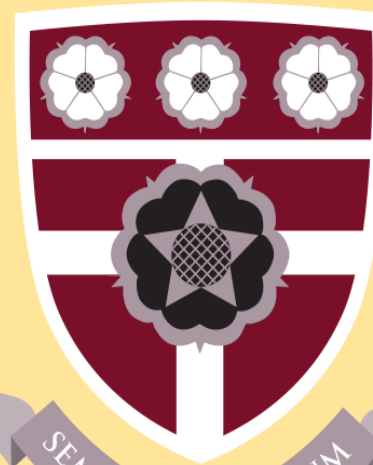




VALE OF YORK ACADEMY



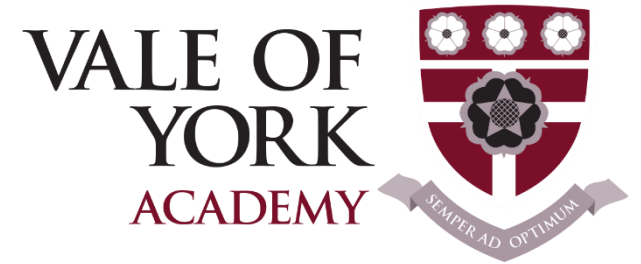
SEMPER AD OPTIMUM



Welcome back to PE - 2024



Outlook for PE this year:



- 1) POS - Wide range of sports to develop your skills across different sport (POS in PE, all sports, mix of staff)
- 2) Lots of clubs running after school (**GET INVOLVED 😊**)
- 3) Fixtures across all year groups for lots of sports
- 4) 100% Progress and passivity expected from all
- 5) 100% positive behaviour expected from all – GREAT manners, listening and thinking of others
- 6) Excellent timekeeping from all – register, get dressed, lets go!
- 7) OODLES AND OODLES OF FUN AND ENJOYMENT!!!!**

No PE Kit = Borrow PE kit (PLANNER IS CLEAR)

PE Kit

All valuables can be handed in to the PE staff at the start of each lesson. No jewellery should be worn and long hair must be tied back.

If a student forgets their PE kit they must borrow one from the PE department. The PE department has specifically purchased additional PE uniform which is washed each time it has been worn.

If a student refuses to wear this additional PE uniform then they will be removed from the lesson and sanctioned.

Students who can't partake in PE due to injury or illness must have a dated note from the parent to excuse them. However they must still bring their PE kit to get changed in to and will be expected to help with the lesson in other roles. **If a student doesn't bring their kit they will need to borrow the additional PE uniform, if they refuse then they will be removed from the lesson and sanctioned.**

PE kit (Unisex)
VOY Academy t-shirt with logo – Compulsory
Standard VOY kit and NEW kit allowed
VOY ¾ zip top or New Jumper – Optional
Standard VOY kit and NEW kit allowed
VOY shorts or Plain black unisex shorts
Must be knee length shorts, no short shorts
VOY base layer leggings - Optional
NO other variation of leggings allowed
VOY training pants or plain black joggers / training pants - Optional
VOY Skort (while stocks last)
Plain black or white socks
Trainers - rubber sole (<u>non marking</u>)
Additional recommended items
Football and/or Rugby boots
Shin pads / gum shield



Standard PE T-shirts

The current PE kit will continue to be available to buy and worn whilst stock lasts and then the new will be sold. If you choose to purchase any plain black items they cannot have a branded logo larger than a bank card. Keal Teamwear will sell the recommended PE kit with or without VOY logos on.

Whilst the change away from a fully school branded PE will help support parents with the cost of uniform we still want to ensure that we keep a high standard where pupils can be proud of representing our academy.

Specific Academy items can be purchased from Keal Teamwear. Students are not permitted to wear other personal clothing such as hoodies and coats etc.

Student who require inhalers or any other medical equipment must bring these to all PE lessons as part of their own responsibility.

All items of uniform and kit should be marked with the name of the owner. The Academy cannot take responsibility for any lost items.



Standard PE Jumper

NEW PE Jumper

Skorts permitted

Plain black shorts

Training pants

VOY leggings ONLY

PE kit (Unisex)

VOY Academy t-shirt with logo – Compulsory

Standard VOY kit and NEW kit allowed

VOY ¼ zip top or New Jumper – Optional

Standard VOY kit and NEW kit allowed

VOY shorts or Plain black unisex shorts

***Knee length shorts, no cycling or crop shorts ***

VOY base layer leggings - Optional

***NO other variation of leggings allowed ***

VOY training pants or plain black joggers / training pants –

Optional

VOY Skort (while stocks last)

Plain black or white socks

Trainers - rubber sole (non marking)

Additional recommended items

Football and/or Rugby boots

Shin pads/gum shield

PE KIT



NEW PE Jumper



NEW PE T-shirt



Standard PE T-shirts

VOY leggings
ONLY



Training pants

PE KIT

Standard PE
Jumper



Plain black shorts



Skorts permitted



All items of uniform and kit should be marked with the name of the owner. The Academy cannot take responsibility for any lost items.

If a student forgets their PE kit they must borrow one from the PE department. The PE department has specifically purchased additional PE uniform which is washed each time it has been worn.

If a student refuses to wear this additional PE uniform then they will be sanctioned and then removed from the lesson.

Emailed parents – 11th June 2024 and again this week

Finally, I want to just ask for your **support in your son/daughter wearing the appropriate PE kit each lesson**. This ensures that students can participate safely and comfortably in all activities. The correct kit provides the necessary support and freedom of movement and ensures we uphold our school PE design.

PE KIT CODES (NO PE KIT)

Failure to bring PE kit to school - 1 E code (PE)

Failure to bring PE kit for the 2nd time - 1 E code (Detention set by PE staff)

PE kit works differently to the NEW school PD system so we can track it

ONLY PE Staff count the PE kit codes and book in detentions. After 2 codes and detention set, restart for 2 more codes and detention.

Repeat offenders to be picked up by Mr Rampling and further sanctions and strategies put in place. We of course would be happy to lend any equipment needed if it is forgotten.

Health and Safety

Jewellery

- Not allowed to be worn during PE.
- All necklaces, rings, and piercings must be removed for yours and others safety.
- Ok to wear a Fitbit but no other normal watches (exception in trampolining / Gym where it must be taken off)

Hair

- Any long hair must be tied up.(Please bring your own hair bobbles)
- You must do this before leaving the changing room

Valuables and medical

- We **CANT** responsibility for any valuables (includes jewellery / phones / electronic devices etc)
- Leave them in your locker or home / if worried give to class teacher to store in the PE office
- We will lock the changing rooms after 10 minutes (bring all out needed)
- Please put your name on your PE KIT

Medical

- **Please** let the member of staff know if not feeling great that lesson
- If you need medication during the lesson e.g an inhaler, epipen then please bring it out to the lesson with you.
- Bottles of water (**BRING OUT at beginning of lesson**)

Emailed parents – 11th June 2024 and again this week

Important that students with asthma bring their asthma pumps to PE lessons.

- PE lessons involve physical activity that can sometimes trigger asthma symptoms. Having immediate access to their asthma pumps is crucial for the safety and well-being of students with asthma. It allows them to manage their condition effectively and participate in activities with confidence, alongside PE staff having the necessary treatment should it occur with us in lessons.
- Please remind your child to bring their asthma pump to every PE lesson and to bring this with them out to their teaching space. Please add the pupil's name on the inhaler so it's clearly identifiable. This small step can prevent serious health issues and ensure that all students have a safe and enjoyable experience.

Injured or missing a lesson

- **You are still expected to bring kit to every lesson and get changed (exception for broken bones)** You will not be expected to take part physically, but you will be part of the lesson
- Illness and being outside- (IF POSSIBLE) you may be brought in to help with an indoor group where necessary.
- You must bring a note if ill or injured (please can this be a note in planner as phone calls often don't get to us in PE).
- **Parents CANNOT excuse pupils from doing a lesson or from getting changed. They can advise of an illness but it is not possible to opt out of getting changed and being part of the lesson. This is the academy policy so everyone has the same rules.**

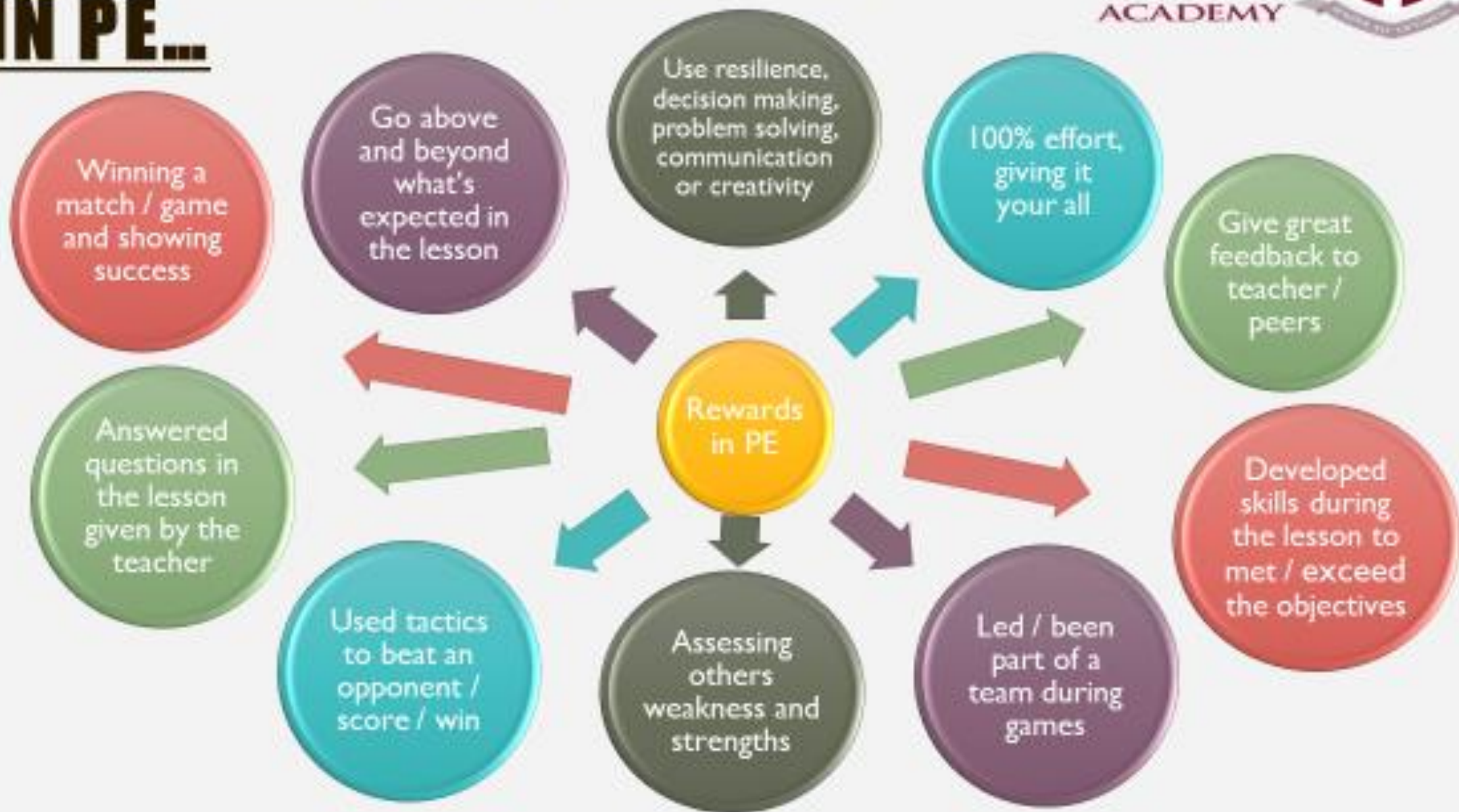
Emailed parents – 11th June 2024 – It is also written in your planner!

Importance of providing proper documentation when your child needs to be excused from PE lessons.

- PE is an essential component of our curriculum, promoting physical health, teamwork, and overall well-being. However, we understand that there are times when a student may need to be excused due to illness, injury, or other valid reasons. To ensure that we handle these situations appropriately and maintain accurate records, it is crucial that you provide a detailed note, written in the planner from a parent explaining the reason for the excusal. **Pupils will still need to get changed in their PE kits even if excused - so please ensure pupils bring their kits with them at all times.**

ACHIEVING HOUSE POINTS IN PE...

VALE OF
YORK
ACADEMY



Assessment in PE

Keely Hodgkinson – wins Gold in
800m – (22 years old)
TIME – 1 min 56 seconds

PE is not just about 'doing' sport.

It is about learning and developing different qualities' e.g

Skills/Tactics/Awareness/ Communication/ leadership/ self control

These qualities will be assessed under the headings of:

- Creativity
- Problem solving
- Communication
- Team work
- Resilience
- Self awareness



RESILIENCE

It would've been easier to stay at home!!



That hurt but I'm not giving up.

BOUNCEBACKABILITY!!



DETERMINATION !!

VALE OF YORK ACADEMY

The hours of hard training were definitely worth it.



MOTIVATION!!



CREATIVITY

This wasn't our first ideal!



I'm always trying something different.



TAKE A RISK!!

EXPERIMENT WITH IDEAS!!

VALE OF YORK ACADEMY

Just Do It!!



WHY DON'T YOU!!

COMMUNICATION

COMMUNICATION CAN BE BOTH VERBAL AND NON-VERBAL



"YES THERE IS A RUN THERE"

EFFECTIVE COMMUNICATION = SUCCESS



COMMUNICATION INVOLVES SPEAKING AND LISTENING

VALE OF YORK ACADEMY

USE DIFFERENT FORMS OF COMMUNICATION

DON'T ARGUE WITH THE REFEREE!



VOICE YOUR OPINIONS IN AN APPROPRIATE WAY

WORKING WITH OTHERS

There is No "I" in TEAM!!

VALUE OTHERS!!



Together Everyone Achieves More!!

Win as a team, lose as a team but always play as a team!!

VALE OF YORK ACADEMY



TEAMWORK!!

TOGETHERNESS

PROBLEM SOLVING

HOW FAR DO YOU THINK? THREE IRON OR FOUR?



ASK FOR HELP WHEN NEEDED!!

LET'S ANALYSE AND DISCUSS OUR TACTICS TOGETHER, SO THAT WE MAKE GOOD DECISIONS



I AM SURE WE WORKED OUT IT WAS THIS WAY, MAYBE I'LL ASK TO CONFIRM.

THINK THROUGH THE PROCESS LOGICALLY!

VALE OF YORK ACADEMY



EXPLORE & DISCOVER!

SELF AWARENESS

I AM MUCH BETTER AT GYMNASTICS THAN TABLE TENNIS



WELL DONE MATE, WELL PLAYED! Good sportsmanship!

BE AWARE OF OTHERS FEELINGS



OH NO!



KNOWLEDGE OF STRENGTHS & WEAKNESSES

VALE OF YORK ACADEMY

BE AWARE THAT YOUR ACTIONS HAVE CONSEQUENCES

Year 10 Pathway options

You need to select either
RECREATION OR COMPETITION

Please let your teacher know today which one you prefer....

From next lesson you will be in a group that you will stay in for the duration of the year...

- Mixed boys and girls
- Get changed and meet your group / teacher
- No movement between groups as we will hold a register for each group

KS4 PATHWAYS - Year 10	
Team sports	Recreational
Football	Trampolining
Rugby	Badminton
Basketball	Fitness / Boxercise
Netball	Table tennis
Handball	Yoga
Hockey	Dodgeball
Volleyball	Dance
Cricket	
Sports Leaders (20 pupils) - VOY	
Swimming / Water Polo (St Peters) - 25 pupils	
Rowing (St Peters) - 16 pupils	
Tennis (Clifton Park Tennis club) - 16 pupils	
Rounders	
Lacrosse	
Global games	

Year 10 POS

Green – 2 Competition groups
Yellow – 2 Recreation groups

<u>Year 10</u>		<u>VALE OF YORK ACADEMY Programme of Study 2024-25</u>					
Lesson in week		Tuesday P5			Thursday P3		
Number of lesson		1 Lesson a week (51 boys / 26 girls)			1 Lesson a week (35 boys / 38 girls)		
Week	Groups	10xPE1	10xPE2	10xPE3	10yPE1	10yPE2	10yPE3
Week	Au1	LD - RECREATION	RO - COMPETITION HA group	MR - COMPETITION MA group	HC - RECREATION 1	LD / RO - RECREATION 2	MR - COMPETITION
1	2-Sep	Select options	Select options	Select options	Select options	Select options	Select options
2	9-Sep	Trampolining (Gym)	Football (Astro)	Netball (Courts)	Trampolining (Gym)	Badminton (Sports Hall)	Netball (Courts)
3	16-Sep						
4	23-Sep						
5	30-Sep		Basketball (Sports Hall)	Football (Astro)	Badminton (Sports Hall)	Trampolining (Gym)	Football (Astro)
6	7-Oct						
7	14-Oct						
8	21-Oct						
HT	28-Oct						

Year 11 Pathway options

You need to select either
RECREATION OR COMPETITION

Please let your teacher know today which one you prefer....

From next lesson you will be in a group that you will stay in for the duration of the year...

- Mixed boys and girls
- Get changed and meet your group / teacher
- No movement between groups as we will hold a register for each group

KS4 PATHWAYS - Year 11	
Team sports	Recreational
Football	Trampolining
Rugby	Badminton
Basketball / Netball	Table tennis/ Dance
Handball	Fitness / Boxercise
Hockey	Yoga
Volleyball	Dodgeball / Benchball
Revision rooms - Easter - May	

POS – Year 11 (11y)

Year 11		<u>VALE OF YORK ACADEMY Programme of Study 2024-25</u>					
Lesson in week		Tuesday P2 (WEEK A ONLY)			Friday P5		
Number of lesson		3 Lessons over 2 weeks (24 boys / 37 girls)			3 Lessons over 2 weeks (24 boys / 37 girls)		
Week	Groups	11yPE1	11yPE2	11yPE3	11yPE1	11yPE2	11yPE3
Week	Au1	HC - RECREATION	RO - COMPETITION	MR - COMPETITION	HC - RECREATION	LD - COMPETITION	RO - COMPETITION
1	2-Sep	Trampolining (Gym) 4 lessons	Rugby (Field) 4 lessons	Basketball / Netball (Sports Hall) 4 lessons	Select options	Select options	Select options
2	9-Sep						
3	16-Sep						
4	23-Sep						
5	30-Sep						
6	7-Oct						
7	14-Oct						
8	21-Oct						
HT	28-Oct						
9	4-Nov	Trampolining (Gym) 3 lessons	Rugby (Field) 3 lessons	Basketball / Netball (Sports Hall) 3 lessons	Boxercise / Fitness (Gym and Fitness Suite) 7 lessons	Basketball / Netball (Sports Hall) 7 lessons	Football (Astro) 7 lessons
10	11-Nov						
11	18-Nov						
12	25-Nov						
13	2-Dec						
14	9-Dec						
15	16-Dec						
Xmas	23-Dec						

Vale of York PE clubs Term 1 (Sept – Dec 2024)

Monday	Tuesday	Wednesday	Thursday <u>MEETING NIGHT</u>
<p>RO Year 7 – 11 Basketball – Sports Hall Changing room 2 & 3</p>	<p>LD Year 9, 10 and 11 Netball – Sports Hall Changing room 3 & 4 (Girls)</p>	<p>HC Year 8 - 11 Trampolining - Gym Changing room 3 & 4 (Girls)</p>	<p>MR When no meetings on – Happy to open up the fitness suite for sessions.</p> <p>No clubs due to meetings</p>
<p>MR Year 7 - 10 Rugby - Field Changing room 1 & 3</p>	<p>MR – HALF TERM 2 (Nov – Dec) Year 7 – 11 Fitness – Fitness Suite Changing room 1 & 3 (Boys)</p>	<p>MR Year 7, 8 & 9 (Boys) Football - Astro Changing room 1 & 2 (Boys)</p>	
		<p>CB Year 7 – 11 (Until 4.30pm) Badminton - Sports Hall Changing room 1 (Boys) & 3 (Girls)</p>	

All clubs require Vale of York PE kit to be worn, students will get changed at 3.15pm in the changing rooms specified. Sessions will end at 4.15pm and all clubs are mixed gender. Students will need to sign in on the afterschool register with the staff running the club.