



Department and Subject area	<b>PHYSICAL EDUCATION</b>
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Autumn term	<p><b><u>Practical Topics</u></b></p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> </ul> <p><b><u>Theory Topics</u></b></p> <ul style="list-style-type: none"> <li>• Elements of a warm-up</li> <li>• Anatomic muscle names &amp; locations</li> </ul>	<p><b><u>Practical Topics</u></b></p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Basketball</li> </ul> <p><b><u>Theory Topics</u></b></p> <ul style="list-style-type: none"> <li>• Components of Fitness</li> </ul>
Spring term	<p><b><u>Practical Topics</u></b></p> <ul style="list-style-type: none"> <li>• Tag rugby</li> <li>• Gymnastics</li> </ul> <p><b><u>Theory Topics</u></b></p> <ul style="list-style-type: none"> <li>• Skeletal System</li> </ul>	<p><b><u>Practical Topics</u></b></p> <ul style="list-style-type: none"> <li>• Hockey</li> <li>• Orienteering</li> </ul> <p><b><u>Theory Topics</u></b></p> <ul style="list-style-type: none"> <li>• Healthy Diet</li> </ul>
Summer term	<p><b><u>Practical Topics</u></b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Striking &amp; Fielding (rounders and cricket)</li> </ul> <p><b><u>Theory Topics</u></b></p> <ul style="list-style-type: none"> <li>• Qualities of a leader Sports leadership</li> </ul>	
<b>Course available at Sixth Form</b>		Yes: Level 3 National BTEC in Sports Science

### Further Information

<p><b>Opportunities to represent the school at:</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Futsal</li> <li>• Netball</li> <li>• Athletics (Moorways)</li> <li>• Cross-Country</li> <li>• Swimming</li> <li>• Rounders</li> <li>• Cricket.</li> </ul> <p><b>Sports Leadership</b></p> <ul style="list-style-type: none"> <li>• Opportunity to train as a Sports Leader and support our local primary schools with their sports events, such as sports-day.</li> </ul>	<p><b>Lunchtime and after school clubs:</b></p> <ul style="list-style-type: none"> <li>• Table Tennis</li> <li>• Badminton</li> <li>• Dodge-Ball</li> <li>• Basketball</li> <li>• Athletics</li> <li>• Football</li> <li>• Futsal</li> <li>• Netball.</li> </ul> <p><b>Trips</b></p> <ul style="list-style-type: none"> <li>• Sixth Form visits to Loughborough University.</li> </ul>
<p><b>PE Kit:</b></p> <ul style="list-style-type: none"> <li>• Black t-shirt / polo-shirt</li> <li>• Black short / track-suit bottoms</li> <li>• Trainers / astro-turfs (studded boots are not required in year 7)</li> <li>• Shin pads (optional)</li> <li>• Gum shield (optional).</li> </ul> <p>School branded PE kit can be bought from <a href="http://www.stevenson.co.uk">www.stevenson.co.uk</a> and is preferred.</p>	