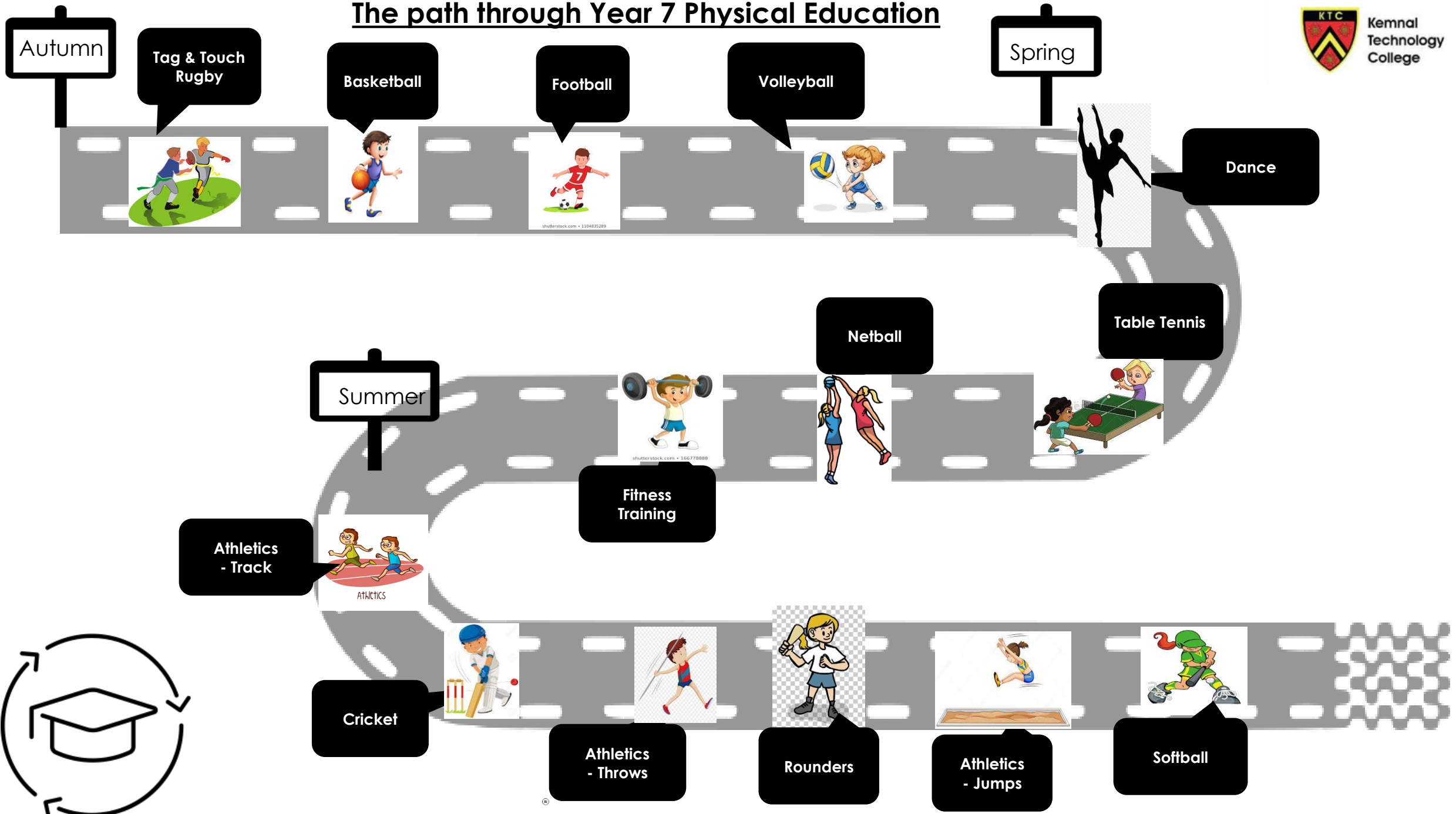
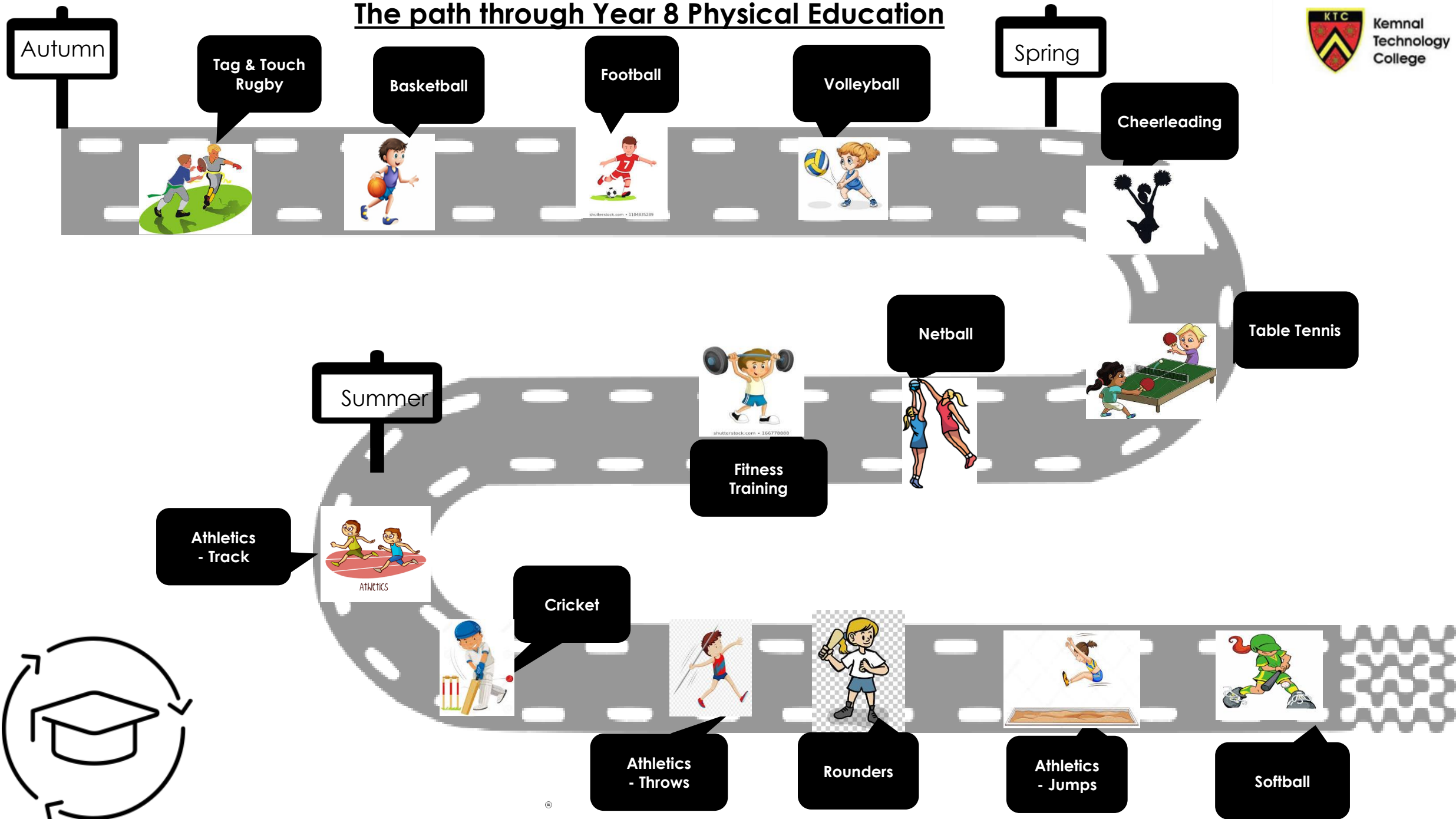


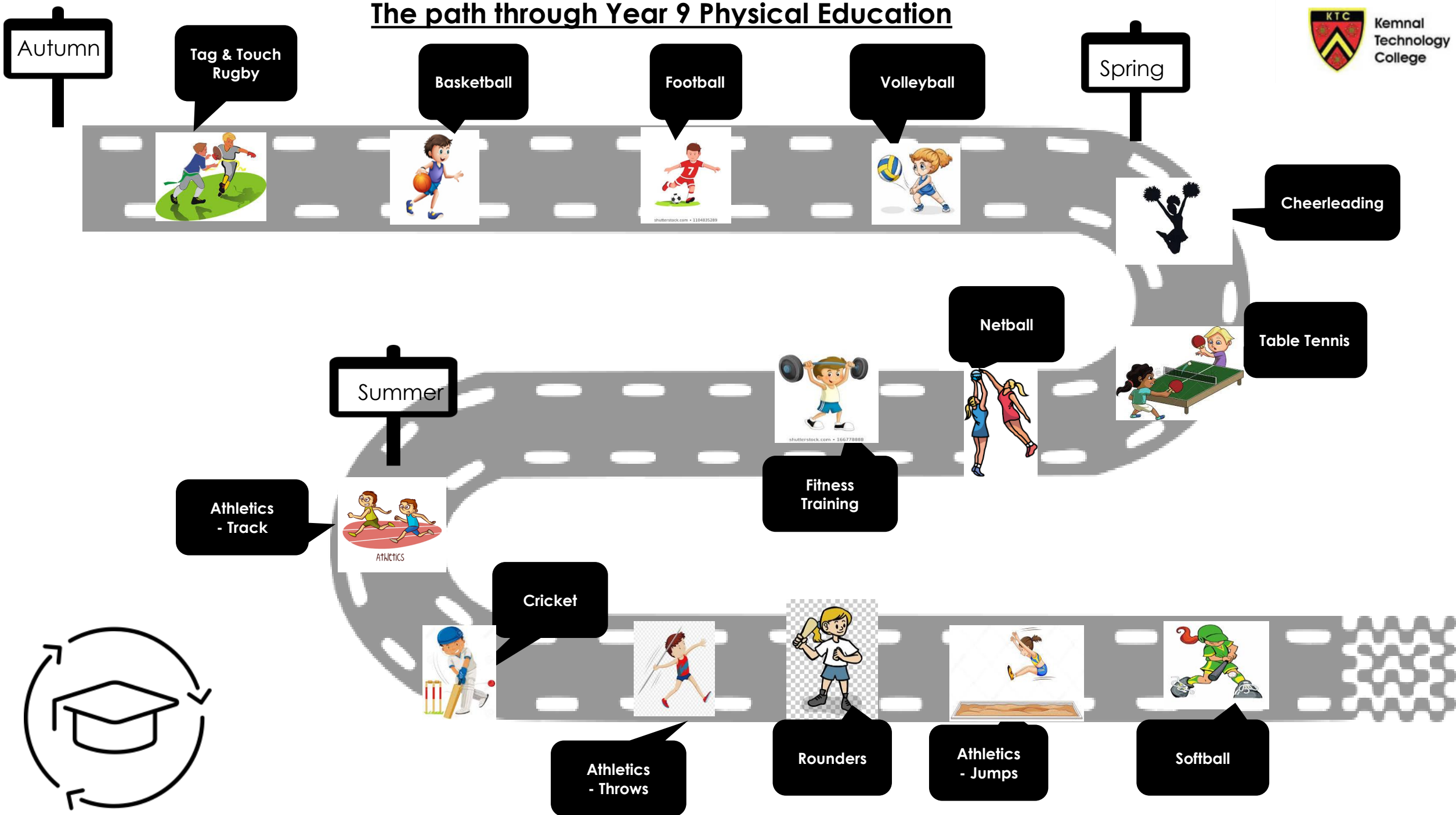
The path through Year 7 Physical Education



The path through Year 8 Physical Education



The path through Year 9 Physical Education



Autumn

Tag & Touch Rugby

Basketball

Football

Volleyball

Spring

Cheerleading

Table Tennis

Netball

Fitness Training

Athletics - Track

Cricket

Athletics - Throws

Rounders

Athletics - Jumps

Softball

Summer

ATHLETICS



What can I as student be doing extra?



Home - BBC Sport

<https://www.bbc.co.uk/sport>

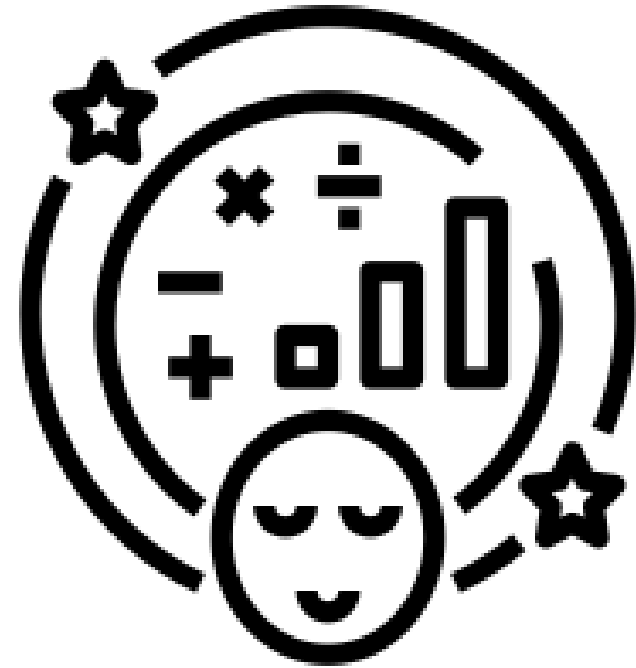
Breaking news & live sports coverage



GCSE Physical Education - BBC Bitesize

<https://www.bbc.co.uk/bitesize/subjects>

has lots of really useful subject and exam board revision.



What can I as parent be doing extra?



Practice. Encourage your son or daughter to play sport and practice various skills.



Help them be **organised** and ensure that they bring the correct kit to their P.E lessons.



Let them **talk & watch.** Talking about and watching professional sport can expand your knowledge and understanding.



Water and healthy food are vital for the brain to function properly. Eat a healthy balanced diet and avoid too many sweets or snacks.



Exercise & fresh air. Get as much physical exercise as possible, through walking, cycling, swimming and playing.