

# Love to Learn Year 7,8 and 9: PE

Project Due to take place in terms 1 and 2.

Will be monitored by: The P.E Department.

This Project should take between 2 hours+

**What we are going to be learning:**

To take part in at least two hours of extra-curricular P.E during the period of **Term 1**. It can range from any club that is available during this period. Clubs include: Lists of activities to be shared with form teachers.



**What we are looking for you to achieve:**

Bronze - Complete 2 Hours of Extra Curricular clubs.

Silver- Complete 7 hours of Extra Curricular clubs.

Gold - Take part in a variety of clubs for 15 hours of more or assist in e.g. Umpire, referee, coaching and/or Represent the school in a competitive situation.

**What you have to do:**

Actively take part in any club that takes place over this term. This does not necessarily have to involve a level of performance. Taking part can mean going to a recreational club like Table Tennis, football etc..... You can also complete the task by being involved in other roles like Umpiring, refereeing, coaching or taking footage for coaching feedback.

**How you can do your work?**

Performance - take part in coaching during lessons which will help skill development.

Recreational - take part in a club for relaxation or fun.

Refereeing - perform an umpiring or refereeing role at any club you choose, you do not have to be a good umpire for this, we will teach you!

Monitor/Assessor - come along to a club, listen to the coaching points, then provide feedback to others! This option is particularly good for ICT lovers because you get to use various gadgets!

**Signposts to help you complete the task:**

Posters in the Sports Hall corridor list all clubs. Form time PE Clubs powerpoint.

**Top Tips:**

Try to complete the minimum hours early in the term to avoid rushing your homework at the end of the term where club numbers may be high.

Ensure that your name is written on the register of the club you are attending and written by you and not somebody else.

Attend a variety of clubs, try something new, you may enjoy it!

If you cannot complete the Homework with a valid reason, then please speak to a member of the PE department as soon as the term starts.

**What not to do:**

Don't leave things till the last minute and miss the deadline.

Don't forget to sign the register.



Don't limit yourself to one club, the weather may cause this club to be cancelled.

Don't forget to speak to a member of the PE department if you cannot participate in any clubs due to injury or illness.

### How your work will be assessed.

Your work will be given a grade as follows.

4. **Gold:** You have completed 15 hours or more of extra-curricular activity, represented the school in competitive sport, or applied yourself in a different role/roles eg: coach, leader, or official
3. **Silver:** You have completed 7 hours or more of extra-curricular activity.
2. **Bronze:** You have completed 2 hours of extra-curricular activity.
1. **Unsatisfactory:** You have failed to complete 2-hours of extra-curricular activity, with either no hours or only 1-hour completed.

