

# Barnwood Park

AMBITION | DETERMINATION | SUCCESS

## PE Year 7 Student Handbook

Name: \_\_\_\_\_

## **Welcome to Barnwood Park School**

We are so excited to welcome you to our school.

This booklet should help you be fully prepared for your Physical Education journey.

This is an outline plan of our year for PE lessons and extracurricular activities, this may be subject to change due to unforeseen circumstances, but we will endeavour to keep you up to date with those changes should they occur.

# Barnwood Park PE Kit - Boys

Items	Compulsory / Optional
Navy blue polo shirt with school logo	Compulsory
Plain navy blue Football/Rugby shorts.	Compulsory
Navy and white Rugby shirt with school logo	Compulsory
Sports trainers	Compulsory
Football/Rugby boots	Compulsory
Navy Football/Rugby socks for outdoor lessons and white ankle socks for indoor lessons	Compulsory
Navy tracksuit bottoms with the school logo	Optional
Gum shield & shin pads	Optional
¼ zip training top with school logo	Optional
Navy base layer with school logo	Optional

# Barnwood Park PE Kit - Girls

Items	Compulsory / Optional
Navy blue polo shirt with school logo	Compulsory
Plain navy blue skort/navy blue Football/Rugby shorts.	Compulsory
Navy and white Rugby shirt with school logo	Compulsory
Sports trainers	Compulsory
Football/Rugby boots	Compulsory
Navy Football/Rugby socks for outdoor lessons and white ankle socks for indoor lessons	Compulsory
Navy tracksuit bottoms/leggings with the school logo	Optional
Gum shield & shin pads	Optional
¼ zip training top with school logo	Optional
Navy base layer with school logo	Optional

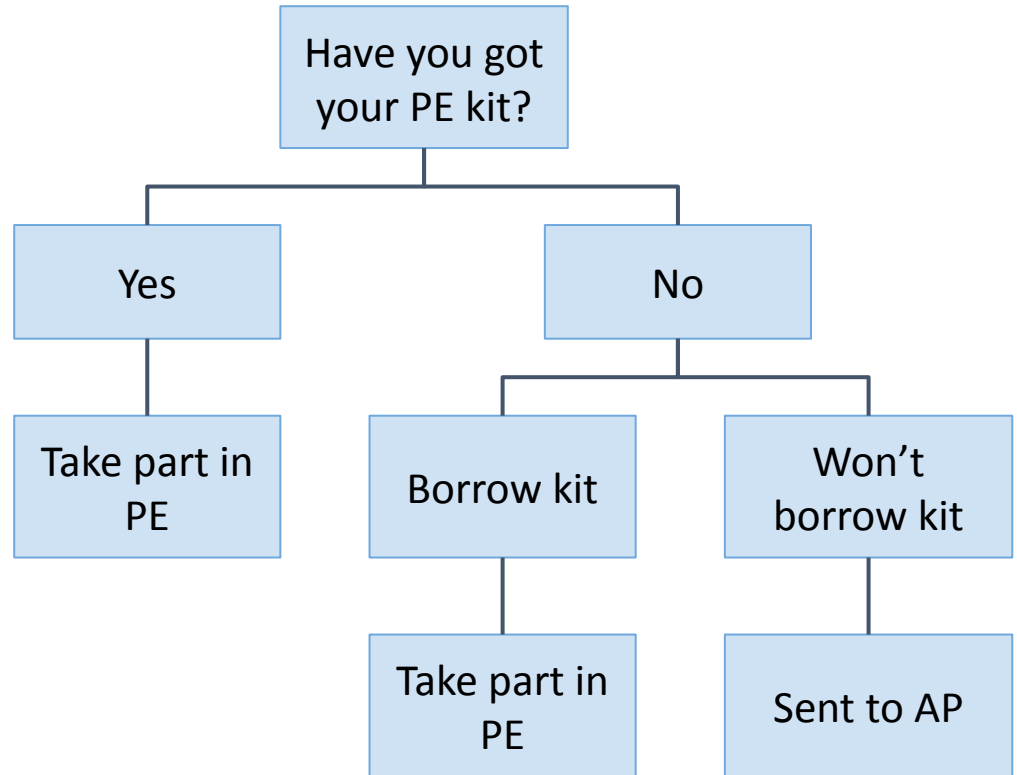
# Expectations

## Medical

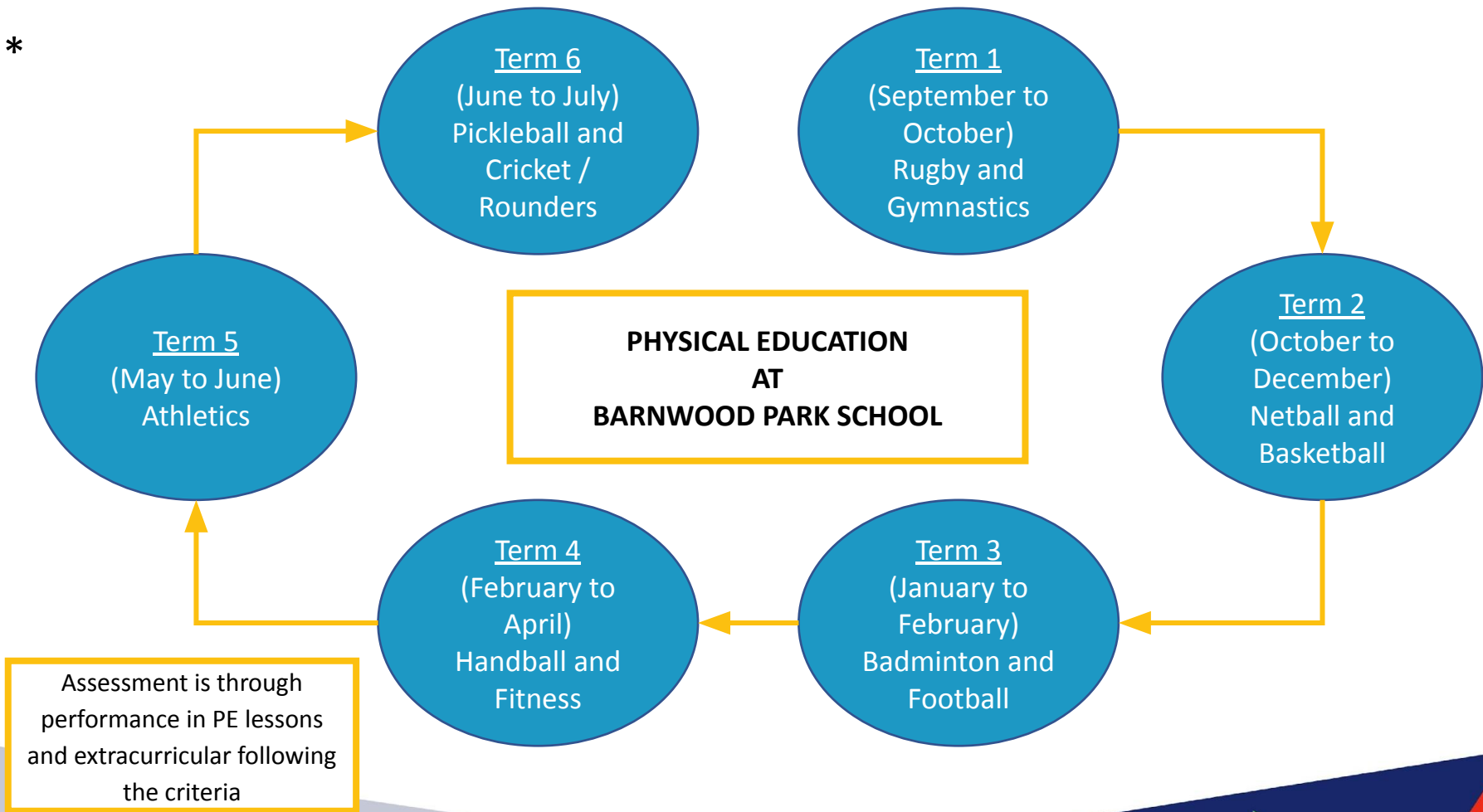
- Parent/Carer must email PE teacher with medical reason.
- Students are still expected to change into PE kit (where it is possible).
- Parent/Carer are expected to continue updating PE teacher every PE lesson.

## Lost Kit

- Must notify PE teacher of lost kit.
- Must bring a note from home in every lesson.
- Student will borrow kit until new kit is found or purchased.



\*



Grade	Range of skills	Quality of skills	Physical attributes	Decision making
9 8	Demonstrates all core skills and many advanced skills for the activity in isolation and under competitive pressure in authentic performance situations.	Core skills are performed consistently with a very good standard of accuracy, control and fluency. The advanced skills demonstrated are performed with some consistency and a very good standard of accuracy, control and fluency.	Demonstrates appropriate levels of physical fitness and psychological control to perform very effectively some of the time.	Successfully selects and uses appropriate skills on many occasions. Applies appropriate team strategies/tactics/compositional ideas demonstrating a very good understanding of the activity. Demonstrates very good awareness of the rules/regulations of the activity during performance. Demonstrates very good regard for the safety of themselves and others. <i>Demonstrates very good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s). (Team activities only).</i> <i>Communication with other player(s)/performer(s) is good. (Team activities only).</i>
7 6	Demonstrates most core skills and some advanced skills for the activity in isolation and under competitive pressure in authentic performance situations.	Core skills are performed consistently with a good standard of accuracy, control and fluency. The advanced skills demonstrated are performed with some consistency and a good standard of accuracy, control and fluency.	Demonstrates appropriate levels of physical fitness and psychological control to perform effectively.	Successfully selects and uses appropriate skills on some occasions. Applies appropriate team strategies/tactics/compositional ideas demonstrating a good understanding of the activity. Demonstrates good awareness of the rules/regulations of the activity during performance. Demonstrates good regard for the safety of themselves and others. <i>Demonstrates good awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s). (Team activities only).</i> <i>Communication with other player(s)/performer(s) is good. (Team activities only).</i>
5 4	Demonstrates many core skills and few advanced skills for the activity in isolation and under competitive pressure in authentic performance situations.	Core skills are performed <u>limited</u> consistency and some accuracy, control and fluency. The advanced skills demonstrated are performed with <u>limited</u> consistency and often lack accuracy, control and fluency.	Demonstrates sufficient physical fitness and psychological control during performance.	Selects and uses appropriate skills on some occasions. Sometimes applies team strategies/tactics/compositional ideas demonstrating some understanding of the activity. Demonstrates limited awareness of the rules/regulations of the activity during performance. Demonstrates limited awareness for the safety of themselves and others. <i>Demonstrates limited awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s). (Team activities only).</i> <i>Communication with other player(s)/performer(s) is limited. (Team activities only).</i>
3 2 1	Demonstrates some core skills for the activity and under competitive pressure in authentic performance situations. Few, if <u>any</u> of the advanced skills for the activity are attempted.	Core skills are performed inconsistently and with limited accuracy, control and fluency. Any advanced skills attempted are performed with little success.	Demonstrates limited physical fitness and psychological control during performance.	Selects and uses appropriate skills on <u>few</u> occasions. Rarely applies team strategies/tactics/compositional ideas demonstrating little understanding of the activity. Demonstrates little awareness of the rules/regulations of the activity during performance. Demonstrates little awareness for the safety of themselves and others. <i>Demonstrates little awareness of and response to the strengths, weaknesses and actions of other player(s)/performer(s). (Team activities only).</i> <i>Rarely communicates with other player(s)/performer(s). (Team activities only).</i>

\*

**THEORY PHYSICAL EDUCATION  
AT  
BARNWOOD PARK SCHOOL**

Terms 1 & 2  
(September to  
December)

Benefits of  
Exercise

Terms 3 & 4  
(January to April)

5 Stages of a  
Warm Up & Cool  
Down

Assessment will be completed through a  
written examination



\*

## Term 1 + 2 (September – December)

### Week A

<b>Day</b>	<b>Lunchtime</b>	<b>Year Group &amp; Location</b>	<b>After School</b>	<b>Year Group &amp; Location</b>
<b>Monday</b>	Indoor Football	Year 9 Sports Hall	No Club (Contingency Day)	
<b>Tuesday</b>	Badminton	All Year Groups Sports Hall	Rugby Union Training	Year 7 + Year 8 Field
<b>Wednesday</b>	Indoor Football	Year 10 + Year 11 Sports Hall	Badminton	Year 7 - Year 10 Sports Hall
<b>Thursday</b>	Indoor Football	Year 7 Sports Hall	Rugby Union Training  Netball	Year 9 + Year 10 Field  Year 7 – Year 10 Courts
<b>Friday</b>	Indoor Football	Year 8 Sports Hall	No Club	

\*

## Term 1 + 2 (September – December)

### Week B

<i>Day</i>	<i>Lunchtime</i>	<i>Year Group &amp; Location</i>	<i>After School</i>	<i>Year Group &amp; Location</i>
<b>Monday</b>	Basketball	Year 9 Sports Hall	No Club (Contingency Day)	
<b>Tuesday</b>	Badminton	All Year Groups Sports Hall	Rugby Union Training	Year 7 + Year 8 Field
<b>Wednesday</b>	Basketball	Year 10 + Year 11 Sports Hall	Badminton	Year 7 - Year 10 Sports Hall
<b>Thursday</b>	Basketball	Year 7 Sports Hall	Rugby Union Training  Netball	Year 9 + Year 10 Field  Year 7 – Year 10 Courts
<b>Friday</b>	Basketball	Year 8 Sports Hall	No Club	

\*

## Term 3 + 4 (January – April)

### Week A

<i>Day</i>	<i>Lunchtime</i>	<i>Year Group &amp; Location</i>	<i>After School</i>	<i>Year Group &amp; Location</i>
<b>Monday</b>	KS3 Fitness (must have full PE kit)	Year 7 - Year 9 Fitness Suite	No Club (Contingency Day)	
<b>Tuesday</b>	Badminton	All Year Groups Sports Hall	Boys Football  Girls Football	Year 7 + Year 8 Field All year groups Field
<b>Wednesday</b>	KS4 Fitness (must have full PE kit)	Year 10 + Year 11 Fitness Suite	Badminton	Year 7 - Year 10 Sports Hall
<b>Thursday</b>	Indoor Football	Year 7 - Year 9 Sports Hall	Football  Netball	Year 9 + Year 10 Field  Year 7 – Year 10 Courts
<b>Friday</b>	Indoor Football	Year 10 + Year 11 Sports Hall	No Club	

\*

## Term 3 + 4 (January – April)

### Week B

<b>Day</b>	<b>Lunchtime</b>	<b>Year Group &amp; Location</b>	<b>After School</b>	<b>Year Group &amp; Location</b>
<b>Monday</b>	KS3 Fitness (must have full PE kit)	Year 7 - Year 9 Fitness Suite	No Club (Contingency Day)	
<b>Tuesday</b>	Badminton	All Year Groups Sports Hall	Boys Football	Year 7 + Year 8 Field
<b>Wednesday</b>	KS4 Fitness (must have full PE kit)	Year 10 + Year 11 Fitness Suite	Badminton	Year 7 - Year 10 Sports Hall
<b>Thursday</b>	Basketball	Year 7 - Year 9 Sports Hall	Football  Netball	Year 9 + Year 10 Field  Year 7 – Year 10 Courts
<b>Friday</b>	Basketball	Year 10 + Year 11 Sports Hall	No Club	

\*

## Term 5 + 6 (May - July)

### Week A

<b>Day</b>	<b>Lunchtime</b>	<b>Year Group &amp; Location</b>	<b>After School</b>	<b>Year Group &amp; Location</b>
<b>Monday</b>	KS3 Fitness (must have full PE kit)	Year 7 - Year 9 Fitness Suite	No Club	
<b>Tuesday</b>	No Club		Rugby 7's	Year 7 - Year 10 Field
<b>Wednesday</b>	KS4 Fitness (must have full PE kit)	Year 10 + Year 11 Fitness Suite	Rounders Cricket	Year 7 - Year 10 Field Year 7 - Year 10 Field
<b>Thursday</b>	No Club		Athletics	Year 7 - Year 10 Field
<b>Friday</b>	No Club		No Club	

\*

## Term 5 + 6 (May - July)

### Week B

<b>Day</b>	<b>Lunchtime</b>	<b>Year Group &amp; Location</b>	<b>After School</b>	<b>Year Group &amp; Location</b>
<b>Monday</b>	KS3 Fitness (must have full PE kit)	Year 7 - Year 9 Fitness Suite	No Club	
<b>Tuesday</b>	No Club		Rugby 7's	Year 7 - Year 10 Field
<b>Wednesday</b>	KS4 Fitness (must have full PE kit)	Year 10 + Year 11 Fitness Suite	Rounders Cricket	Year 7 - Year 10 Field Year 7 - Year 10 Field
<b>Thursday</b>	No Club		Athletics	Year 7 - Year 10 Field
<b>Friday</b>	No Club		No Club	

Any issues, concerns or questions please do not hesitate to contact me.

Many Thanks

Mr Bevan

Head of Physical Education

[Mbevan@barnwoodpark.co.uk](mailto:Mbevan@barnwoodpark.co.uk)