



LEARNING IN THE LIMELIGHT

@Ruskin

This week in PE...

This week in PE, our Year 9 students have been participating in BTEC Sport taster sessions where students have had an opportunity to take part in both a practical and a theory lesson. As part of their practical lesson, students focussed on developing skills and techniques in a chosen sport which they then applied into a competitive context. Students gained knowledge of how they are assessed in this subject and additionally applied their leadership skills by setting up and delivering their own drills to other groups in the class. In their theory lessons, students looked at the components of fitness, further building on their knowledge of this and applying these components to a variety of sports. They also explored different careers in sport and pathways, also including sports apprenticeship roles. Students investigated a number of emerging careers within the Sport and Exercise sector such as Performance Analysts, Sports Psychology and Social Media Manager for clubs/teams.

In extra curricular clubs over the last week, we took a group of Year 7 and 8 students to the South Cheshire Indoor Athletics championships at Shavington Leisure Centre. Although we didn't win, all students did us proud, in particular the Year 8 boys team. Year 7-9 football practice after school has been concentrating on match preparations ready for the South Cheshire Cup after the half term break with Ruskin being drawn against Alsager. More details to follow soon.

If you would like to find out more about our PE curriculum, please visit:

[Physical Education | Ruskin Community High School \(ruskinhighschool.co.uk\)](https://ruskinhighschool.co.uk)



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Learning Together. Achieving High Standards.