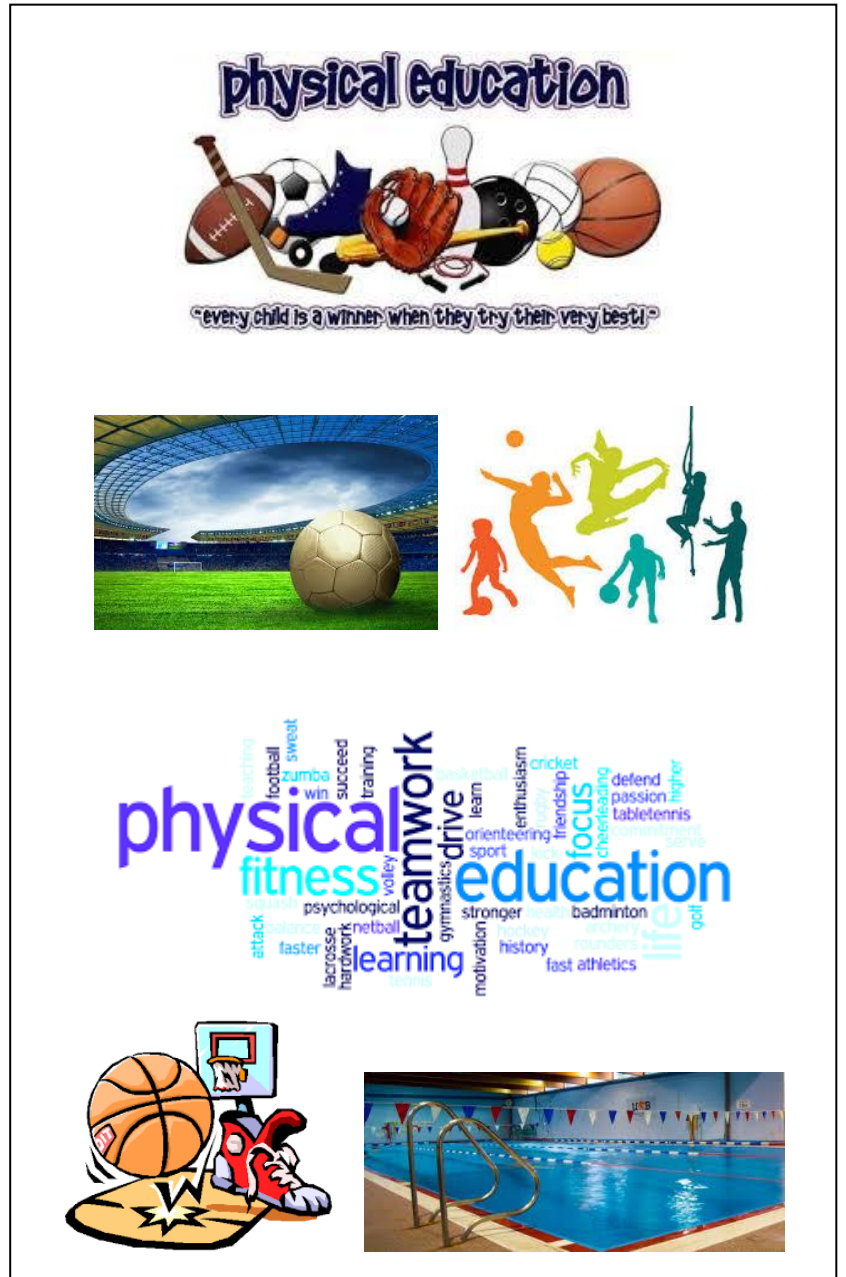


Physical Education

Al Risalah

2016-2017



Physical Education Overviews KS3 & KS4 - Updated October 2016

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Year 7 Physical Education

Updated May 2016

<u>Number of Lessons per two weeks:</u> 2	<u>Homework</u>
<u>Assessment</u> Baseline assessment at the beginning of each term. Students are requested to do: running, press up, sit up and a plank test.	<u>Trips</u> To be confirmed
<u>Course Outline</u> Physical Education is compulsory for year 7 and students must take part in physical activity weekly. Students will have one lesson per week. Each half term, students are given the opportunity to try different activities to test their strength, weaknesses and to also try something new. The aim of this course is to increase the general fitness of the students in an entertaining and creative way. The emphasis is on participation and performance. Additionally, awards are incorporated into the curriculum, and students are awarded certificates at the end of the term. <u>Course Components:</u> <ul style="list-style-type: none">• Football• Basketball• Martial Arts• Volleyball Students take part in the activities listed above and various other sports.	
<u>How You Can Help</u> <ul style="list-style-type: none">• Encourage your child to eat/drink healthy (lots of greens, water, juices, avoid fizzy sugary drinks)• Ensure your child always brings the correct P.E kit.• Encourage your child to take part in extracurricular activities and events• Value your child's achievements and awards and praise them for their sporting accomplishments.	
<u>Teacher</u> Contact: Br Adam (Boys) & Si Lucy (Girls)	

Year 8 Physical Education

Updated October 2016

<u>Number of Lessons per two weeks:</u> 2	<u>Homework</u>
<u>Assessment</u> Baseline assessment at the beginning of each term. Students are requested to do: running, press up, sit up and a plank test.	<u>Trips</u> To be confirmed
<u>Course Outline</u> Physical Education is compulsory for year 8 and students must take part in physical activity weekly. Students will have one lesson per week. Each half term, students are given the opportunity to try different activities to test their strength, weaknesses and to also try something new. The aim of this course is to increase the general fitness of the students in an entertaining and creative way. The emphasis is on participation and performance. Additionally, awards are incorporated into the curriculum, and students are awarded certificates at the end of the term. <u>Course Components:</u> <ul style="list-style-type: none">• Football• Basketball• Hockey• Dodgeball Students take part in the activities listed above and various other sports.	
<u>How You Can Help</u> <ul style="list-style-type: none">• Encourage your child to eat/drink healthy (lots of greens, water, juices, avoid fizzy sugary drinks)• Ensure your child always brings the correct P.E kit.• Encourage your child to take part in extracurricular activities and events• Value your child's achievements and awards and praise them for their sporting accomplishments.	
<u>Teacher</u> Contact: Br Adam (Boys) & Si Lucy (Girls)	

Year 9 Physical Education

Updated October 2016

<u>Number of Lessons per two weeks:</u> 2	<u>Homework</u>
<u>Assessment</u> Baseline assessment at the beginning of each term. Students are requested to do: running, press up, sit up and a plank test.	<u>Trips</u> To be confirmed
<u>Course Outline</u> Physical Education is compulsory for year 9 and students must take part in physical activity weekly. Students will have one lesson per week. Each half term, students are given the opportunity to try different activities to test their strength, weaknesses and to also try something new. The aim of this course is to increase the general fitness of the students in an entertaining and creative way. The emphasis is on participation and performance. Additionally, awards are incorporated into the curriculum, and students are awarded certificates at the end of the term. <u>Course Components:</u> <ul style="list-style-type: none">• Football• Basketball• Hockey• Dodgeball Students take part in the activities listed above and various other sports.	
<u>How You Can Help</u> <ul style="list-style-type: none">• Encourage your child to eat/drink healthy (lots of greens, water, juices, avoid fizzy sugary drinks)• Ensure your child always brings the correct P.E kit.• Encourage your child to take part in extracurricular activities and events• Value your child's achievements and awards and praise them for their sporting accomplishments.	
<u>Teacher</u> Contact: Br Adam (Boys) & Si Lucy (Girls)	

Year 10 Physical Education

Updated October 2016

<u>Number of Lessons per two weeks:</u> 1	<u>Homework</u>
<u>Assessment</u> Baseline assessment at the beginning of each term. Students are requested to do: running, press up, sit up and a plank test.	<u>Trips</u> To be confirmed
<u>Course Outline</u> Physical Education is compulsory for year 10 and students must take part in physical activity weekly. Students will have one lesson per week. Each half term, students are given the opportunity to try different activities to test their strength, weaknesses and to also try something new. The aim of this course is to increase the general fitness of the students in an entertaining and creative way. The emphasis is on participation and performance. Additionally, awards are incorporated into the curriculum, and students are awarded certificates at the end of the term. <u>Course Components:</u> <ul style="list-style-type: none">• Football• Basketball• Hockey• Dodgeball Students take part in the activities listed above and various other sports.	
<u>How You Can Help</u> <ul style="list-style-type: none">• Encourage your child to eat/drink healthy (lots of greens, water, juices, avoid fizzy sugary drinks)• Ensure your child always brings the correct P.E kit.• Encourage your child to take part in extracurricular activities and events• Value your child's achievements and awards and praise them for their sporting accomplishments.	
<u>Teacher</u> Contact: Br Adam (Boys) & Si Lucy (Girls)	

Year 11 Physical Education

Updated October 2016

<p><u>Number of Lessons per two weeks:</u></p> <p>1</p>	<p><u>Homework</u></p>
<p><u>Assessment</u></p> <p>Baseline assessment at the beginning of each term. Students are requested to do: running, press up, sit up and a plank test.</p>	<p><u>Trips</u></p> <p>Flip Out in November (Trampoline Park)</p>
<p><u>Course Outline</u></p> <p>Physical Education is compulsory for year 11 and students must take part in physical activity weekly. Students will have one lesson per week.</p> <p>Each half term, students are given the opportunity to try different activities to test their strength, weaknesses and to also try something new.</p> <p>The aim of this course is to increase the general fitness of the students in an entertaining and creative way. The emphasis is on participation and performance. Additionally, awards are incorporated into the curriculum, and students are awarded certificates at the end of the term.</p> <p><u>Course Components:</u></p> <ul style="list-style-type: none"> • Football • Basketball • Hockey • Dodgeball <p>Students take part in the activities listed above and various other sports.</p>	
<p><u>How You Can Help</u></p> <ul style="list-style-type: none"> • Encourage your child to eat/drink healthy (lots of greens, water, juices, avoid fizzy sugary drinks) • Ensure your child always brings the correct P.E kit. • Encourage your child to take part in extracurricular activities and events • Value your child’s achievements and awards and praise them for their sporting accomplishments. 	
<p><u>Teacher</u></p> <p>Contact: Br Adam (Boys) & Si Lucy (Girls)</p>	

