

PE Transition Challenge

Can you develop your knowledge and understanding of a 3 part warm up...

Part 1 – Pulse Raiser



Part 2 – Stretches



Part 3 – Mobility



Research each part of a warm up

Create you own warm up and have ago at doing it

Show us how you got on – send in a photo/video of your warm up



Our Facilities

We have great facilities available for all our PE and After School Activities





The Field

This is the largest PE space. During winter this is mainly used for rugby lessons. During the summer we use this space for rounders and athletics lessons. This is also where we host Sports Day.





The Dance Studio

This is where dance and gymnastics lessons take place. In year 7 dance lessons you will learn a disco dance. In gymnastic lessons you will cover a range of basic skills including, travel, balances and rolls.





The Sports Hall

This is our biggest indoor facility, some of you may recognise this from the primary school sports festivals. We use this for lots of sports including; basketball, badminton, netball and dodgeball.





The Courts

We have a variety of outdoor courts which are mainly used to teach netball and basketball during the winter and tennis during the summer. This is also where we hold our annual tennis festival.





The Astro-turf

This is one of our largest outdoor spaces which can be used for lots of activities. During winter it is mainly used for football lessons. During the summer term it is used for rounders, cricket and athletics. Some of you may recognise this from the primary rounders festival.





The Fitness Suite

This is one of our newest facilities, in here you will find a range of fitness equipment. In year 7 you will learn how to use the equipment safely during fitness lessons. You will also learn about how to use the equipment to improve different aspects of your fitness.



PE Kit

Essential

- Academy PE top (available from Just Schoolwear)
- Plain black PE shorts, tracksuit bottoms or leggings
- Suitable socks and training shoes

Optional

- Academy ¼ zip (available from Just Schoolwear)
- Plain black long sleeve base-layer



PE Expectations

- Jewellery must be removed
- Hair needs to be tied up
- No chewing
- Water only
- No mobile phones
- No hoodies or coats

If you forget part or all of your PE kit or bring incorrect kit you will be expected to borrow kit from the academy.



Year 7 Rounders Team



U12's Girls Football



Year 7/8 Dodgeball



Year 8 Netball



Extra-curricular Activities

At The Bulwell Academy you will have the chance to take part in a range of extra-curricular activities. Some of you may even wish to represent the academy at competitions.

PE Events and Trips

At The Bulwell Academy we have many PE events running throughout the year. This includes charity events such as sports relief. Competitions including Sports Day and CET Day of Sport. Sports Leaders festivals.

We also offer a range of trips to watch live sporting events. Last year we went to Wembley to watch the England Lionesses and to University of Nottingham to watch elite level Netball.

