

Chelmer Valley High School

A Specialist Engineering College

A GUIDE FOR
Physical Education
PARENTS

DID YOU KNOW?

Our excellent PE facilities can be hired at very competitive rates

**For details contact:
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Dear Parents,

I would like to take this opportunity to explain the work of the Physical Education Department. I hope that this will provide you with a greater understanding and involvement of its work.

Physical Education is **essential** for **every** child and its value is recognised by its inclusion as a Foundation subject within the National Curriculum. The school has also recognised its value, increasing the amount of time each student will receive to two hours per week in line with government recommendations.

Physical Education helps to develop a healthy body and reduce the risk of heart disease. It offers opportunities to experience a wide range of activities that can form an important part of our leisure time, promoting a feeling of well being and enjoyment of life. Finally, it helps to develop important social values, co-operation, honesty, loyalty, self discipline, self respect and respect for others.

Curriculum Content

The curriculum aims to give a broad and balanced experience to every student, regardless of ability. Single sex groupings are predominantly used although there may be mixed gender activities at times. Student self-assessment is promoted throughout the curriculum.

Practical areas covered:

KS3

Games activities

- Invasion – rugby, football, netball, hockey, basketball,
- Striking and Fielding – cricket, softball, rounders
- Net - badminton, tennis, volleyball

Athletic activities

- Athletics (running, jumping, throwing), fitness, body management

Gymnastic activities

- Gymnastics, trampolining

Dance activities

- Dance – themed dance for each year group.

Outdoor and Adventurous Activities

- A range of activities developing a range of skills such as communication, leadership and problem solving.

KS4

At Key Stage 4 students are given the opportunity to create their own curriculum, selecting from a range of options that fulfil the National Curriculum guidelines. Students are encouraged to take on roles such as a coach or a referee and develop greater depth of knowledge within each activity area. Students are also given the opportunity to gain a Sports Leaders Award, which is a nationally recognised certificate.

GCSE Physical Education is a very popular option with our students and offers them the opportunity to study this subject in greater depth. Students are then encouraged to study A Level Physical Education in the Sixth Form.

For all aspects of the curriculum to operate successfully it is essential that we have the support, understanding and cooperation of parents.

Some parents may have had unpleasant experiences of PE at school. Please do not let this affect the attitude of your children, and help us by encouraging them to take part fully and regularly by being interested in what they do.

An important message from the PE department

Physical fitness is an important aspect of PE at CVHS. To be physically fit is an essential element aiding both sports participation and physical education but, more importantly, it is a major factor towards leading a happier and fuller life. Students are therefore expected to work extremely hard throughout all lessons in order to increase their levels of fitness. All students in years 7, 8 and 9 will complete a seven-week block of fitness. Students will also complete two timed cross-country runs over the course of each year.

PE Lessons: Daily Procedures

It will be helpful if lesson procedures are fully understood by students and their parents and the following points should be noted:

If a student has a medical condition that is likely to affect performance in PE lessons, it is vital that we are fully informed, eg asthma, diabetes, allergies.

Students must bring correct PE clothing, footwear and a towel, in a suitable hold-all.

All items of personal property must be clearly labelled with the student's first name and surname.

Any student who is genuinely unable to participate in PE lessons through illness or injury must produce, at the beginning of the lesson, a letter signed by their parent or guardian. The letter should state the reason for not participating, and the expected period of non-participation. If there is any doubt about the illness or injury in the teacher's mind then a medical certificate may be required. A medical certificate is also required in cases of long term injury/illness.

After a prolonged period of non-participation due to illness or injury, the student concerned may not recommence activities unless a letter from parents is received giving permission for them to do so.

If a student forgets his or her kit for a particular lesson, it is proposed that where possible a set of clean kit will be loaned by the PE Department. The student's uniform card will be signed and if this occurs three times a detention will be set.

Clubs and Competitions

Students are encouraged to join in as many extra curricular clubs as possible. The department provides students with the opportunity to participate in clubs such as rugby, football, netball, hockey, basketball, volleyball, gymnastics, dance, badminton, weight training, athletics, cricket, softball, rounders, tennis and trampolining. The Blue Falcons Gymnastics Display Team also train at the school. Students who attend these clubs may be selected to represent the school and we participate in a number of inter school fixtures.

We organise a comprehensive programme of inter tutor group activities which provide the opportunity for large numbers of students to experience the benefits of healthy competition. Inter-Tutor group activities are usually held in school time or during lunch break. The majority of inter school fixtures take place after school.

Uniform list

BOYS

- Navy “polo” shirt with logo
- **Plain** navy shorts
- Rugby shirt
- Navy Rugby socks
- Trainers with non marking soles
- White sports socks (above the ankle)
- Football boots
- Plain navy tracksuit bottoms (Optional)
- Navy CVHS sweatshirt (optional)
- Gum Shield
- Shin Pads
- Towel

GIRLS

- Navy “polo” shirt with logo
- **Plain** navy shorts
- Navy rugby socks
- Trainers with non marking soles
- White sports socks (above the ankle)
- Football boots or moulded boots
- Plain navy tracksuit bottoms (Optional)
- Navy CVHS sweatshirt (optional)
- Gum Shield
- Shin Pads
- Towel

NB: Shorts must be worn for all lessons unless the teacher gives the students permission to wear trousers. This will only be done in extreme weather conditions. Shorts and tracksuit bottoms must not have stripes.

Students who are not participating for any reason must still wear their Physical Education kit in lessons, but will be permitted to wear tracksuit bottoms and a jumper.

In all matters of kit and jewellery there may be occasions when, for ethnic, religious or other reasons, the school’s requirements may not be appropriate. In these cases special arrangements can be negotiated.