



Ibstock Community College
Respect and Pride brings Success

Welcome to Physical Education

Ibstock Community College



PE at Ibstock Community College

- PE is taught in single gender groups
- Students will take part in two 1 hour lessons each week
- Teaching students holistically to lead an active and healthy lifestyle long after Ibstock Community College

Year 7

- Students look to develop their basic skills, techniques and tactics in a variety of invasion games, net and wall games, gymnastics, athletics, striking and fielding and swimming.
- They develop a basic knowledge and understanding of the simple rules and regulations of different sports and begin to apply these to competitive situations.

Swimming, Netball, Badminton, Hockey, Gymnastics, Basketball, Athletics, Rounders and Cricket.

PE at Ibstock Community College continued...

Year 8

- Students are encouraged to work more independently by leading their own warm-ups and practices in small groups. Students are able to perform team games with more fluency and can referee and umpire small sided competitive situations.

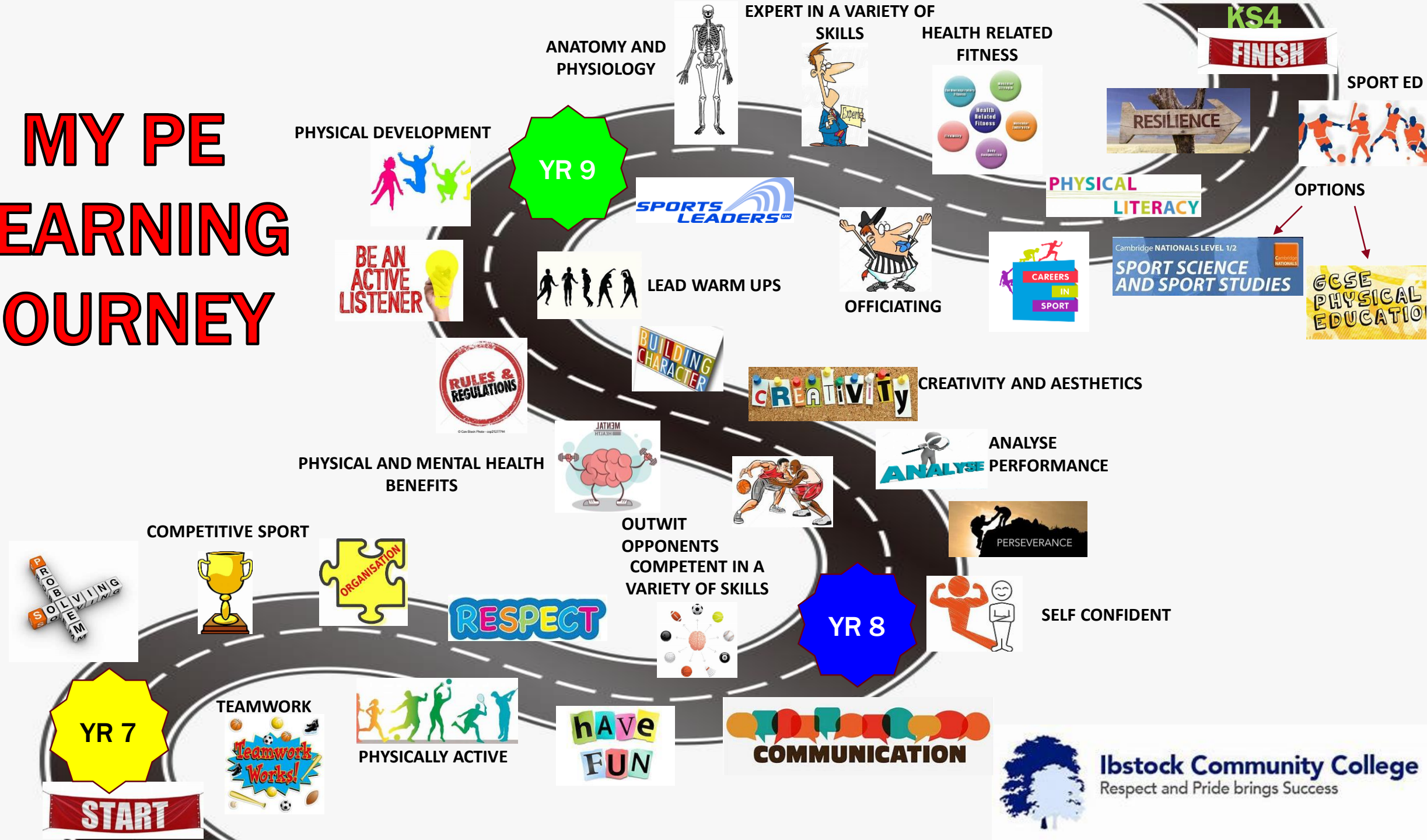
Swimming, Girls Netball, Boys Rugby, Trampolining, Athletics, Cricket, Rounders, Badminton , Basketball, OAA, Short tennis and Softball.

Year 9

- Students build on previous learning and should now be able to conduct their own warm up. Students should be able to perform team games with more fluency and can referee and umpire during a full competitive game situation. Students will also gain an understanding of the different components of fitness needed for different sports and begin to practice different training methods and understand why training is needed to improve performance.

Swimming, Netball, Football, Badminton, Basketball, Fitness, Dance, Handball, Athletics, Striking and fielding.

MY PE LEARNING JOURNEY



Assessment in PE

PE ASSESSMENT TRACKER

SPORT	VERY GOOD/ EXPECTED/ BELOW EXPECTED	FEEDFORWARD – WHAT CAN I DO TO IMPROVE?

- A attitude
- S skills
- K knowledge
- W wellbeing
- H healthy lifestyle
- Y young people
- P physical literacy
- E employment



REFLECTION TIME!

MY BEST SPORT THIS YEAR WAS..... WHY?	
THE SPORT I NEED TO IMPROVE THIS YEAR IS..... WHY?	

Each student receives a grade at the end of each topic, allowing students to set targets to improve for the next topic. We also allow students to reflect holistically on the year of sports. This gives them a chance to review their performances ready for the next academic year.

Extra-Curricular Clubs

At Ibstock we offer a wide extra-curricular programme that takes place at lunchtime and afterschool.

We compete in the North West area of Leicestershire, competing against other schools in a competitive manner whilst maintaining our RESPECT ethos.

We also offer an extensive Inter-Form programme in a variety of sports and activities – these offer fantastic opportunities to build friendly competitions between forms in a controlled and safe environment.

R
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T

Resilience
Equity
Success
Pride
Encouragement
Curriculum
Trust



PE Kit Policy

Physical Education will play a vital role in your child's education at Ibstock Community College. In order that standards of appearance, presentation and safety are maintained pupils will be required to wear the PE kit as pictured to the left.

Students Must have the following items of PE kit:

- Red Ibstock Community College T Shirt with school logo
- Red Ibstock Community College Hooded Jumper with school logo
- Navy or Black Shorts
- Navy or Black Joggers or Navy or black Sports leggings
- Red Socks
- Sports trainers

Additional items needed for certain sports activities:

- Studded boots (Football and Rugby).
- Shin Pads (Hockey and football).
- Gum shields (Hockey and Rugby).
- Swimming costume/ trunks and Hat and goggles (swimming).
- Thermal top (worn under T Shirt) if cold.



All PE kit can be brought from **Liss Sport**
Tel: 01455 828086 - Fax: 01455 821169 -
www.lissport.co.uk

Facilities at Ibstock Community College

We are really fortunate at Ibstock College to have fantastic facilities that can be used during PE lessons, at lunchtime and also after school.



Fitness suite - TECHNOGYM Cardio-vascular and resistance machines

Sports hall - 5 court - multi-sports - multi-activity



Swimming pool - 25m x 10m - 4 lane - indoor - depth range from 0.9m to 2m



For more information please see our website using this hyperlink:

<https://www.ibstockcollege.co.uk/leisure-facilities>

Meet the PE Team

MISS RHODES – Head of PE and Teacher of Girls' PE

- I have worked at Ibstock Community College for 9 years!
- I have finished in second place at a sailing world championships in Canada.
- I love all water sports!
- My favourite sports to teach are Netball, Trampolining and Badminton.
- My favourite place to visit in the UK is Cornwall.
- Sports I enjoy; Sailing, Netball, Running, Paddle boarding, Cycling, Surfing and Swimming

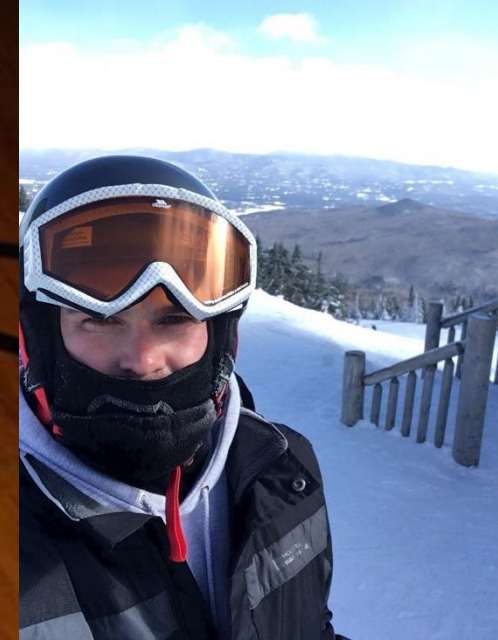


Meet the PE Team



MR BALL – Teacher of Boys' PE

- I am a current season ticket holder at Leicester City and have previously held season tickets at Leicester Tigers, Leicester Riders and Leicester County Cricket.
- I am a Level 2 Football Coach and currently coach a team for Glenfield United.
- I enjoy exploring Leicestershire on my bike.
- I attended two Skiing residential trips whilst working at my previous school and have been hooked ever since.
- I have taken part in a few mud runs and have raised money for various charities.
- I enjoy playing and watching most sports and can be quite competitive!!



**We look forward to leading you through
your journey in PE at Ibstock College.**

WHERE WILL YOUR PASSION TAKE YOU?

