

Welcome to The Bolsover School PE Department!



Physical Education at The Bolsover School aims to create independent, active learners, who strive for ‘nothing but the best’ in their own personal development.

We believe and teach our students that there is so much more to PE than ‘being good at sport!’ We want all of our students to understand the importance of leading a healthy, active lifestyle and develop a life-long love of physical activity!

Meet the team!

Mr Lyne
Associate Assistant
Headteacher

Mr Pemberton
Head of Peveril
Teacher of PE

Mr Pridmore
Deputy Headteacher
Teacher of PE

Miss Ruddach
Head of PE

Miss Spence
Deputy Headteacher
Teacher of PE

Miss Owen
Head of Nightingale
Teacher of PE

Miss McNaught
Teacher of PE



What will you learn about?



You will learn about the different skills, knowledge and health benefits of a variety of different activities including:

Basketball

Football

Tennis

Netball

Fitness

Rounders

Rugby

Handball

**Sports hall
athletics**

Hockey

**Circuit
training**

Badminton

H.I.I.T

Boxercise

Dodgeball

Table tennis

Outdoor and

adventurous activities

Volleyball

Trampolining



What will you learn about?



We also value personal skills and attributes just as much as sporting ability. We will encourage you to be the best version of yourself through the following 'My Personal Best' attributes:

Communication

Self-management

Resilience

Integrity

Active listening

**Motivating and
influencing others**

Self-motivation

Responsibility

Evaluation

Collaboration

Empathy

Innovation





Our facilities!

4 court sports hall



Outdoor MUGA



Fields – rugby, football and athletics



Fully equipped fitness suite



Full sized astro-turf



Our expectations!








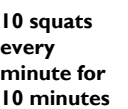



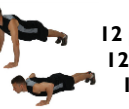


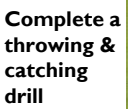

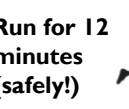
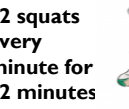









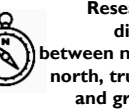

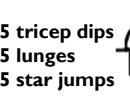
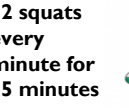






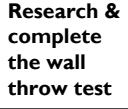












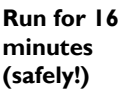
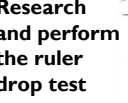
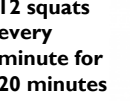
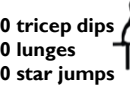


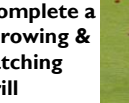


- ✓ **Correct kit every lesson – PE top, navy blue shorts, navy blue socks, trainers (indoor and astro-turf) or studded boots (football/rugby).**
- ✓ **Lined up outside the changing rooms sensibly, ready for the register to be taken.**
- ✓ **Get changed quickly and sensibly – be organised!**
- ✓ **100% effort.**
- ✓ **Be resilient and demonstrate a positive attitude to learning.**
- ✓ **Listen to and act upon feedback.**
- ✓ **Active listening when other people are talking – Respect for others.**
- ✓ **Enjoy your lessons!**





The Bolsover School P.E department summer transition challenge

- ✓ There are 100 PE challenges below for you to complete both in your primary school and at home - tick off each challenge when you have completed it.
- ✓ How many rows and columns can you complete?
- ✓ Bring in your completed sheet to the PE department in September – achievement points will be awarded for every row/column completed!

 Complete a Joe Wicks workout	 Complete 10,000 steps in a day	 Find out the major muscles in the body	 Plank 4 x 20 seconds	 Complete an online yoga class	 Research how to perform a lateral pass in rugby	 Go for a bike ride	 10 push ups 10 burpees 10 sit ups	 Find out the major bones in the body	 Walk 2km
 Jog on the spot for 5 minutes	 Research how to perform a short serve in badminton	 10 squats every minute for 10 minutes	 Create your own circuit session	 Find out the difference between strength and muscular endurance	 Complete a football skills drill	 10 tricep dips 10 lunges 10 star jumps	 Research how to perform a lay up shot in basketball	 Run for 10 minutes (safely!)	 Create your own plyometrics session
 Find out what the 10 components of fitness are	 Go for a bike ride	 Complete an online yoga class	 Research what makes a good warm up and cool down	 Walk 3km	 12 push ups 12 burpees 12 sit ups	 Research how to perform a jump shot in handball	 Complete 10,000 steps in a day	 Plank 4 x 30 seconds	 Complete a Joe Wicks workout
 12 tricep dips 12 lunges 12 star jumps	 Complete a throwing & catching drill	 Research how to perform a push pass in hockey	 Jog on the spot for 6 minutes	 Complete a core workout	 Run for 12 minutes (safely!)	 12 squats every minute for 12 minutes	 Research the 5 heart rate zones	 Create your own circuit session	 Perform a wall sit for 1 minute
 Plank 4 x 40 seconds	 15 push ups 15 burpees 15 sit ups	 Complete a Joe Wicks workout	 Research the different positions in netball	 Go for a bike ride	 Complete 10,000 steps in a day	 Research & complete the standing jump test	 Walk 4km	 Complete an online yoga class	 Research the difference between magnetic north, true north and grid north
 Create your own circuit session	 Complete a core workout	 Run for 14 minutes (safely!)	 15 tricep dips 15 lunges 15 star jumps	 Research the basic rules of basketball	 12 squats every minute for 15 minutes	 Set yourself a S.M.A.R.T goal for the week	 Perform a wall sit for 1 minute	 Research & complete an interval training session	 Jog on the spot for 7 minutes
 Complete a football skills drill	 Walk 5km	 Complete 10,000 steps in a day	 18 push ups 18 burpees 18 sit ups	 Find out 5 benefits of physical activity	 Research how to perform a jump shot in handball	 Plank 4 x 50 seconds	 Complete a Joe Wicks workout	 Go for a bike ride	 Complete an online yoga class
 Research & complete the wall throw test	 Create your own plyometrics session	 Jog on the spot for 8 minutes	 Perform a wall sit for 90 seconds	 Run for 16 minutes (safely!)	 Research how to serve in tennis	 Find out 5 short term effects of exercise	 18 tricep dips 18 lunges 18 star jumps	 Complete a core workout	 12 squats every minute for 15 minutes
 20 push ups 20 burpees 20 sit ups	 Find out 5 long term effects of exercise	 Go for a bike ride	 Complete an online yoga class	 Complete 10,000 steps in a day	 Walk 6km	 Complete a Joe Wicks workout	 Hold the plank for as long as possible	 Research how to perform the shot put	 Research how to perform the long jump
 Research how to perform the discus	 Run for 16 minutes (safely!)	 Research and perform the ruler drop test	 12 squats every minute for 20 minutes	 20 tricep dips 20 lunges 20 star jumps	 Jog on the spot for 10 minutes	 Create your own circuit session	 Complete a throwing & catching drill	 Perform a wall sit for as long as possible	 Complete a core workout

**If you or your parents have
any PE related questions, you
can contact Miss Ruddach on:**



Email: rruddach@bolsover.derbyshire.sch.uk

Tel: 01246 822105

***‘Have a great summer - see you
in September!’***

