



PHYSICAL EDUCATION EXPECTATIONS



In Physical Education, we aim to show **Dignity, Integrity, Fairness, and Justice** in ALL our practical lessons. These are best demonstrated through how we work together as a class, the standards we hold each other to, and the life skills we learn through our P.E lessons. How this looks and what this means will be discussed in your lessons by your teacher.

Our curriculum is designed to focus on movement based games/activities that promote overall well being and **growth**, so when you leave school you will be able to continue your positive journey with physical activity into your adult lives. Success in P.E depends on your ability to **develop** skills through these activities and games (e.g. communication, teamwork, inclusivity, and how to deal with success/disappointment). **This development and growth will only happen if you show effort and a positive attitude!**

To achieve all of this, we have the following expectations of all students:

Years 7-10

Full P.E uniform is expected

- **Rosmini sports team gear or mufti is not acceptable.**
- *Bringing the school P.E uniform to every lesson teaches self management. It also promotes school unity and fairness.*
- *Consistent failure to bring/wear correct uniform, without a note to justify = X on your card and a consequence.*

All classes have one indoor and outdoor lesson a week (where possible)

- *You need to know where you are meeting your teacher and not rely on others. This meeting place should be established early and remain the same for the duration.*

Fitness/Warm-ups

- *Standardised fitness testing and fitness based warm-ups are an important part of our P.E lessons.*
- *These are in place for personal improvement purposes and end of year report grades.*
- *Students are to approach these with INTEGRITY and give 100% when asked to please.*

Injury or illness

- *Anyone not taking part in P.E needs a note to justify, with a valid reason (e.g. injury, illness). **There is no option to simply sit-out.***
- *When not taking part, you will be asked to hand in your phone (just for the lesson) and will be given a job to do during that period to support the class or the school.*

Personal belongings

- *We try our best to keep all our students safe, this includes their bags and belongings. However, P.E facilities are a busy place with a lot of students coming and going. If you want to keep high value items like your airpods etc 100% safe, then please leave them at home.*



Years 11-13

A change of clothes is expected (shorts and top)

- *This is the minimum requirement, however, we'd hope to see Rosmini sports gear over mufti. Offensive, or non-sport related mufti clothing are not acceptable (e.g, jeans or jewellery).*

All classes have one indoor and outdoor lesson a week (where possible)

- *You need to know where you are meeting your teacher and not rely on others. This meeting place should be established early and remain the same for the duration.*

Based on recreational and promotion of lifeskills

- *While we like to give you more choice during these years, we need students to be inclusive, open to new activities, and most importantly, engaged in the agreed content.*

Fitness/Warm-ups

- *These are part of the curriculum through all years and sometimes we complete standardised fitness testing for personal improvement and to challenge our students. When presented with these, treat them as an opportunity to show INTEGRITY, and give 100% when asked.*

Attendance and Participation

- ***There is no option to simply sit-out.*** *Anyone not taking part needs a note to justify, with a valid reason.*
- *If no note is produced, you will be asked to hand in your phone (just for the lesson) and will be given a job/consequence to complete. **No-one is to be sitting doing nothing on their phones during P.E, at any point.***
- *Consistently not taking part in P.E will lead to contacting home, and further consequences.*

Personal belongings

- *We try our best to keep all our students safe, this includes their bags and belongings. However, P.E facilities are a busy place with a lot of students coming and going. If you want to keep high value items like your airpods etc 100% safe, then please leave them at home.*