

# High School & Sixth Form

## High School PE



The pupils in High School have approached their first lessons of the academic year with lots of motivation. The main focus of their lessons this half term will be ball skills and Outdoor Education for those in form 'G'.

We also like the pupils to understand the why their body needs to be physically active and will be completing a series of fitness test and athletic activities at the start of their lessons. This week all pupils completed the multi-stage fitness test which tests their cardiovascular endurance. We discussed what cardiovascular endurance is and why it is important to keep your heart healthy.

In Upper 4, pupils were also able to link the suitability of this test to various sports and explain why some sports, such as gymnastics, do not benefit from cardiovascular endurance.

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## Sixth Form & Year 11 Games



Pupils in Sixth Form and Year 11 were briefed on the plans for this year's activities; in addition to the traditional fixtures we play at Gateways, activities will include golf, padel, pilates, badminton, basketball and fitness. The pupils will begin activity rotations from next week and I look forward to them trying new activities during this academic year.

Lower 6 completed their gym inductions this week and can now start to use the fitness gym in the Sixth Form Centre. This is a fantastic facility that the sixth formers can utilise in their free time and during their games time.

Mrs Laura Braithwaite