

WADEBRIDGE SCHOOL



PHYSICAL EDUCATION DEPARTMENT

FREQUENTLY ASKED QUESTIONS

Curriculum Area Leader

Mr D Abbiss

01208 812881

dabbiss@wadebridge.cornwall.sch.uk

Twitter: @wadschpe

PE LESSONS

What sports will I do in PE lessons?

In Years 7,8 and 9 activities are compulsory. Activities include;

BOYS – Healthy Lifestyles, OAA, Rugby, gymnastics, swimming, football, badminton, cricket, athletics and in year 9 volleyball.

GIRLS – Healthy Lifestyles, OAA, Netball, badminton, swimming, hockey, dance, gym, tennis, rounders, athletics and in year 9, trampolining and health related fitness

In Years 10 and 11 there is a choice of activities available and pupils choose a PE Strand which they follow in autumn and spring term.

The strands group activities such as football, rugby etc, dance, trampolining etc and badminton, volleyball etc. There is also a Leadership option in year 10 and 11 where you can gain a recognised qualification.

In summer pupils can choose different activities which include; surfing, cricket, athletics, extreme golf, street surfing, ultimate frisbee, rounders and athletics.

What is the PE KIT?

All pupils are required to wear the 'HUMMEL' Wadebridge School PE Kit for EVERY lesson. The PE kit is ALL supplied through the school supplier 'Proserve' and is purchased at the beginning of Year 7 or at any time after if kit needs replacing.

<http://www.proservegroup.com/www.proservegroup.coms/info.php?p=2&cat=379993>

Yellow HUMMEL T-Shirt, Black HUMMEL Shorts and Long Black HUMMEL Socks. Footwear will depend on the activity and boots are essential for Football and Rugby in Autumn and Spring term.

Shin pads are compulsory for football and hockey and gum shields are highly recommended for both.

As part of the Wadebridge PE Kit there is a wind/shower proof jacket suitable for all outdoor activities. This is an optional piece of kit but is recommended for Autumn and Spring activities.

For Gym it is expected that all pupils will take part in bare feet.

Can I buy any additional items as part of the Wadebridge PE Kit?

Yes. There are numerous additional items that are available to purchase through our supplier.

These include:

HUMMEL Wind/Showerproof Jacket
HUMMEL Tracksuit bottoms
Skorts for girls Netball
Team Hoodie (optional initials on chest)

What if I really enjoy the activities in my lessons and want to learn some more?

Throughout the year the PE department hold regular practices and play matches against other schools. There are also inter-form activities to get involved in. A practice list is circulated to every form tutor at the start of every half term and you can come along to get involved. You could also ask the PE staff when the activity you are interested in is practicing.

What if I FORGET my PE kit?

It is expected that pupils get themselves organised and that forgetting kit is unacceptable. On the second occurrence pupils will be detained at break/lunch time. If this becomes regular then the school behaviour policy will be followed for persistent unacceptable behaviour.

It is expected the all pupils get changed for PE lessons whether they are taking an active part in the lesson or not. If they are injured and have a note with them, changing is still expected, this will help keep uniform dry if the lesson is outdoors etc. It is advisable if it is wet or cold that along with their PE kit they have a coat and tracksuit bottoms.

What if I LOSE my PE kit?

Firstly, if kit has a *NAME INSIDE* we can collect it and get it back to the pupil. If everyone named their kit it would be easier to reacquaint pupils with lost kit. However, if pupils do lose kit it is important that they look for it as soon as possible. There are 3 places to look: in the changing room, in the lost property bin outside the gym or in the PE office where all kit is taken if it has a name inside.

If pupils have a PE lesson and have not found their kit then it is expected that they bring an alternative to allow them to take an active part in the lesson.

If kit is lost and cannot be found then pupils will be expected to replace their kit and any individual part of the kit can be purchased from Proserve.

COST	- Whole Kit	£22
	- Socks	£4
	- Shorts	£7
	- Shirt	£13

What do I do if I have an ILLNESS or INJURY?

If you have an injury or illness which stops you taking an active part in the lesson you must bring a *Parental Note* explaining your situation. You **MUST** also bring in your kit, get changed and take part as a coach or umpire. If the lesson is outdoors please bring tracksuit trousers and a coat as you **MUST** be outside with your class.

In the unlikely event that you are unable to get changed eg broken leg/arm etc then you will still be expected to coach and umpire where appropriate but will not be expected to change.

If it is really COLD can I wear something under my PE kit?

Yes and this is encouraged. In cold weather the PE shirt with the optional Wind/Showerproof Jacket is ideal for any sporting activity. If you do not have a PE jacket it is permissible to wear an extra t-shirt/thermal shirt under the PE shirt or even a jumper. If clothing is being worn under the PE shirt it is asked that it is a dark colour.

For football pupils can wear gloves and a beanie hat if the weather is especially cold.

Can I SHOWER after outdoor lessons?

Yes. If we are taking part in rugby or football or any activity where pupils may get sweaty/muddy/dirty etc. then there are individual cubicles for pupils to use. This is NOT compulsory. However, pupils are given additional changing time to allow showers to be taken when it is very wet and/or muddy.

What do I wear for SWIMMING?

BOYS:- We prefer pupils to wear black or dark blue swimming trunks or shorts. NOT long colourful beach shorts. However, we would rather pupils took part in swimming and did not miss out on the learning opportunity due to incorrect kit.

GIRLS:- We prefer pupils to wear swimming costumes NOT BIKINIS; colour is not an issue but again we do not want to put up barriers to participation so whatever the pupils feels comfortable wearing, within reason, is fine.

How do I know how well I am doing in PE?

As in all subjects you will be graded using Wadebridge School Levels which range from 1 to 10 in PE. In PE you will get a level for each strand of assessment and these include: Performance, Officiating, Coaching/Leadership and Engagement. These will be averaged out when reports are sent home to parents with comments where necessary to clarify any issues. Your teacher will give you the opportunity to look at the skills needed to gain the different levels and lessons will specifically look at different strands throughout the year, so progress in each can be achieved.

It is not expected that pupils will make progress in all strands of assessment and it may be appropriate for pupils to seek progress in one over the other. The engagement strand is extremely important and will be used as a measure along with the performance strand at the end of Year 9 to give advice and guidance around GCSE and BTEC courses. Throughout the Key Stages pupils and staff will complete a 'flight path' document to help them focus on what they have achieved and what their next steps might be in PE lessons.

The 'flight path' document will track pupil progress through KS3 and 4 and be used in discussions with parents.

SPORTS TEAMS and PRACTICES

Where can I find out when PRACTICES are on?

Each new term there is a new practice list these lists are given to every form tutor for them to display in the form room. There is also a notice board outside the PE office with a practice list attached. The practice list is also posted on the school website in the PE area.

What activities are offered?

We offer a whole range of traditional and alternative sporting activities which include:

Football	Cricket	Rock Climbing	Rounders
Rugby	Athletics	Sailing	Tennis
Hockey	Basketball	Surfing	Dance
Netball	Badminton	Futsal	Volleyball
X Country	Golf	Swimming	Flowrider

In many of these activities we enter local leagues and cup competitions where pupils will get the opportunity to represent Wadebridge School.

We also offer the opportunity to take part in other sporting intra-school events such as:

Cornwall Youth Games	Born to Win
Water sports and Beach Festival	Mini Games Festivals
Junior Football Organisers	County Tournaments and Cups

In 2013-14 Wadebridge pupils attended over 220 fixtures and competitions so as you can see there are lots of opportunities!

How do I know if practices are CANCELLED?

Firstly, practices are not cancelled unless there is a good reason eg, staff absence, very poor weather etc.

If the decision has been made to cancel a practice a notice will be posted on the PE department notice board or office window. Form tutors are also contacted via email and with notices to ensure pupils get the information.

Ultimately it is the responsibility of the pupils to check if practices are on the day before their practice is due to take place.

We are trialling the use of a Twitter page for PE and hopefully if interest and followings grow this will be used to inform parents.

Will practices/matches be cancelled on the day?

This will ONLY happen in extreme circumstances which include staff absence, poor weather conditions or late cancellation by the opposition. If this is the case we always ensure pupils know at lunch time and are given the opportunity to phone parents at the main office or PE office.

What happens if I get into the TEAM?

There is a huge opportunity for all pupils to represent Wadebridge School in intra-school competition and all teams are managed by a teacher or qualified teaching assistant. These managers will select players from practices and team sheets will be posted on the notice board or PE office window. Team Captains are given the role of checking players' availability.

What if I CANNOT attend a PRACTICE or a match?

It is the responsibility of the pupil to see the team manager or teacher leading the practice. If you do miss a practice but tell the teacher the reason this will not prevent you being selected for the team. If you cannot play in a match which you have been selected for it is very important that you tell the team manager and captain so another pupil can be given the opportunity to take your place.

How will I know when MATCHES will take place?

As a department we are trying to publish FIXTURE LISTS for our major sports and get information posted on our WEBSITE. The lists are not easy to produce due to changes to fixtures for various reasons including transport, teacher availability, meetings, parents evenings, poor weather. However, we are addressing these issues and hope that publishing of fixtures further in advance is achieved.

As a parent how do I know my child is in a school team?

All team sheets are published for pupils to see at the PE office; it is the responsibility of the pupil to tell their parents what they are doing. Dates, times and transport arrangements are always on the team sheets.

We are trialling the use of 'Show my Homework' and Twitter to get team information to pupils and parents and, while this is in its infancy, hopefully we will be able to use new technologies to better inform pupils and parents in future.

Can I come and WATCH my child take part in sport?

It is encouraged that parents attend and watch school matches. We are at present developing a player and spectator charter to enhance our extra-curricular sport and the enjoyment of pupils and parents alike.

How will I know if my child is doing extra well in PE lessons and/or extra-curricular activities?

We enjoy celebrating success within PE and at the end of each week the department meets to do this. We discuss teams and pupils who have done well and nominate them for Sports Personality of the Week Award. This information is posted on the school plasma screen in the main entrance, sent to form tutors, emailed to parents' contacts and posted on the school website. Winners also receive a letter home to celebrate their achievement.

The PE office is situated in the Junior Playground and PE staff are always willing to discuss any sporting or school PE issues.

If you wish to contact a member of the PE department please do so on the school number (01208 812881) and we will endeavour to return any call missed as soon as possible. The 'Parents' email address parents@wadebridge.cornwall.sch.uk is a good way to make contact regarding any PE issue.