

Year 6 – 7 PE Transition Questionnaire and Activities



The purpose of this questionnaire is for us to get a basic idea of how much sport you have participated in, and what your general view of sport is.

1. Tick the below statement which best describes your view of sport and PE?
- I really enjoy all sports and am really looking forward to PE at APS.
 - I like all sports, but I definitely enjoy some more than others.
 - I don't mind sport and will take part when told to do so.
 - I don't really like sport but will take part when asked to do so.
 - I really do not enjoy any sport at all.

2. Which sports have you taken part in while at primary school? (tick all that you have taken part in)

Gymnastics		Trampolining		Dance		Football		Rugby	
Netball		Basketball		Hockey		Tennis		Badminton	
Table Tennis		Athletics		Dodgeball		Rounders		Cricket	
Orienteering		Fitness		Swimming					

Other:

3. Which **3** sports did you participate **most** in while at primary school? (tick only the **3** sports that you did most in primary school)

Gymnastics		Trampolining		Dance		Football		Rugby	
Netball		Basketball		Hockey		Tennis		Badminton	
Table Tennis		Athletics		Dodgeball		Rounders		Cricket	
Orienteering		Fitness		Swimming					

Other:



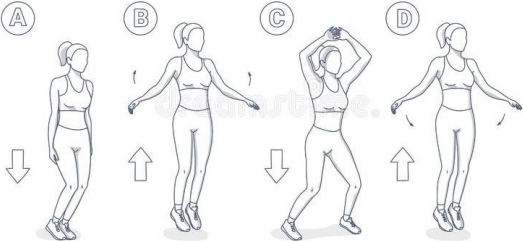
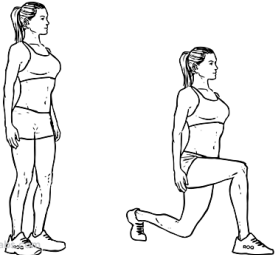
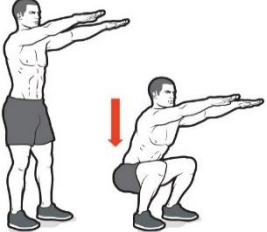
4. Do you play any sports outside of school, if so, what club and/or level do you compete at?

Sport	Club	Level (National/County)

PE Challenges

Below are a number of physical challenges to complete at home. The only piece of equipment you will need is a stop watch.

You will have 30 seconds to complete as many of the exercises as possible. For example, challenge 1 is to count how many press-ups you can complete in 30. Start your timer, count how many you complete and make a note of that number in the appropriate box.

Challenge	Exercise	How to Perform Exercise	How Many Repetitions Completed in 30 Seconds?
1	Press Ups		
2	Sit Ups		
3	Star Jumps		
4	Lunges		
5	Squats		

Research the scientific names of the major muscles in the human body and complete the diagrams below.

