

# PE

## Football



### What will students study?

Students will learn about the history and cultural status of football, the objectives and rules of the sport and how to perform the key skills of the sport. Students will learn how to link the key skills and how to apply them within the context of the game and as part of cohesive team strategy. Students will be challenged to think creatively and collaboratively to solve problems during games. Students will be challenged to improve their physical, mental, social and emotional capacities. There will be the opportunity to develop leadership skills.

### What will homework be?

Homework for all students is to be physically active and participate in at least three sessions of physical activity per week. Each session should be at least 20 minutes long and vigorous enough so that their heart rate is increased for the full duration. This could be walking to school, unorganised play or participation in HNS enrichment classes or community sports clubs. Students are encouraged to attend optional after school sports enrichment classes. The HNS enrichment program can be found on the HNS website. Football enrichment is on every Wednesday after school from 16:00 - 17:30 for boys and girls. Students should study the football knowledge organiser and use BBC Bitesize GSCE football for more information on the essential skills and techniques (including video) <https://www.bbc.com/bitesize/topics/z9bg39q>. It is also recommended that students watch professional football matches on youtube.

### How you can help?

As well as supporting your child to complete the suggested homework outlined above, please support your child in these ways:

1. Ensure your child brings a full PE kit to every PE lesson: HNS polo shirt, plain navy shorts, HNS tracksuit, trainers, change of socks and a water bottle.
2. Ensure your child eats a balanced diet including breakfast
3. Ensure your child has good sleep patterns.

# PE

## Trampolining



### What will students study?

Students will learn about the history and cultural status of Trampolining, the objectives and rules of the sport and how to perform the key skills of the sport. Students will learn a number of basic skills to use as part of a routine. Students will be challenged to think creatively to create suitable routines. Students will be challenged to improve their physical, mental, social and emotional capacities. There will be the opportunity to develop leadership skills.

### What will homework be?

Homework for all students is to be physically active and participate in at least three sessions of physical activity per week. Each session should be at least 20 minutes long and vigorous enough so that their heart rate is increased for the full duration. This could be walking to school, unorganised play or participation in HNS enrichment classes or community sports clubs. Students are encouraged to attend optional after school sports enrichment classes. The HNS enrichment program can be found on the HNS website. Students should study the Trampolining knowledge organiser and use BBC Bitesize GCSE Trampolining for more information on the essential skills and techniques (including video).

<https://www.bbc.com/education/topics/zpnsp39>. It is also recommended that students watch Olympic Trampolining matches on Youtube.

### How you can help?

As well as supporting your child to complete the suggested homework outlined above, please support your child in these ways:

1. Ensure your child brings a full PE kit to every PE lesson: HNS polo shirt, plain navy shorts, HNS tracksuit, trainers, change of socks and a water bottle.
2. Ensure your child eats a balanced diet including breakfast
3. Ensure your child has good sleep patterns.