

# Physical Education



Question	Answer
What does PE stand for?	Physical Education.
Why is PE on my curriculum?	To develop me as a whole person.
What do we mean by a 'whole person'?	'Whole person' refers to my physical, social and emotional aspects.
What is my Physical Aspect?	My Physical Aspect is the actual skills and abilities I have, i.e. throwing and catching, and my decision making/tactical awareness in games. It also looks at my overall health and fitness.
What is my Social Aspect?	My Social Aspect is my ability to communicate with people. It looks at how well I can work in a team and develops my leadership skills.
What is my Emotional Aspect?	My Emotional Aspect looks at me as a human being. We talk about resilience, motivation and mental wellbeing.
How will I know what we are working on?	At the start of each lesson the teacher will set 3 Learning Objectives. One each for each of the different aspects; Physical, Social and Emotional.
What do we do in PE?	We like to try out different sports; Swimming, Basketball, Netball (girls), Football, Rugby, Dance (girls), Handball, Hockey, Gymnastics, Badminton, Cricket, Tennis, Athletics.
How are my pathways calculated?	You get a pathway colour for each sport you do. We take your best TEAM pathway, your best INDIVIDUAL pathway and your NEXT BEST pathway in any sport. The average of these is your overall PE pathway.
What are the Team Sports?	Basketball, Netball, Football, Rugby, Handball, Hockey, Cricket.
What are the Individual Sports?	Swimming, Dance, Gymnastics, Badminton, Tennis, Athletics.
How can I achieve my best pathway?	All we ask is that you try your best and you listen when the teacher is talking, and you will do the best you can in PE.
Are there any extra-curricular clubs I can join?	Yes, we run extra-curricular clubs in pretty much every sport. Teachers will put the information on Moodle when they start, or just come and speak to a member of the PE staff to find out more.