

## THEALE GREEN SCHOOL TRANSITION PHYSICAL EDUCATION ACTIVITY

A very warm welcome to the Theale Green School PE department. The PE department are a passionate team who strive to deliver a creative and innovative sporting experience for all students.

In year 7, students will take part in a variety of different indoor and outdoor activities throughout the academic year. This ranges from team sports such as Rugby, Netball, Football, Cricket and Rounder's to individual activities such as Gymnastics, Trampolining, Athletics and Fitness.



### **\*\*Hot off the press\*\***

Theale Green PE Dept features on Sky Sports News as part of National School Sports Week. Please see our [Instagram page](#).



The academic year always starts in the PE department with a fitness fortnight whereby all students will participate in a number of different fitness activities.

In preparation for September, as fitness fanatics, the PE department would like to invite you to take part in our 7 station circuit which is designed to test a range of components of fitness.

Please visit our social media page [@thealegreenpe](https://www.instagram.com/thealegreenpe) to check out the challenges and give them a go!



Station 1 – Agility run

<https://www.instagram.com/p/CBnAP83Amr5/?igshid=6njprx0xqjcx>



Station 2 – Target throwing

<https://www.instagram.com/p/CBnA9Fjg15A/?igshid=yak2i2wz9ilb>



Station 3 – Football dribbling

<https://www.instagram.com/p/CBnBoRug-dZ/?igshid=z8xca3rbfab6>

Station 4 – Quick start

<https://www.instagram.com/p/CBnDM97Ay7J/?igshid=sbocffkge3al>

Station 5 – Target golf

<https://www.instagram.com/tv/CBnDjSSAbC3/?igshid=1laciq1dg6tb5>

Station 6 – Speed bounce

<https://www.instagram.com/tv/CBnENAKgwYM/?igshid=3fpe11pl7ebm>

Station 7 – Figure of 8

<https://www.instagram.com/p/CBnE2TlgotR/?igshid=1805dca0glat0>



It would be great to see your attempts so feel free to email us pictures and videos to [transition@thealegreen.w-berks.sch.uk](mailto:transition@thealegreen.w-berks.sch.uk). If you are happy for them to be shared on social media, please let us know.

**Good luck from all at the PE Department, we look forward to welcoming you in September.**