

Physical Education (PE)

At Ormiston Denes Academy, the PE curriculum is designed to inspire all students to succeed both recreationally and competitively, and to create an environment where students gain a love for lifelong physical activity. In Year 7 you will take part in sports such as football, rugby, netball and hockey. There will be a sport here for everyone! As a department we provide an extensive range of extra-curricular activities and trips; ranging from a weekly competitive sports calendar to once in a lifetime trips such as the Holland football tour or skiing the Italian Alps. The extra-curricular programme aims to cater for all students, providing a variety of both competitive and recreational clubs. We have one of the widest ranging sports programmes of any schools within Lowestoft and hopefully there is something for everyone to attend and enjoy.

Activity: Components of physical fitness

Have a look at the following performers and indicate (from the list below) the three most important components of physical fitness they will need in their sport giving reasons why you think this.

Muscular endurance	Flexibility	Aerobic endurance	Speed	Muscular strength
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Harry Kane - football, striker

1	
2	
3	



Beth Tweddle - gymnast, floor, vault,

1	
2	
3	



**Adam Peaty - Champion Swimmer-
Breaststroke**

1	
2	
3	



Usain Bolt - Athletics 100m, 200m

1	
2	
3	

Not only will careers such as a coach or personal trainer require you to have an understanding of the components of physical fitness, but an understanding of the components of skill-related fitness as well.

Have a look at the following performers and indicate (from the list below) two of the most important components of skill-related fitness they will need in their sport and explain why giving a sporting example.

Agility	Balance	Co-ordination	Power	Reaction time
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Rory McIlroy - Champion Golfer

1	
2	



Jessica Ennis-Hill - Athlete

1	
2	



**Novak Djokovic - Champion Tennis
Player**

1	
2	



**Karen Bardsley - Football, Goalkeeper:
England Lionesses**

1	
2	

The PE team look forward to seeing you all soon.