

PE Department Weekly Notice

WB: 09.11.2020 (Week A)



NOTICES AND REMINDERS

NO AFTER SCHOOL CLUBS	Please be aware that unfortunately due to the new Lockdown restrictions we are unable to run after-school clubs anymore. Your PE lessons will carry on as normal.
Teen Yoga Online	Mrs Emma Tattersall is part of a teaching team offering teens the opportunity to access a range of live yoga experiences online, via a safe platform. With classes for all abilities for those between the ages 11-18 this is a great opportunity to get involved with some amazing yoga. Check out the website for more info! www.teenyogastudio.com
#WakeUpWithJoe	Joe Wicks is back for Lockdown 2.0! He'll be sharing new 15min workouts on his social media accounts every Monday, Wednesday and Friday and you can do them anytime you like – checkout @thebodycoach on Instagram for more info!
Sports Captains	Applications for Sports Captains are now OPEN! Please see the attached information below about how to apply.
Guidelines	Make sure we remember the following measures around Covid-19: <ul style="list-style-type: none">- One-way system out of the changing rooms; always go LEFT- Using the hand sanitiser before, during and after our PE Lessons- Remove all jewellery before your lesson



SPORTS NEWS

Cricket 🏏	England spinner Sophie Ecclestone bowled a superb spell as Trailblazers thrashed Velocity by nine wickets in the Women's T20 Challenge in Sharjah.
Football ⚽	Netherlands striker Vivianne Miedema scored all four of Arsenal's goals as they won at London City Lionesses in the Women's Continental League Cup.
Rugby 🏉	England women secured victory over Italy to seal their second successive Grand Slam with an impressive score of 54-0!
Athletics 🏃	Britain's Laura Muir has been nominated for this year's World Athletics Female Athlete of the Year award.

Sports captain 2020-21.

What is a sports captain?

An excellent sports captain must have a passion for sport and physical education. They must share the enthusiasm of the PE department and work eagerly alongside the department to promote the role of sport within the school. Leadership, organisation, sportsmanship and communication must be consistently displayed within the sports captain's responsibilities, in addition to around the school. They must have a competitive spirit, however, favouritism should never be displayed and decisions must reflect what is best for the school. Overall, candidates should be able to confidently communicate with a range of people, including peers and staff members. Sports captains should be role models within the school, which aspire to be remarkable in everything they do.

The role:

- Communicate effectively with the PE department, other sports leaders and peers (in a variety of year groups).
- Help to organise sporting events within the school e.g. Interhouse/ charity events.
- Promote the 4 respects within school and PE. *Self-respect, respect for others, respect for learning and respect for the environment.*
- Display a passionate and competitive spirit.
- Be a positive role model and display leadership skills.
- Actively participate within a range of sports teams.
- Encourage younger years to be involved in sport.
- Increase the profile of PE within the school.

Sports captains criteria:

<i>Self-Respect</i>	<i>Respect for others</i>	<i>Respect for learning</i>	<i>Respect for the environment</i>
<ul style="list-style-type: none"> - We are proud of our school and its and want to make a positive contribution to its community - We have high expectations in our behaviour 	<ul style="list-style-type: none"> - We treat everyone with respect and kindness at all times - We appreciate members of staff and communicate effectively - We are aware of others feelings 	<ul style="list-style-type: none"> - We display leadership and create an environment which benefits all - We take responsibility for our organisation and actions 	<ul style="list-style-type: none"> - We treat all equipment and school property with respect, reminding others to do the same

The application process:

1. Complete the application form below, filling out your personal details carefully.

<https://forms.office.com/Pages/ResponsePage.aspx?id=jnu33K1ilkyQmOr5bjcnPmGWuMr41FHqd3vp0LitNUN1NDUUZITVFENUtLUVdaTUIRNik1MVhQSS4u>

2. Write a small statement explaining what you could bring to the role of a sports captain. Make sure you tailor this to the role description and responsibilities.
3. Make sure your form is submitted by Wednesday 18th November 15:30.

A list of nominated candidates which meet the criteria will be discussed with the PE department and then be asked to interview for the role. Please be prepared to deliver a short presentation, if you are successful. You will be notified by email concerning your success.

There will be 2 sports captains for each year group across year 7, 8, 9, 10.

Good luck with your application! If you have any questions please contact Miss Humphreys or the PE department.

