# **Welcome to Physical Education**

**Physical Education in Year 7 at St Bede’s Catholic High School.**

* All pupils will have a one designated PE teacher for the year.
* You will have two lessons per week. One double lesson (100 mins) and one single lesson 50 Minutes.
* PE lessons take place in the following areas: Sports Hall, Gym, 3G Astro Turf, Outdoor Netball Courts, Field.
* Standard PE kit consists of St Bede’s polo shirt, shorts and football socks. We strongly recommend additional outdoor PE kit such as St Bede’s tracksuit bottoms and training tops for cold weather outdoor lessons.
* Pupils will take part in 10 different activities throughout the year. An example of activities can be seen below:

|  |  |
| --- | --- |
| Boys | Girls |
| * Cricket/Cross Country * Table Tennis * Handball * Football * Rugby * Trampolining * Basketball * Athletics * Badminton | * Netball/Cross Country * Handball * Dance * Football * Trampolining * Basketball * Hockey * Athletics * Rounders |

**Extra-Curricular Activities**

* Football and netball trails will take place in September. There will be football and netball leagues that run throughout the school year.
* There will also be a wide variety of tournaments and competitions taking place throughout the school year. These will include sports such as cross country, table tennis, badminton, tennis, athletics, swimming and many more.
* We also have an extra-curricular timetable that runs throughout the week. PE clubs take place during lunchtime and afterschool.

**5 PE activities to complete prior to September**

1. Complete a 3km run. This can be a steady pace continuously jogging or a combination of jogging and walking.
2. Design and complete your own circuit training session. 10 stations. 10 different exercises. 10 x 1minute work period with a 30 second rest in between each exercise.
3. Compete a Joe Wicks training session on YouTube.
4. Design and complete your own obstacle course at home. Think of ways to improve your fitness.
5. Create a poster about your favorite sport.

**Looking forward to meeting you all in September.**

**PE Department.**