

Meadowhead School



Health, Fitness & Well-being



**Year 7
2016/2017**

Health, Fitness and Well-being

Health, Fitness and Well-being focuses on promoting a healthy, active lifestyle through its lessons on exercise, health and nutrition.

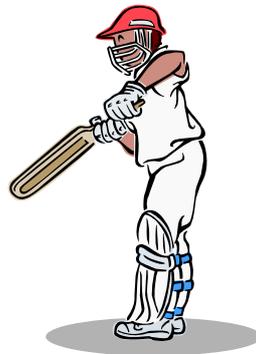
Health and fitness are closely linked and we want you to experience and appreciate the physical, mental and social benefits of a healthy and active lifestyle.

A healthy lifestyle increases your well-being, self-esteem and will help you feel good about yourself. We want you, through Health, Fitness and Well-being lessons to feel confident and have a positive outlook on life. In lessons you will be looking at your lifestyle, how active you are, your diet and what food you are eating and whether it is in the correct proportions.

We provide a broad balanced range of activities at Meadowhead to enable you to enjoy being active.

In Year 7 you will experience and participate in the following activities:

Athletics
Badminton
Cricket
Dance
Football (boys)



Orienteering
Rounders
Rugby (boys)
Short Tennis
Trampolining (girls)

Gymnastics
Hockey
Health, Fitness &
Well-being
Netball (girls)



You will also compete in inter-form competitions in your lessons.

Extra-curricular Activities

There is also the opportunity for you to pursue these activities, and many more, out of lesson time. At Meadowhead School there is an extensive Extended School's Programme. There are clubs and team practices most nights after school.

Meadowhead School enters a wide variety of leagues and tournaments in the city as well as national competitions. Therefore there will be the opportunity not only to increase your fitness and learn a new sport or activity after school, but there is also the opportunity to represent the school in a variety of sports/activities. More successful students will move on to representing Sheffield and South Yorkshire.

The staff in the Health, Fitness and Well-being Department will make every effort to encourage you to be active and make good use of your leisure time both in and out of school and will help you access activity opportunities in the community, the fitness suite is open 4 days a week, and all students are welcome.

Standards

The Health, Fitness and Well-being Department at Meadowhead School believes, very strongly, in the necessity of high standards. This means high standards of effort, attitude, manners, performance, and dress.

We aim to help you all, regardless of your fitness or sporting ability, to have a positive outlook on life and to reach your physical potential.

Our expectations are high but you will be given as much encouragement as possible to succeed and to become involved in some form of activity.

We hope to provide a friendly but competitive atmosphere in lessons where you can practise and develop your skills.

PE Kit

For practical lessons you will change into a standard Meadowhead PE kit. The school colours are emerald green and black.

You will require **all** the items of PE kit listed below to participate in the practical Health, Fitness and Well-being lessons.

Indoor lessons:

- 'Meadowhead' green T-shirt
- 'Meadowhead' black shorts or cycling shorts (no emblems or sports logos)
- Plain black 'football' socks
- Indoor trainers (clean trainers)

Outdoor lessons:

- 'Meadowhead' rugby shirt (**compulsory for boys**)
- 'Meadowhead' rugby shirt, or fleece (**compulsory for girls**)
- 'Meadowhead' black shorts or cycling shorts (no emblems or sports logos)
- Plain black 'football' socks
- Outdoor trainers

'**Meadowhead**' tracksuit bottoms, '**Meadowhead**' hooded top and '**Meadowhead**' sports leggings are also available as an **optional** items.

NB boys must have a rugby shirt for rugby lessons but they may choose the optional fleece for other activities. As girls don't do rugby, they may choose a fleece or a rugby shirt for their lessons.

Clean trainers are required for indoor activities. Your outdoor trainers **cannot** be worn inside for indoor lessons. **Plimsolls** and **pumps** are not allowed as they do not give enough support. Gymnastics and Dance are performed in bare feet.

Football boots are recommended for Rugby and Football and for these sports we strongly advise parents to invest in shin pads and gum shields for protection. These can be purchased from all good sports retailers.

Outdoor lessons go ahead regardless of weather. Shower facilities are available; if you choose to shower you must bring a towel. It is advisable to bring a carrier bag to put your PE kit in after the lesson, particularly if the kit gets wet or muddy.

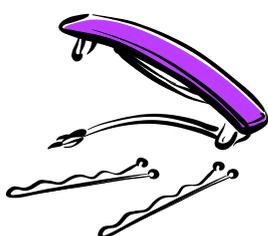
NB it is not compulsory for students to have 2 pairs of trainers; however students will not be allowed to wear dirty trainers indoors.

Health and Safety

On the grounds of safety, all watches must be removed before taking part in any PE lesson. Watches, purses, wallets etc may be handed in for safekeeping but they must be named.

Long hair must be tied back and shorter hair must be secured away from the face with clips.

Please be reminded that no jewellery is allowed to be worn at any time in school.



Taking Part



If you wish to be excused from a practical lesson, we require a note from your parents. We will require a note from either your doctor or hospital for our medical files if you are to be excused from PE for a long period of time.

If you have a minor injury or illness, you will still be required to get changed into your PE kit. The member of staff in charge understands that you cannot perform to your full potential and will advise you of what you can do in the lesson. This may involve coaching basic skills, umpiring, refereeing, or analysing other pupils' performance.

It is therefore important that you bring your PE kit to every lesson even if you have a note.

Parents are asked to contact the Head of PE, Mr Allen, regarding long-term injuries or specific issues.

Arrangements

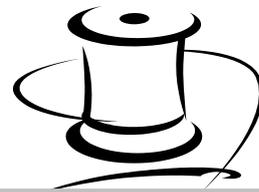
Mr Allen will be available at the New Intake Parents' Evening on **Monday 11 July** at 7.00pm. Mr Allen will be in the Hall to discuss any problems that parents may have regarding Health, Fitness and Well-being.

PE Kit Evening - Thursday 5 May 2016



The PE Kit/Uniform Evening will be held on **Thursday 5 May** in the Café Olé from 4.00pm to 6.00pm. There will be examples of all PE kit. All items of clothing can be tried on to check sizes. Payment can be made by either cash or cheque.

It is also important that all items of school clothing are labelled so that clothes don't get mixed up whilst changing and if they do get mislaid they can be easily returned to your child.



Pupil's Name

Name Tape order forms will be available at the PE Kit/Uniform Evening.

Please remember that it will be several months before your child will be wearing their kit so we suggest that you allow plenty of room for growth!

PE Kit Evening - Thursday 5 May 2016

Try Garment for Size:

- There will be examples of all items of PE kit on display and available for your child to try on when you attend the **PE Kit/Uniform Evening**

PE Kit Suppliers:

- Logo Leisurewear

Orders and Payment to Logo Leisurewear:

- Payment desks will be in the Café Olé and cheques should be made payable to **Logo Leisurewear**.
- Orders will be delivered to your feeder/Non- feeder school during the week commencing **20 June 2016**.

Garments will come with details of who to contact in case of any complaint. Garments will only be replaced as a result of a fault in manufacture and not, for example, if washing instructions have not been followed or in the case of spillages of substances containing a bleaching agent.

You will be able to purchase further garments directly from the school throughout the year.