



Collingwood College

MEET THE DEPARTMENT



Department : **Physical Education (PE)**



Mr J Beer
Head of Department



Ms A Adie
Assistant Heads of Department



Mrs P Daniel

What will you study in Year 7?

- Football
- Rugby
- Gymnastics
- Basketball
- Tennis
- Rounders

What skills will you learn in PE?

Technique analysis, Communication skills,
Teamwork skills, Problems Solving skills and
Leadership skills

What Home Learning will you get?

Short preparatory tasks to get you ready for what
sport/activity is coming next

How do you become brilliant at PE?

Try to become comfortable trying new skills in the
new way that is being taught. We often develop
bad habits, allow PE teachers to teach you past
those bad habits with a view to perfecting your
technique.

Fun PE facts:

Research shows that PE and Sport makes you
feel better! Improves your mood, makes you
sleep better and increases your self-
confidence. So try something new and get
involved!

Where is PE taught at Collingwood?

Kingston Gym, Barossa Gym or the Sports
Hall (near Sixth Form)