



Welcome

Welcome to The King's School PE department. We are looking forward to getting you involved in physical activity by developing your skills, character and awareness of health and fitness. We have a long-standing tradition of strong sport and extra-curricular success and we hope you will contribute to this further once you arrive in September.

What will I study?

In PE you will be introduced to a wide variety of sports and physical activities through our Physical Education Curriculum as listed below:

Boys

Basketball, rugby, fitness, Cross country, football, OAA, Softball, Cricket, Volleyball, Athletics. Table Tennis.



Girls

Basketball, Netball, Gymnastics, Athletics, Rounders, OAA, Football, Dance, Basketball, Fitness, Rugby.

Extra-Curricular

A huge strength of The King's School is our extra-curricular provision and in PE we have an excellent extra-curricular programme for you to get involved in. There are clubs and teams to be involved in daily, in the sports listed above. We compete against school locally, regionally and nationally in a variety of sports and have had huge successes in these competitions.

If you enjoy participating in sport and consider yourself as a talented sports person you may also have the opportunity to be selected for our Sports Academy. We run Sports Academies for the girls (Netball) and Boys (Rugby) and these were introduced in 2019. They have been extremely successful with both Academies being undefeated locally.

Will I need any special equipment?

You will need to purchase your PE kit from school which is a maroon and blue rugby shirt for boys, a maroon polo for girls (with an optional Navy fleece), Navy blue shorts with The King's School logo and navy blue football socks. On top of this you will need indoor footwear and outdoor footwear/football boots.



Activity for you to try

Two options:

Film yourself re-creating one of your favourite sporting moments/sports/events e.g. a particular football goal and celebration, long jump, Ben Stokes catch in cricket etc.

OR

Film yourself demonstrating your best sporting skill e.g. rugby pass, football shot, keepie-uppies, spinning a basketball on your finger, trick shots, netball/basketball shots, cricket bowl, gymnastics routine etc