

What we Learn – Year 7 – Term 1

PE		
What students learn to do?	How can I prepare?	What leadership or extracurricular opportunities are there?
<p>Our curriculum is based around The PiXL edge Apprentice Award ‘LORIC’. We strive to develop these 5 main skills throughout our practical lessons; Leadership, Organisation, Resilience, Initiative and Communication. These skills are essential for employability and life!!</p> <p>We then input these skills into an online programme called PiXL Edge. These statements will carry over into Year 8, where you will complete another 5 statements linking to LORIC. After the 10 statements have been completed you will have achieved the PiXL Edge Apprentice Certificate.</p> <p>We offer a range of sports in our lessons from Badminton, Netball, Basketball, Football, Rounders, Athletics, Gym, Dance, Handball, Fitness and Outdoor Adventurous Activities (OAA).</p>	<p>Make sure you have the full WRHS PE kit. This includes; WRHS polo shirt, plain black joggers/leggings, trainers and the WRHS PE hoodie (optional). Also, a water bottle.</p> <p>Research some of the sports that are new to you and have a look at the rules and how you play the games.</p> <p>Try practicing as many practical skills at home as you can such as; shooting in Netball/Basketball/Football and throwing and catching a ball.</p>	<p>We offer a broad range of activities for you to get involved with. These run in a morning before school, lunch time and after school.</p> <p>We do student voice every year to ask students which sport they would like to see on the timetable. The timetable gets changed each term. Some of the activities are; Gymnastics/Trampolining, Dance, Cycling, Fitness, Handball, Dodgeball, Football, Basketball, Netball and many more!!</p> <p>If you would like to be part of the WRHS Sports teams you just need to turn up to practice and the staff running the club will select students to compete in competitions and tournaments.</p> <p>We also have a Sports Leaders club after school. Here you will learn how to lead other students, how to run competitions for primaries schools and also gain some umpiring/refereeing qualifications. At the end of the year you will be awarded with the Young Leaders Award certificate.</p>