

PE at Rainford High!

The 7-year Physical Education journey at Rainford High begins with a broad, balanced, challenging, inclusive and 'student-centric' KS3 Curriculum which allows maximum opportunity for all students to develop a wide range of physical, social, mental and leadership skills, and to apply them with positive effect in competitive situations, enjoy participating in physical activity and experience a sense of enjoyment and success.

Our PE Curriculum

We are hoping that school will be back to normal in September, if it is, this is what you will experience in PE.

- **1 double lesson a week.**
- You will have an **indoor or outdoor** lesson on alternating weeks.
- **September – October**
Baselining – a range of activities including athletics, fitness and games that will allow the PE department to get to know you.
- **October – April (Winter)**
Football, Netball, Rugby/Tag Rugby, Gymnastics, Dance, Fitness and Volleyball
- **April – July (Summer)**
Athletics, Rounders/Softball, Cricket, Tennis

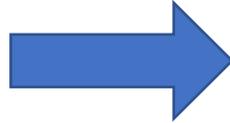


Assessment

In PE, you are not just assessed on how fast you can run, how far you can throw or how well you can dribble a ball! In Year 7, you will be assessed in four different areas across all the activities that you participate in.

The 4 strands of assessment are: -

1) Performance



What skills can you perform and how well can you use them?

2) Health and Fitness



How fit are you? What components of fitness do you know about? Do you know how to warm up effectively?

3) Coaching



Can you identify the strengths and weaknesses of a sporting performance and suggest how it can be improved?

4) Character in Competition



Do you always participate fully in your PE Lessons? Are you fully committed and determined to improve? Do you give up easily?