

Physical Education

Hello! I'm Mr Wadsworth and I am the Head of Sport at Carlton. I hope you are all staying active during this difficult period and I'm sure you'll be desperate to show us what sporting abilities you have within your PE lessons. I'd like to give you an idea of what is on offer.

In Year 7 you will cover a variety of different activity areas. In addition to learning the skills practically it is important to also understand the rules and regulations, and the deeper knowledge behind the skill. Below are some of the activity areas you will learn this year:

- Football
- Athletics
- Netball
- Dance
- Badminton
- Gymnastics

In lessons you may work individually whilst performing (Badminton) or you may work as a team (Netball / Football). If you are learning new skills, you will be working in small groups that will develop into small sided games.

There will be plenty of clubs to join, whether that is: badminton, football, rugby, gymnastics or netball. You will also get the opportunity to represent the school in inter-school competitions and events. Within the HFS PE Department we try to ensure pupils of all abilities can access the range of activities we offer and that you are physically active for sustained periods of time in order to encourage you to lead healthy, active lives.

The PE kit that you will need can be seen in the image below. The main requirements are a polo shirt, shorts and a ¼ Zip Top. White socks should always be worn unless team sports are played outside. E.g. Football socks. Other items of the PE kit such as jogging bottoms and Skorts are optional.



We look forward to seeing you later this year!