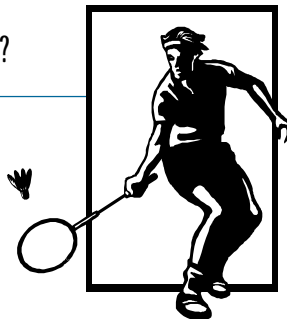


## What should I wear?

Different items from the PE kit are required depending on the activity being carried out. Boys you have 2 different kits – a green and a white. You must wear school PE kit for lessons and extra curricular activities. The following items are required for the following activities:



### Girls:

Outdoor trainers, Indoor (non-marking) trainers, long white socks, polo shirt, sweatshirt or tracksuit top

+ shorts (Football, Gymnas-

tics, Teambuilding, Dance, Athletics, Cricket & Rounders)

+ skort (Netball, Hockey & Tennis)

+ shin pads & a mouthguard (Hockey)

+ tracksuit bottoms (optional but highly recommended in colder weather)

+ plain black or white baselayer (optional)

### Boys:

White kit – Indoor (non-marking) trainers, ankle socks, shorts, polo shirt (Basketball, Teambuilding, Dance, Athletics, Cricket, Tennis & Softball)

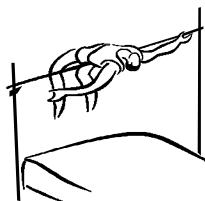
Green kit – Football boots, astroturf trainers, green socks, shorts, green long-sleeved top

+ shin pads (Football & Hockey)

+ mouthguard (Rugby & Hockey)

+ tracksuit top & bottoms (optional but highly recommended in colder weather)

+ plain black or white baselayer (optional)



## What else do I need to know?

### Naming:

All items of your PE kit should be named and initialled – including trainers, shin pads, football boots etc. If you do lose an item it can easily be returned to you via Student Support.

### Changing Room Procedures:

You should not go into the changing rooms until told to by the PE staff. Girls and Boys will line up separately outside the Sports Centre. Once in the changing rooms find a space and peg and change quickly and quietly. You will be registered at this point and told where to go for your lesson. Your lessons are all one hour long – we must not waste this time on changing so we need to be quick and efficient and tidy with your uniform.

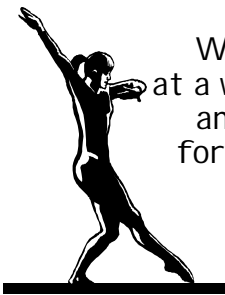
### Items of Value:

Ideally items of value should not be brought to school. However, any phones, wallets, keys etc. should not be left unattended in the changing rooms. You can either – lock items in your personal locker prior to the lesson or store items in the Department safe. There is a safe in both changing rooms which your PE teacher will open at the start and end of the lesson. If you wish to use the safe, items must be in a clear, named plastic wallet (available from the department for 30p).

You should use this safe as well for other sporting activities. If for some reason the safe is not accessible DO NOT leave your items in the changing rooms but bring them to the club or practice and give them to the staff member in charge.



We hope to see you at a wide variety of clubs and hopefully playing for some of the teams!



**LGS PE**  
Active for life



Langley Grammar  
School  
Physical Education  
Department

## Who are the PE Department?



There are 8 members of staff in the PE Department (5 male / 3 female)

It will take time to get to know us all. We are based in an office upstairs in the Sports Centre where you may go with any queries.

We are:

Mr. C Bartlett (Subject Leader)

Miss T Rae

Mrs H Close

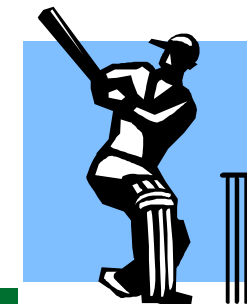
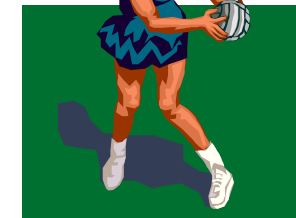
Miss C Thompson

Mr. P Adams

Mr. J Podbury

Mr. A Badshah

Mr. A Johnson



## What will I do in my lessons?



### How many PE lessons will I have?

You will have 2 PE lessons every week. You will do a different activity in each, and probably have a different teacher for each of these lessons.

### What activities will I be doing?

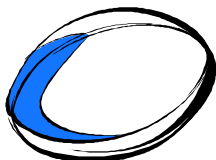
In Year 7 you will spend one lesson per week, for approximately ½ a term, on the following activities: As you move up the school you will



<u>GIRLS</u>	<u>BOYS</u>
Netball	Football
Hockey	Hockey
Football	Rugby
Gymnastics	Basketball
Teambuilding	Teambuilding
Dance	Dance
Athletics	Athletics
Cricket	Cricket
Tennis	Tennis
Rounders	Softball

do other activities as well.

### Extra curricular activities



## What can I do outside of lessons?

### **Lunchtime:**

Clubs begin at 1.20pm and finish at 2pm. You **must** eat your lunch before attending. Go directly into the changing rooms and put on the correct kit. The teacher will tell you where to go for the club.



Remember to hand your valuables in or take them with you.



### **After School Clubs and Matches:**

After school sports practices are from 3.30pm to 4.30pm. As at lunchtime make your way quickly to the changing rooms and ready yourself for activity.

Make sure you notify your parents so they know that you are staying at school for a club.

If you are selected to represent the school in a team you may play matches at Langley Grammar (home) or at another school (away). Times for this will be different and dependent on the activity and its location. All relevant information will be posted on the PE Noticeboards by the changing rooms and/or emailed to you via your new Langley Grammar School email address.



We do not send letters home regarding selection – It is your responsibility to communicate the information with your parents.

After a sports practice, or school match, you should be collected from the Sports Centre unless you are making your own way home.



## What activities will be available?

The days and times of the clubs will be published to you in September, so look out for it. The timetable will be given to you in form time by your tutor by the end of the first week.

These are the activities you can expect to see...

### Girls

Netball, Hockey, Football, Basketball, Badminton, Table Tennis, Triathlon club.

and in the summer... Cricket, Rounders, Trampoline, Tennis & Athletics.

### Boys

Football, Basketball, Badminton, Table Tennis, Hockey, Triathlon club

and in the summer... Cricket, Tennis & Athletics, Trampoline Club.

The school teams will be selected from the people who show high levels of commitment and attend clubs regularly. But anyone is free to attend all of the clubs, whether you are playing for the school team or not.

