

Autumn 1 PE Lessons



| 5A | | Kit |
|---|---|---|
| Week 1 - Friday Lesson 4 and 5 - Mrs Bannister | Week 2 - Friday lesson 4 and 5 - Mrs Bannister | Multi-Skills - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle Swimming - Swimming costume/Trunks/Shorts, swimming cap, goggles, towel |
| Swimming / Multi-Skills | | |
| 5B | | |
| Week 1 - Friday Lesson 4 and 5 - Mrs Bannister | Week 1 - Friday Lesson 4 and 5 - Mrs Bannister | |
| Swimming / Multi-Skills | | |
| 6A | | Kit |
| Week 1 - Tuesday Lesson 2 - Mrs Bannister Thursday Lesson 1 - Mrs Bannister | Week 2 - Monday Lesson 4 - Mrs Bannister Thursday Lesson 5 - Mrs Bannister | Football - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle, Shin pads, Studs Cycling - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle, own helmet and bike if you own them and can get them to school |
| Football and Cycling | | |
| 6B | | |
| Week 1 - Tuesday Lesson 3 - Mrs Bannister Friday Lesson 1 - Mrs Bannister | Week 2 - Monday Lesson 5 - Mrs Bannister Tuesday Lesson 2 - Mrs Bannister | |
| Football and Cycling | | |
| 7A | | Kit |
| Week 1 - Monday Lesson 4 - Mrs Bannister Wednesday Lesson 5 - Mrs Bannister and Mr Hughes Thursday Lesson 5 - Mrs Bannister | Week 2 - Thursday Lesson 2 - Mrs Bannister | Football - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle, Shin pads, Studs Netball - Football - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle |
| Football and Netball | | |
| 7B | | |
| Week 1 - Monday Lesson 2 - Mrs Bannister Tuesday Lesson 5 - Mrs Bannister Wednesday Lesson 5 - Mrs Bannister and Mr Hughes | Week 2 - Wednesday Lesson 1 - Mrs Bannister | |
| Football and Netball | | |
| 8A | | Kit |
| Week 1 - Wednesday Lesson 4 - Mrs Bannister | Week 2 - Wednesday Lesson 3 - Mrs Bannister Thursday Lesson 3 - Mrs Bannister Friday Lesson 2 - Mrs Bannister and Mr Hughes | Football - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle, Shin pads, Studs Netball - Football - Top, fleece, shorts/skorts/leggings/ tracksuit bottoms, navy/black socks, trainers, coat, sun hat, sun cream, water bottle |
| Football and Handball | | |
| 8B | | |
| Week 1 - Monday Lesson 5 - Mrs Bannister Wednesday Lesson 1 - Mrs Bannister | Week 2 - Thursday Lesson 1 - Mrs Bannister Friday Lesson 2 - Mrs Bannister and Mr Hughes | |
| Football and Handball | | |

First lesson will be a theory lesson with expectations for PE, the second lesson will be the Multi-Stage Fitness Test.

Please bring indoor and outdoor kit for both lessons.

Physical Education is a requirement from the National Curriculum. We strive to ensure all pupils participate in these lessons and aim to acquire a minimum of 60 minutes physical activity a day.

In order to ensure that all pupils are fully prepared for these lessons, a kit list is sent out at the beginning of each term and pupils are also pre-warned ahead of the modules. Due to the unpredictable nature of the weather, it's important that pupils bring all the kit listed on the days they have PE to be prepared for either an indoor or outdoor lesson.

For health and safety reasons the absence of certain kit may result in a pupil not being able to fully participate in a lesson which can impact their learning.