropshire and County Tournaments and several of our students have been selected to play at County and Area level. We also run regular inter-house competitions in several sports.

CURRICULUM

In the first three years students are introduced to a range of activities required by the National Curriculum at Key Stage 3 including Games, Athletics and Gymnastics. Swimming continues to be part of the core curriculum in all three years. In these areas we try to develop confidence, co-ordination and co-operation with others. In Years 7 & 8, students are taught in a combination of mixed, single gender and mixed ability groups. In Year 9 they are set to enable students to achieve their maximum potential in a suitable environment, gaining confidence and a sense of achievement. Enjoyment and maximum participation are considered to be important in all years.

At Key Stage 4 students select four activities, as part of the National Curriculum. They also select complementary "leisure" activities which can be pursued in the wider recreational field. A very successful GCSE option course also operates at Key Stage 4. We follow the OCR Course.

AS Level is offered to students in Year 12 and A2 certification follows in Year 13. We study the OCR Course.

KIT

All students are expected to wear school uniform PE kit in order to develop a positive attitude towards sport and to make everyone want to participate. Creased, untidy kit, in an assortment of colours, rarely makes a group look or feel ready for work.

Any changes for the 'New School' will be notified at an early stage. The PE kit currently comprises of:

SPORTS REQUIREMENTS - BOYS

OUTDOORS:-

- Rugby shirt - royal blue, reversible with sky blue
- Cotton shorts - royal blue
- Football/rugby socks - royal blue
- Soccer or rugby boots
- Trainers (**NOT leisure shoes**) i.e. with a thick sole
- N.B. Shin pads must be worn as an FA requirement in Schools

INDOORS:-

- Polo shirt - white
- Nylon shorts - white
- Ankle socks - white
- Swimming trunks (Summer) - blue or black
- Bag for carrying kit and TOWEL for showers.

OPTIONAL:-

- Sweatshirt - plain navy blue with school motif
- Tracksuit trousers & jacket—from Bristows only.

SPORTS REQUIREMENTS - GIRLS

- Sweatshirt - plain navy blue with school motif
- Shorts - navy
- One-piece swimming suit
- Trainers (**NOT leisure shoes**) i.e. with a thick sole
- Polo shirt - sky blue
- Ankle socks - white

- Hockey socks - navy blue
- Bag for carrying kit and TOWEL for showers

OPTIONAL:-

Tracksuit trousers & jacket—from Bristows only.

Non-Participants

To be excused from Physical Education, a note from parents is required, giving the reason for the student not participating. There is usually something that students who are injured can take part in and therefore **should always bring their kit**. Should a student have to be excused for more than two weeks, a Doctor's note is then needed. The Department always takes a register and follows up student absences or non-attendance.

Non-participants are encouraged to follow the lesson, weather permitting, including umpiring and scoring, and therefore should bring their kit to every lesson.

Valuables and Jewellery

Valuables should not be brought to the PE lesson; they should be locked in the student's locker before coming to the PE department.

NB If lockers are in a classroom, this may have to occur during break or lunchtime. It is requested that any jewellery of real value is left at home. (Please remember only plain studs and a watch are acceptable).

Protective Equipment

In Football and Hockey shin pads must be worn. In Rugby and Hockey gum shields should be worn.