

Physical Education

Meet the PE team



Back Row: Mr Durkin (Sport centre manager) Mr Sellwood, Mr Forgie, Mr Hanwell

Front Row: Mr Townson, Mr Aspinall, Mr O'Hare, Miss Johnson, Mr Phipps

In Year 7 boys will participate in a range of activities. These activities include: football, rugby, fitness, basketball, badminton and handball.

If you have not experienced or played any of these sports then familiarise yourself by visiting their websites and looking at the rules and regulations for each activity.

Football: Do you know the rules and regulations for football? Click on The FA website to find them. Schoolsfootball website is the English schools football website. We enter teams in the year 7A and B competitions

<http://www.thefa.com/>

<https://schoolsfootball.org/>

<https://www.bbc.co.uk/sport/get-inspired/23152583>



Rugby: click the link and see if you can perform these rugby skills.

https://secure.rugby-league.com/ign_docs/Skill%20to%20Play_U10%20-%20U12.pdf

<https://www.bbc.co.uk/sport/get-inspired/23178240> <https://www.bbc.co.uk/sport/get-inspired/23179331>

Fitness: Our PE team have been posting fitness videos on youtube. Can you complete the challenges?

<https://www.youtube.com/channel/UCR6CeMltgPKvDfib0IU3M9A/videos?>

Badminton: Research Badminton in our area.

<https://www.bbc.co.uk/sport/get-inspired/23143100>

Speed skill in all sports is very important but even more so in Badminton. Can you improve your speed at home by following these exercises?

<https://www.youtube.com/watch?v=BxHY39Th0LI> **Handball:**

What is handball- some quick answers?

<https://www.bbc.co.uk/sport/get-inspired/23160025> Have you ever played handball

before? Learn the rules here [https://www.Englandhandball.com/uploads/2018-EH-](https://www.Englandhandball.com/uploads/2018-EH-Handball-Basics-PDFcompressed.pdf)

[Handball-Basics-PDFcompressed.pdf](https://www.Englandhandball.com/uploads/2018-EH-Handball-Basics-PDFcompressed.pdf) **Basketball**

In Primary school you might have played mat ball for your school, in Cardinal Heenan we develop these skills and move in to basketball 3v3 4v4 <https://www.bbc.co.uk/sport/get-inspired/23143745>

Looking forward to meeting you all

Mr O'Hare



