

# What subjects will I study? What will I be doing in my lessons? Frequently Asked Questions

## Physical Education—P.E



Hello and welcome to P.E. My name is Mr Butler and I am Head of Faculty.

We hope you are looking forward to coming to Shoeburyness High School and having the opportunity to experience a wide variety of sports and activities during your P.E lessons.

You will participate in a large number of activities ranging from traditional outdoor games such as football, hockey, netball and rugby and indoor sports including basketball and badminton. You can test yourself on the trampoline and in our pool ensure you develop your swimming and lifesaving skills. We hope that you will be able to enjoy participating in many activities whether by yourself, with your friends or in competition against other schools around the country.

During the first few weeks we will get to see your abilities and interests and ensure that you can have the right environment to develop your skills with other students.

We also run a number of clubs before, during and after school where you will be shown how to develop your skills further enabling you to represent the school in the wide variety of sports that we compete in throughout the year at local, county and national level.

We are all looking forward to meeting you.

## P.E Team

The P.E staff:

Mrs Fifi-Hawker – Head of Key Stage 3

Mr Gleeson – Head of Key Stage 4 and 5

Miss Boatwright

Mrs Cleverley

Mr Nolde

Mrs Robins

Mr Seaman

Mrs Skinner

## Useful links

There have been lots of new interest in sporting and fitness activities, with the nation finding fun ways to be active. You may already know some of these such as Joe Wick's Youtube channel but we have also posted on our Twitter account with useful links such as Youth Sport Trust, Sport England and Basketball England. You will also get to see us all working out.

Thank you,  
**Mr Butler**

