

Preparing for Physical Education at OIEA



Welcome

- The PE department can't wait to meet you in September so you can show us your amazing skills.
- The tasks in this powerpoint will familiarise you with some of the basic routines we have in PE so you can start enjoying your lessons with us as soon as possible.

Putting your name in your belongings



- Once you have purchased your new school uniform and PE kit it is a good idea to put your name in everything. This way if you lose something we can return it to you quickly.
- Please put your name in the following items ticking them off the list as you complete them.



School Uniform	Tick when complete	PE Kit	Tick when complete
Blazer		Shorts	
Shirt(s)		Joggers	
Tie		T-Shirt	
Trousers/Skirt(s)		Socks	
School shoes		Trainers	
School bag		PE Bag	

Getting changed

- Getting changed quickly and sensibly for PE lessons is essential as it gives us more time for the actual lesson – the fun bit.
- Over the next week we would like you to time yourself getting dressed in a morning. Try and get faster and faster as the week goes on.

Day	Time
1	
2	
3	
4	
5	
6	
7	



My best time was



Jewellery

- **ALL** jewellery must be removed for PE lessons. This includes earrings, watches and rings.



- Why do think all jewellery needs to be removed for PE lessons?

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- What should you do with the jewellery you take off?

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Possible Answers

- Why do think all jewellery needs to be removed for PE lessons?

Wearing jewellery during PE lessons is dangerous for both the person wearing it and other participants. It could get caught on equipment, it can scratch/cut other people and it may get damaged.

- What should you do with the jewellery you take off?

The best thing to do with jewellery is to not wear it on PE days. If you do wear jewellery for school you need to hand it in to a member of staff by placing it in the valuables box for the duration of the PE lesson.

Sports you will be trying in Yr7



- Can you list some sports that you think you might experience at OIEA during Year 7 – Aim for 10 sports



1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	





Possible answers

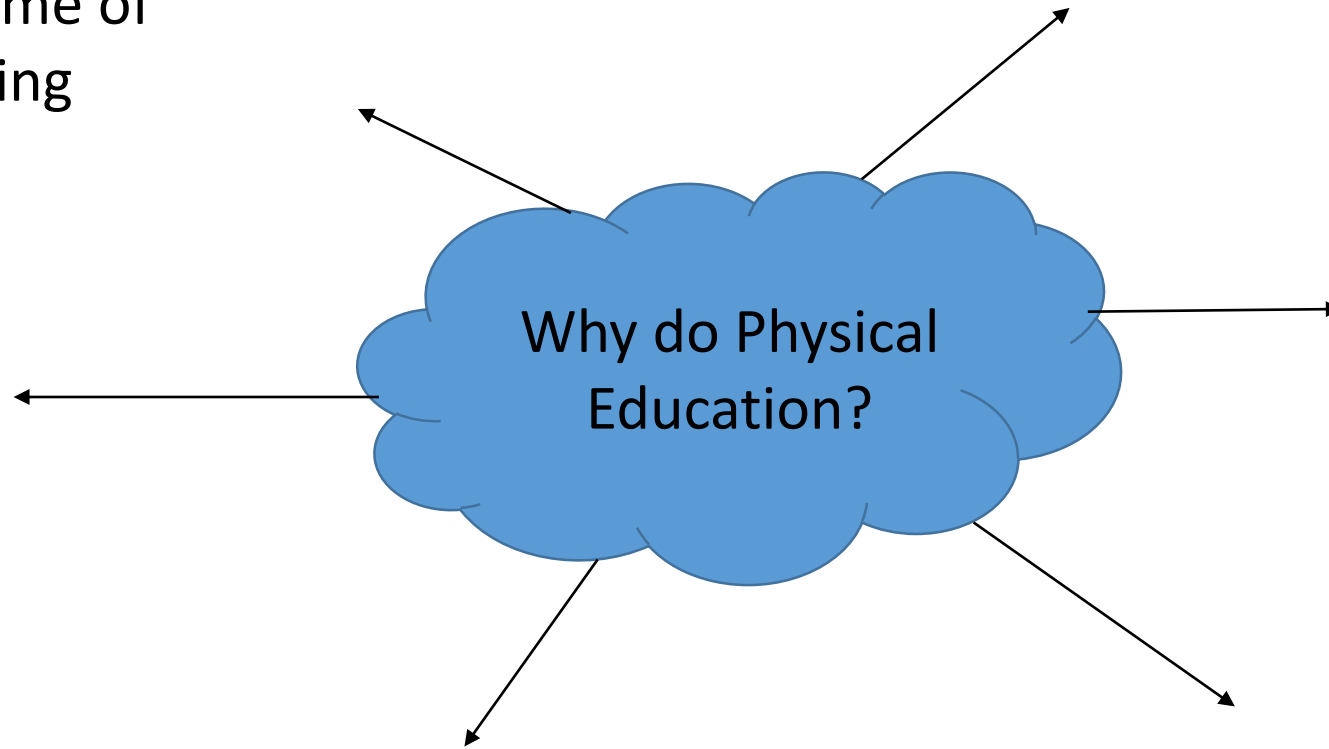
- Basketball
- Netball
- Football
- Rugby
- Dance
- Badminton
- Fitness

- Athletics
- Rounders
- Softball
- Tennis
- Orienteering
- Volleyball
- Leadership



Why do we need to do Physical Education?

Can you think of some of the benefits of taking part in PE?



Possible answers

- Learn new skills
- Get active
- Lose weight/build muscle
- Make friends
- Learn discipline, to follow rules
- Relieve stress
- Be part of a team
- Improve fitness
- To socialise
- To have fun
- Improve self-esteem
- Prevent certain illnesses/health problems