



PE Newsletter

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January 2024

SPRING 1

EXTRA-CURRICULAR PE

Upcoming Fixtures

17/01/24: Neale Wade (h)
Years 8 & 10 boys rugby
Years 8 & 10 girls football

24/01/24: Neale Wade (a)
Years 7 & 9 boys rugby
Year 7 & 9 girls football

31/01/24: Witchford (a)
Years 8 & 10 boys rugby
Years 8 & 10 girls football

07/02/24: Witchford (h)
Years 7 & 9 boys rugby
Year 7 & 9 girls football

Clubs

Mon PM - Boys/Girls Rugby
- Girls Football

Tues PM - Boys/Girls Netball
- Sports Studies Club

BE PREPARED FOR OUTDOOR LESSONS!

Unless weather conditions are deemed unsafe, we will endeavour to work outside where timetabled to do so this term. We strongly encourage students to wear additional layers under their school PE kit - this may take the form of sports leggings or base layers. We are also happy for students to wear gloves if necessary. Please remind your son/daughter to bring these in to school on days when they have PE. A reminder also that football boots are to be worn for football lessons this half term.

Thank you for your support.

Year 10 Sports Studies students played a key role in the delivery of a Primary School Penathlon hosted at Vista Academy on 12/01/24. The students were fantastic leaders and ambassadors of the academy throughout the morning, making the experience fun and memorable for the younger children.



Year 9 PE students recently completed a range of fitness tests and compared their scores to normative data to create fitness profiles, in preparation for planning and delivering their own personalised training sessions.

YEAR 11 EXAM REVISION DAY

Well done to all students across both Year 11 Sport classes for their engagement with the dropdown day in preparation for their external assessment on 10/01/24. Students enjoyed a carousel of sessions led by Mr Mortlock, Ms Jacklin and Mr Hughes covering all 5 topic areas, where they revisited and were tested on taught content from recent lessons and familiarised themselves with the structure of the exam paper. Results from the exam will be published in early March.

ANY QUESTIONS? GET IN TOUCH!

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