

HELSTON COMMUNITY COLLEGE

PE Faculty

Learning Journey

Physical Education and Sport is fundamental to the development of young people. At Helston Community College we recognise that there are many sports and activities available. Our aim is to help each individual find the pursuits which they enjoy the most with the aim of continuing with a healthy active lifestyle.

We do this through developing '**HCC PE**' for all students:

H = Health: Developing physical, mental and social wellbeing. We help students gain an understanding and appreciation for how sport and physical activity can help promote healthy bodies and minds.

C = Challenge: Students can solve challenges through individual and team activities. They are presented with obstacles to overcome and are given support with finding solutions through practical activities.

C = Confident: Students are provided with the chance to fulfil a range of roles, including officiating and leading others, and can develop transferable skills such as communication and organisation.

P = Positive: Feeling good about learning. Students can develop effective relationships with their peers and teachers and set good examples by being positive role models.

E = Endeavour: Students are encouraged to work hard to perform at a level at which they can achieve, whether that is within an aim of participation or seeking excellence on their performances.



A seven-year learning journey of development is provided starting with introducing and nurturing students' knowledge and experiences through a wide range of sports and activities. As students' progress they are given additional leadership opportunities and responsibilities in order to promote and develop the wider skills and awareness required to lead a healthy and active lifestyle.

The learning journey in PE is taught through a '**ME in PE**' curriculum which comprises of three concepts which are assessed and reported home. These concepts are **Physical, Social and Thinking**. Each PE lesson has a focus of one of the concepts as a learning outcome which is broken down further into specific life skills.

Students need to ensure they bring their full PE kit to every PE lesson. If for some reason a student is not able to participate as a performer, they should bring a note in from home informing the teacher of the reason and the teacher will give them an alternative role for that lesson with the student in their PE kit.

Each alternative role has progression opportunities linking to PE assessment. The alternative roles include:

- **analyst**-observe the lesson and give feedback to the teacher on what could challenge your peers further
- **manager**-role of a sports manager leading peers to demonstrate the highest level to excellence within the lesson
- **scout**- watch the activities carefully and feedback on who is achieving the learning outcomes and suggest who could be awarded positive points
- **commentator**-watch the activities, write down the most surprising moment in the lesson, identify who is making good progress and highlight the key points from the lesson
- **coach**-support your peers to develop excellence in their performance

PE Kit

A full list of essential and optional items for the PE lessons at Helston Community College on the school website (and a visual guide is below). Please ensure your child has a separate pair of trainers to change into for their PE lessons as wearing their school shoes for PE lessons are not permitted. Also, they will need a pair of astro-trainers or football boots for their lessons.

Students are expected to bring their kit to every PE lesson. Where students forget their PE kit, an effort will be made to loan them kit, but this is not always possible. If a student forgets their PE kit on three occasions an after school detention will be issued on class charts and a phone call home will be made by their class teacher.



Piercings

All piercings must be removed for PE lessons. This is to maintain participant safety at all times and includes the removal of retainer and expander piercings. In taking this approach, HCC is following guidance from the Association for Physical Education and the guidance by most sport governing bodies.

HCC asks that any new piercings are done at the start of the summer holiday, to allow for the 6-week healing period recommended by the NHS for most piercings. Where a piercing develops complications, we ask parents/carers to contact their child's Pastoral Support Assistant, who will agree a date when the piercing can be removed. However, students will be unable to fully participate in PE lessons until piercings are removed.

Should a student refuse to remove a piercing, or wear the appropriate kit, they will be dealt with in line with the college's Behaviour Policy. Refusing to follow instructions is regarded as a serious breach of the Behaviour Policy and will result in students being placed in the Reset Room.



PE Kit

The official kit supplier of Helston Community College ("HCC") is Whirlwind Sports.

For more information please visit <https://www.whirlwindsports.com/schools/helston-community-college>

All non-HCC garments can be purchased from any retailer provided they are in line with the descriptions below.

All students will require



HCC Outdoor Top
(Robust material for contact sports)

OR



HCC T-Shirt

+



Navy blue Socks



Navy blue shorts

OR



Navy blue 'skort'

OR



Navy blue or black leggings

Optional Items



HCC Zip Top



Navy blue or white baselayer



Navy blue tracksuit bottoms

Additional Requirements
Towel
Swimming shorts or costume

Recommended
Shin pads
Gum shield

Footwear

Trainers +



*Studs (moulded)

OR



*Blades or boots with metal or metal tipped studs

OR



*Plastic studs / screw in (screw in less than 13mm)

**When using the 3G pitch students must wear any one of the above footwear described.*



Extra-Curricular Sport

Extracurricular sports clubs provide further opportunities for students to develop their interests in sports and physical activities within Helston Community College. Activities are provided during tutorial time, lunchtimes and after college. These include a combination of participation and competitive activities. This includes intra-school competitions, such as Sports Day, and an extensive range of inter school fixtures and tournaments. Students are also encouraged to further their development within community sports clubs and through accessing regional training and competition activities.

Autumn Clubs

Rugby, Netball, Badminton, Fitness, Cross Country

Day	Club	Where
Monday	Yr7,8,10,9&11 Netball Training	Courts, MUGA, Sports Hall
Tuesday	Yr7-11 Rugby Training	Fields
	Yr10-11 Fitness Club	Fitness Suite
Wednesday	Yr8-9 Badminton Club	Sports Hall
	Yr7-11 Running Club	Courts, Fields
Thursday	Yr7-11 Netball Fixtures	Courts, MUGA, Sports Hall
	Yr7-11 Rugby Fixtures	Fields
Friday	Yr10,11 & Post 16 Badminton Club	Sports Hall

Spring Clubs

Football, Hockey, Badminton, Fitness, Cross Country, Volleyball

Day	Club	Where
Monday	Yr7-8 Hockey Training	MUGA
Tuesday	Yr 9-11 Hockey Training	MUGA
	Yr7-10 Boys Football Training	3G/Fields
Wednesday	Yr8-11 Fitness Club	Fitness Suite
	Running Club	Courts/Field
	Yr7 & 8 Badminton Club	Sports Hall
Thursday	Hockey Fixtures	MUGA
	Yr7-10 Boys Football Fixtures	3G/Fields
	Yr7-11 Girls Football Practice	3G/MUGA
Friday	Yr10-11 & Post 16 Badminton Club	Sports Hall

Summer Clubs

Athletics, Cricket, Softball, Rounders, Fitness, Cross Country, Badminton

Students who are unable to take part in sport due to injury/illness

If students are unable to participate as a performer in their PE lesson, then a note from a parent/carer needs to be given to the student's PE teacher to inform them of the reason why at the start of the lesson. The student will still need to bring their PE kit and change as they will be given an alternative role for the lesson as mentioned above.

Questions/Enquiries

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