



Students in action in a PE lesson wearing their sports uniform.

## AMAZING PE LESSONS BACK FOR YEARS 9 AND 10

It's that time of the year when theory is over and the practical side of the PDHPE course begins!

Terms three and four will see Years 9 and 10 look closely at the beauty of movement, from choreography and appraisal, to performing quality movement sequences in dance, gymnastics, modified games, and a range of other sports.

Just a reminder that PE sports uniform is required for all practical lessons. Here are the guidelines for getting changed ready to be engaged in the practical lessons:

- For Period 1 and 2: Students get changed after they arrive at school. This can be arranged to happen at the beginning of their PE lesson. Students then get changed back into their College uniform at recess.
- For Period 3 and 4: Students get changed into their sports uniform at recess, and back into their College uniform at lunch.
- For Period 5 and 6: Students get changed into their sports uniform at lunch, and are not required to get changed back into College uniform.

Other arrangements can be made for PASS classes, and we encourage students to speak to their PE teacher with any questions or concerns.

In other news...can't wait for HPE Day!