

PE is very important to students at Bexley Grammar School. We have a busy department and we want everyone to take a full part and enjoy themselves. Our department has a statement which summarises what we hope to provide you with:

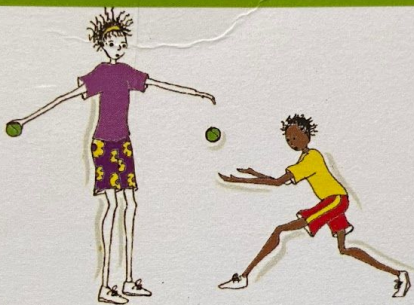
"Fully inclusive, enjoyable and intelligent Physical Education that achieves each student's physical potential, whilst developing self-confidence, sportsmanship and academic success"

It sounds like a big claim - but that's what we think PE and sport can do for you. There's a reason that "fully-inclusive" is the first thing in our statement. It's central to how we view PE and sport - although we have some fantastic athletes at school, we don't view anyone as "sporty" or "non-sporty". We are really confident that we can find PE that you will enjoy, even if you haven't enjoyed it before.

As well as our PE lessons, we have loads of sports teams and practices which are open to everyone, regardless of experience. Your form tutor will give you a full timetable of events and practices. We have fixtures all year round against local schools in a large variety of sports, including rugby, netball, football, basketball, rounders, cricket and athletics.

Below is an activity you can try with your family - it's part of the multi-skills work that we complete in our first term. We do these because they work on all of the fundamental aspects of physical performance - Agility, Balance and Coordination. Can you see how this activity tests each of those?

12. Agility – Reaction/Response



EQUIPMENT
2 tennis balls

(Catching tennis ball dropped from shoulder height off 1 bounce)

GREEN CHALLENGES

Complete the following tasks with your partner standing in front of you with their arms stretched out to the side at shoulder height and a tennis ball in each hand.

1. From 1m away, can you react quickly and catch the ball dropped by your partner after 1 bounce?
2. Can you do the same task, this time standing 2m away from your partner?
3. Now try from 3m away from your partner.

The most important aspect is for you to take part with a positive attitude, always have your kit (even if you're injured, we can get you involved), and be prepared to try new sports and activities.

We can't wait to see you in September.

Mr Lines & the PE department.