

Year 6 to 7 Transition

Physical Education



A message from Mr Flynn – Head of PE

Welcome to our team.

We are really looking forward to meeting you in September! We want to make sure you are ready to take part in the various activities that we have here at The Prescott School. We encourage development of how you understand PE (your head), how you perform in PE (your hands) and how you use your morals and judgement in PE (your heart). This will form the basis of your progress in PE and allows every pupil to develop, regardless of their physical ability.

At The Prescott School we want you to enjoy PE and understand the value of living a healthy active lifestyle.

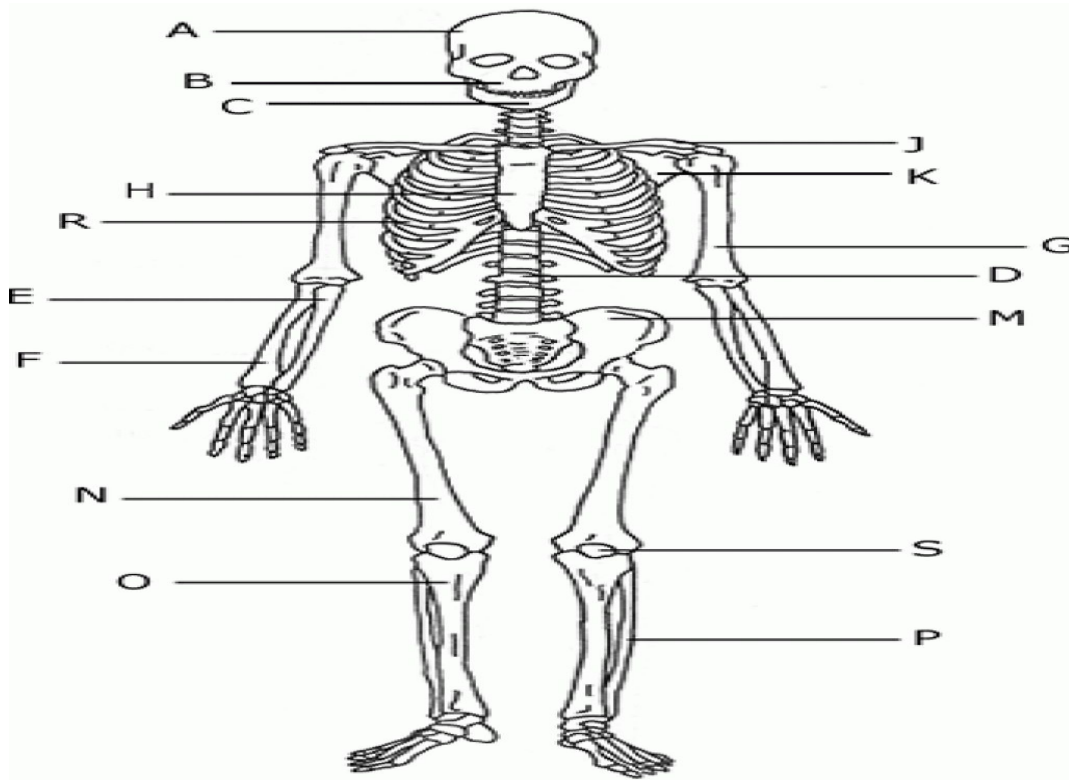
In this pack there are some tasks for you to complete that will help you as you start your secondary PE experience. The PE department look forward to getting you up and running.

Mr Flynn

Head of PE

Activity 1:

(Head) When you arrive to school in Year 7, we will begin teaching you about the muscles and the bones, we will teach the anatomical name for each of these. Ask someone in your family or do some research on the names of each of these bones. For example, A is your Skull, but the anatomical name for it is the cranium.



Activity 2:

(Hands) In PE, we love to teach a range of sports, some you will know and some that will hopefully be brand new to you. List your favourite 5 sports:

- 1.
- 2.
- 3.
- 4.
- 5.



Activity 3:

(Heart) In PE we help you develop holistically and develop lots of different qualities that you can take into the real world, such as communication skill and leadership. From the below list, circle the 3 qualities that you have the most already.

- Communication
- Leadership
- Resilience
- Commitment
- Hard working
- Ambition
- Integrity
- Appreciation



Activity 4:

In primary school you will hopefully have lots of experiences of different sports, but we want to go further and introduce you to new sports. Try and do some research and find 5 sports that you have never heard of.

- 1.
- 2.
- 3.
- 4.
- 5.

Activity 5:

At the Prescot school we have our core values of ambition, integrity, and appreciation. We also have our school crest that we wear on our PE kit with pride. Below, chose 3 values that are important to you and design your own crest to the right.

Values

- 1.
- 2.
- 3.

