

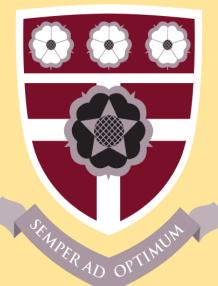






VALE OF YORK

ACADEMY



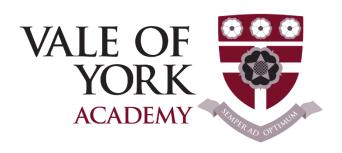




Welcome back to PE -2024



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 (i))
- 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) YORK TO PER STATE OF THE OF

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 1/4 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 (non marking) Additional recommended items Football and/or Rugby boots Shin nade/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 <u>Teamwear</u>.

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 <u>cannot</u> take responsibility for any lost items.



PE kit (Unisex)

VOY Academy t-shirt with logo – Compulsory

Standard VOY kit and NEW kit allowed

VOY ½ 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



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



<u>Jewellery</u>

- 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)

<u>Hair</u>

- 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

- <u>Please</u> 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

Winning a match / game and showing success Go above and beyond what's expected in the lesson Use resilience, decision making, problem solving, communication or creativity

100% effort, giving it your all

Give great feedback to teacher / peers

Answered questions in the lesson given by the teacher Rewards in PE

Used tactics to beat an opponent / score / win

Assessing others weakness and strengths Led / been part of a team during games Developed skills during the lesson to met / exceed the objectives

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



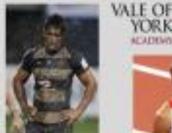
RESILIENCE

it would ve been easier to stay at home!!



That hurt but I'm not giving up.

BOUNCEBACKABILITY!!



The hours of hard training were definitely worth It.



This wasn't

our first ideal!

EXPERIMENT WITH IDEAS!

Do



I'm always

trying

something

different.

WHY DON'T YOU!!

COMMUNICATION

COMMUNICATION CAN BE BOTH VERBAL AND NOW VERBAL



"YES THERE IS A RUN THERE

EFFECTIVE COMMUNICATION = SUCCESS



USE DIFFERENT FORMS

OF COMMUNICATION

MOLENDINGMINOS INVOLVES SPEAKING AND LISTENING



DON'T ARGUE BUTH THE ASPERSE!

VOICE YOUR OPINIONS IN AN APPROPRIATE WAY

WORKING WITH OTHERS

There is No "I" in TEAM!!



Together Everyone Achieves More!!



TOGETHERNESS

Dut always ple an a team?





TEAMWORK!

PROBLEM SOLVING

CREATIVITY

HOW FAR DO YOU THINK? THREE IRON OR FOUR?

THINK THROUGH THE

PROCESS LOGICALLYS

ASK FOR HELP

WHEN NEEDED!

TAKE A RISK!!



LETS ANALYSE AND DISCUSS **OUR TACTICS** TOGETHER, 80 THAT WE MAKE 0000 DECISIONS

IAM SURE WE WORKED OUT IT WAS THIS WAY. MAYBE FLUASK TO CONFIRM





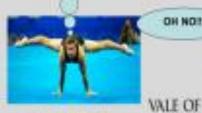
EXPLORE DISCOVERY

LAM MUCH BETTERAT **GYMNASTICS** THAN TABLE TENNIS



WELL DONE MATE, WELL PLAYED! Good sportsmanship!

JEE WWARE-UP



ACADEMY.



BE WHATE THAT YOUR HAVE CONSPONENCES

Y	ear 7	VALE OF YORK ACADEMY Programme of Study 2024-25														
Less	son in week	Т	hursday P	1	Friday P2				1	Monday P5			Wednesday P3			
Numl	per of lesson		Lesson 1			Lesson 2				Lesson 1				Lesson 2		
Week	Groups	7xPE1	7xPE2	7xPE3	7xPE1	7xPE2	7xPE3		7yPE1	7yPE2	7yPE3		7yPE1	7yPE2	7yPE3	
Week	Au1	HC (G)	LD (G)	MR / RO	HC (G)	LD (G)	RO (B)		LD (G)	RO (B)	MR (B)		HC (G)	RO (B)	MR (B)	
1	2-Sep	Baseline	Baseline	Baseline	Baseline	Baseline	Baseline		No Lesson	No Lesson	No Lesson		Baseline	Baseline	Baseline	
2	9-Sep								Baseline	Baseline	Baseline					
3	16-Sep															
4	23-Sep	Netball	Trampolinin	Rugby	Trampolinin		Football		Netball	Trampolinin	Rugby		Trampolinin		Football	
5	30-Sep	(Courts) /	g	League	g	(Sports Hall)	(Astro)		(Courts) /		•		g	(Sports Hall)	(Astro)	
6	7-0ct	Sports Hall	(Gym)	(Field)	(Gym)	/ Courts	(Astro)		Sports Hall	(Gym)	League (Field)		(Gym)	/ Courts	(ASCIO)	
7	14-Oct								Sports Hatt	(Gym)	(Field)					
8	21-Oct															
нт	28-Oct															

Y	ear 8		V	ALE OF	YORK	ACAD	EMY	Pı	ogran	nme of	Study	2024-2	<u> 25</u>	
Les	son in week		Thursday P	2	Friday P1					Monday P3		Tuesday P3		
Num	ber of lesson		Lesson 1			Lesson 2				Lesson 1			Lesson 2	
Week	Groups	8xPE1	8xPE2	8xPE3	8xPE1	8xPE2	8xPE3		8yPE1	8yPE2	8yPE3	8yPE1	8yPE2	8yPE3
Week	Au1	HC (G)	LD (G)	MR (B)	HC (G)	LD (G)	RO (B)		LD (G)	MR (B)	RO (B)	LD (G)	MR (B)	RO (B)
1	2-Sep	Baseline	Baseline	Baseline					No Lesson	No Lesson	No Lesson	No Lesson	No Lesson	No Lesson
2	9-Sep								Baseline	Baseline	Baseline			
3	16-Sep					Netball								
4	23-Sep	Netball	Trampolinin	Rugby Union	g	(Sports Hall)	Football		Netball			Trampolinin	Basketball	Football
5	30-Sep	(Courts) /	g	(Field)	g (Cym)	/ Courts	(Astro)		(Courts) /	Trampolining	Rugby Union	g	(Sports Hall)	(Astro)
6	7-0ct	Sports Hall (Gym)	(Gym)	(i ieta)	(Gym)	/ Courts				(Gym)	(Field)	(Gym)	(Sports Hatt)	(ASCIO)
7	14-0ct		, , ,						Sports Hall					
8	21-Oct													
нт	28-Oct													

Ye	<u>ear 9</u>	9 VALE OF YORK ACADEMY Programme of Study 2024-25										<u> 25</u>		
Less	on in week	٦	Tuesday P	1	Friday P3 Monday P1				Wednesday P5					
Numb	per of lesson		Lesson 1			Lesson 2			Lesson 1			Lesson 2		
Week	Groups	9xPE1	9xPE2	9xPE3	9xPE1	9xPE2	9xPE3	9yPE1	9yPE2	9yPE3		9yPE1	9yPE2	9yPE3
Week	Au1	HC (G)	LD (G)	MR / RO (B)	LD (G)	HC (G)	RO (B)	LD (G)	MR (B)	RO (B)		HC (G)	MR (B)	RO (B)
1	2-Sep	No Lesson	No Lesson	No Lesson	Baseline	Baseline	Baseline	No Lesson	No Lesson	No Lesson		Baseline	Baseline	Baseline
2	9-Sep									Volleyball (Sports Hall)				
3	16-Sep	-			Trampolinin	Netball					Ц			
4	23-Sep	Netball	Trampolinin	Rugby Union			Volleyball	Netball	Trampolining		_1	Frampolinin	Basketball	Rugby
5	30-Sep	(Courts) / Sports Hall	g (Gym)	(Field)	(Gym)	(Courts)	(Sports Hall)	(Courts)	(Gym)		Н	g (Gym)	(Sports Hall)	Union (Field)
7	7-0ct	Sports Hatt	(Gyiii)		(dylli)						Н	(Gyiii)		(i ieta)
8	14-Oct 21-Oct	_									Н			
HT	28-Oct													
9	4-Nov	Badminton (Sports Hall)	Fitness (Fitness Suite / G41)	Tramp	Fitness (Fitness Suite / G41)	Badminton (Sports Hall)	Hockey (Astro)	Badminton (Sports Hall)	Fitness (Fitness Suite / G41)	Tramp		Fitness (Fitness Suite / G41)	Badminton (Sports Hall)	Hockey (Astro)
10	44 Nov	Football	Football	Football	Football	Football	Football	Football	Football	Football		Football	Football	Football
10	11-Nov	Tournament	Tournament	Tournament	Tournament	Tournament	Tournament	Tournament	Tournament	Tournament	Hi	Tournament	Tournament	Tournament
11	18-Nov	(Astro)	(Astro)	(Astro)	(Astro)	(Astro)	(Astro)	(Astro)	(Astro)	(Astro)		(Astro)	(Astro)	(Astro)
12	25-Nov	Badminton	Boxercise		Boxercise				Boxercise			Boxercise	Badminton	
13	2-Dec	Doubles	(G41 / Main	Trampolining	(G/11 / Main	Badminton Doubles (SH)	Parkour (Gym)	Badminton	(G41 / Main	Trampolining		(G41 / Main	Doubles	Parkour
14	9-Dec	(SH)	hall)	(Gym)	hall)			Doubles (SH)	hall)	(Gym)		hall)	(SH)	(Gym)
15	16-Dec													
Xmas	23-Dec													

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 Pole	o (St Peters) - 25 pupils						
Rowing (St Pet	ters) - 16 pupils						
Tennis (Clifton Park T	ennis club) - 16 pupils						
Rour	nders						
Lacr	Lacrosse						
Global	games						

Year 10 POS

Green – 2 Competition groups Yellow – 2 Recreation groups

Υe	ear 10	VALE OF YORK ACADEMY Programme of Study 2024-25										
Les	son in week		Tuesday P5			Thursday P3						
Num	ber of lesson	1 Lesson a	a week (51 boys	/ 26 girls)		1 Lesson a	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			Netball (Courts)		Trompolining	D 1 : 1 (6)					
3	16-Sep		Football (Astro)			Trampolining (Gym)	Badminton (Sports Hall)	Netball (Courts)				
4	23-Sep	Trampolining				(3),						
5	30-Sep	(Gym)										
6	7-Oct	(Cyiii)	Basketball (Sports	Football (Astro)		Badminton (Sports		Football (Astro)				
7	14-0ct		Hall)	TOOLDALL (ASLIO)		Hall)	(Gym)	Tootbatt (Astro)				
8	21-Oct											
нт	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					
Vallovball	Dodgeball /					
Volleyball	Benchball					
Revision rooms - Easter - May						

POS – Year 11 (11x)

Ye	Year 11 VALE OF YORK ACADEMY Programme of Study 2024-25										
Les	son in week	Tuesday P2 (WEEK B ONLY)			Wedne	esday P2 (WEEK B	ONLY)	Thursday P5 (WEEK B ONLY)			
Num	ber of lesson	3 Lessons ove	er 2 weeks (45 b	oys / 35 girls)	3 Lessons ov	er 2 weeks (45 b	oys / 35 girls)	3 Lessons ove	er 2 weeks (45 b	oys / 35 girls)	
Week	Groups	11xPE1	11xPE2	11xPE3	11xPE1	11xPE2	11xPE3	11xPE1	11xPE2	11xPE3	
Week	Au1	HC - RECREATION	LD - COMPETITION	MR - COMPETITION	HC - RECREATION	RO - COMPETITION	MR - COMPETITION	HC - RECREATION	RO - COMPETITION	MR - COMPETITION	
1	2-Sep	Select options	Select options	Select options							
2	9-Sep										
3	16-Sep	Turanaliniaa		Basketball (Sports Hall) 4 lessons	Dodgeball / Benchball (Gym) 4 lessons	Basketball (Sports	Football (Astro)	Boxercise / Fitness (Gym and	Football (Astro)	Handball (Sports	
4	23-Sep	Trampolining (Gym)	Handball (Astro)			Hall) 4 lessons	4 lessons	Fitness Suite	FOOLDAIL (ASLIO)	Hall)	
5	30-Sep	(3))	4 lessons						4 lessons	4 lessons	
6	7-0ct	4 lessons	4 (6550115					4 lessons		4 (6350115	
7	14-0ct			-				_			
8	21-Oct										
HT	28-Oct										
9	4-Nov										
10	11-Nov							Boxercise /			
		Trampolining	Handball (Astro)	Basketball (Sports	Dodgeball /	Basketball (Sports	Football (Astro)	Fitness (Gym and	Football (Astro)	Handball (Sports	
11	18-Nov	(Gym)	Tanadatt (7.5010)	Hall)	Benchball (Gym)	Hall)	- 550000 (7.00.0)	Fitness Suite	. 5565411 (7.5610)	Hall)	
12	25-Nov	3 lessons	3 lessons	3 lessons	3 lessons	3 lessons	3 lessons		3 lessons	3 lessons	
13	2-Dec			0 100000		3 (6350115		3 lessons		- 10000110	
14	9-Dec										
15	16-Dec										

POS – Year 11 (11y)

Ye	ar 11	VALE OF YORK ACADEMY Programme of Study 2024-25									
Les	sson in week	Tuesd	ay P2 (WEEK A	ONLY)		Friday P5					
	ber of lesson		over 2 weeks (24 boys	,		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					Select options	Select options	Select options			
2	9-Sep			Basketball / Netball			•				
3	16-Sep	Trampolining (Gym)	Rugby (Field)			Dodgeball /		Handball (Sports			
4	23-Sep	Trampotining (dyin)	Rugby (Ficto)	(Sports Hall)		Benchball (Gym)	Football (Astro)	Hall)			
5	30-Sep	4 lessons	4 lessons	4 lessons		Defictibatt (Oyili)		riatt)			
6	7-0ct	4 (6350113	4 (6330113			7 lessons	7 lessons	7 lessons			
7	14-0ct					7 (ESSOIIS		7 (ESSOIIS			
8	21-Oct										
HT	28-Oct										
9	4-Nov										
10	11-Nov	T 11 1 (C)	D 4 (F: 11)	Basketball / Netball		Boxercise / Fitness	Basketball / Netball	F (1 11 (4 ()			
11	18-Nov	Trampolining (Gym)	Rugby (Field)	(Sports Hall)		(Gym and Fitness Suite	(Sports Hall)	Football (Astro)			
12	25-Nov	3 lessons	3 lessons			Suite		7 lessons			
13	2-Dec	2 (6220112	2 (6220112	3 lessons		7 2000	7 lessons	7 (6220112			
14	9-Dec					7 lessons					
15	16-Dec										
Xmas	23-Dec										

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

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

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.