

How good is your coordination? We will find out as you take part in Netball and Football. These will be the first team games you participate in, show your teachers your skills and team work abilities. Who knows some of you may be the next international superstars! How quick are your reactions? These will also be tested in Table Tennis this term. For the creative amongst you, show your flair during Dance lessons.

Challenge : If you love PE, attend an extra-curricular PE club in a new sport or try out for one of the sports teams. Go further and encourage a friend to come with you, sport is a brilliant way to develop your social skills, and demonstrate the Ashmole Values of endeavour, respect and cooperation.

Are you tactically aware? How do you outwit your opponent? How do you create space? Why is it important to communicate with your team? When should you defend and when should you attack? You will use your Netball and Football lessons to develop your tactical awareness. Ever wanted to be an umpire or referee? You will have an opportunity to learn all of the rules for the sports undertaken.

Check point
Practical assessment in the sports covered this term



The Autumn line

Challenge : Be inspired! Who is your sporting role model? Where did their journey begin? Find out what got them into sport and create a fact file of their successes.



Can you navigate your way around the Ashmole campus? Learn how to map read and develop your Orienteering skills. Develop your team building skills using verbal and non verbal communication by participating in Volleyball. Are there any transferable skills from the other sports you have taken part in?

The Spring line



Check point
Practical assessment in the sports covered this term

Who is the fastest, highest, strongest? This term you will test your athletics skills –which will you excel in – running, jumping or throwing events? How close can you get to beating a world record?

How many rules are there in rounders? You will learn through competition how best to avoid getting out and how to maximise your chances of success in scoring a rounder.

Learn to play one of the fastest growing sport in Europe! It combines speed, strength, stamina, agility, technical precision, skill and teamwork. You will test your skills in this new fast paced sport of Handball. Cricket is England's national summer sport. Will you be a bowler, batsperson or all-rounder?

Check point
Practical assessment in the sports covered this term

Challenge: Do you have the skills to be the Sports Captain? Can you motivate others and lead by example? With sports day approaching, create a poster advertising the launch of this event or create a form flag.

The Summer line