

Dear Parents / Carers,

I am writing to make you aware of the sports/activities your son will be studying as part of the NSB P.E opening programme. To baseline assess across a range of skills, we follow a core programme over the first six weeks, covering a variety of different sports.

The PE staff will inform your son during every lesson this term, of the activity that they will be participating in the following lesson and linked to that, exactly what kit they need to bring in. We like the students to take ownership to help with their personal organisation, but to support the process I have included the information below, so you are also aware of what sport/activity your son will be taking part in week by week.

Your son's PE group will be on his timetable. He will have one double and one single lesson of PE a week.

Year 7 - Single Lesson

Y7 East	05/09	12/09	19/09	26/09	03/10	10/10
7EA - PBE		Running	Circuit	Swim	Speed	Mile Run
7EB – JED		Circuit	Swim	Speed	Running	Mile Run
7EC – JWI		Swim	Speed	Running	Circuit	Mile Run
7ED – APN		Speed	Running	Circuit	Swim	Mile Run

Y7 West	08/09	15/09	22/09	29/09	06/10	13/10
7WA - JED	Intro	Running	Circuit	Swim	Speed	Mile Run
7WB - PBV	Intro	Circuit	Swim	Speed	Running	Mile Run
7WC - PBE	Intro	Swim	Speed	Running	Circuit	Mile Run
7WD - KEW	Intro	Speed	Running	Circuit	Swim	Mile Run

Year 7 - Double Lesson

Y7 East	11/09	18/09	25/09	02/10	09/10	16/10
7EA - JHE	Football	Bench ball	Cricket	Rugby	Cooper Run	
7EB - JED	Rugby	Cricket	Football	Bench Ball	Cooper Run	

Y7 East	08/09	15/09	22/09	29/09	06/10	13/10
7EC - JWI	Football	Bench Ball	Rugby	Cricket	Badminton	Cooper Run
7ED - APN	Football	Cricket	Badminton	Rugby	Bench Ball	Cooper Run

Y7 West A&B	11/09	18/09	25/09	02/10	09/10	16/10
7WA - JED	Football	Handball	Cricket	Rugby	Cooper Run	
7WB - PBV	Rugby	Cricket	Football	Handball	Cooper Run	

Y7 West C&D	12/09	19/09	26/09	03/10	10/10	17/10
7WC - PBV	Football	Bench Ball	Cricket	Rugby	Cooper Run	
7WD - KEW	Rugby	Cricket	Football	Bench Ball	Cooper Run	

P.E Kit

Swimming – swimming shorts and towel. Swimming hats and goggles are not compulsory but can be worn through personal choice.

Football/Rugby – NSB P.E shorts, NSB P.E shirt or rugby shirt, white socks or NSB rugby/football socks. Boots are preferable with moulded studs opposed to metal studs. Astro turf or normal trainers are fine. (All rugby lessons in P.E are ‘tag rugby’ so no contact situations).

All other lessons – NSB P.E Shorts, NSB P.E shirt, white socks or NSB rugby/football socks and trainers. (Must have clean non-marking trainers for indoor lessons).

Fitness Testing

NSB students complete the Cooper Run and Mile Run fitness tests twice a year. This is a measure of their Cardiovascular fitness, and the students are encouraged to beat their personal best each time. The first opportunity the students will get to complete both tests will be in October this year and we will test again after the Easter break to measure for improvements.

PE Sets

In Year 7 we will set students into two ability-based groups from Term 2 (after the October holiday week) and then students will do the same activity for six weeks in the single lesson and a different activity in the double lesson for the duration of the six-week block.

Yours sincerely,



Mr J Melling

Head of Physical Education