

**Department Information:**

*Our principal aim is to develop the sporting abilities, health and well-being of every student at Furze Platt. We strive for our students to adopt sporting values and develop a life-long love of sport and physical activity. Whether it be embracing competition in the numerous sports teams or developing an understanding of exercise that will benefit health for life, PE at Furze Platt is accessible to all.*

**Extra-curricular**

*We are proud to offer a broad extra-curricular provision that enables students to participate in traditional sports and more alternative sports such as fitness, table tennis and volleyball. Extra-curricular offerings change each term to provide students with variety throughout the year. In addition to our termly inter-house sporting competitions, the school also enters all sports teams into both league and cup competitions so that competitive fixtures are regular throughout the year. We also enter teams into regional athletics meets in the summer term. These fixtures enable many of our students to gain recognition at district and county level.*

**Leadership Opportunities**

*For students in Year 9 to Year 13, there is the yearly opportunity to apply to become a Furze Platt Sports Leader. This popular role allows students to develop essential life skills such as leadership, teamwork, planning and organisation, coaching and officiating all while supporting the PE department. Recent events led by our Sports Leaders include the whole school Sport Relief Mile, a Primary School netball festival that was attended by 10 local Primary Schools and the introduction of the Furze Platt Sport Review termly newsletter.*

**ACHIEVE in the curriculum:**

*ACHIEVE is embedded in all of our activities within PE. For example, students are given the opportunity to show integrity by being gracious in defeat and victory, demonstrating a respect for the rules of a sport and showing respect towards opposition and teammates.*

**Curriculum Aims & Intent:**

*We pride ourselves in delivering a fully inclusive, gender-neutral curriculum meaning that all students are taught and assessed in the following sports: rugby, hockey, football, netball, volleyball, table tennis, handball, health related fitness, athletics, basketball, tennis, cricket and striking and fielding.*

*Our aim is for students to develop competence and confidence in a range of physical activities that will enable them to lead healthy, active lifestyles.*

*Students should develop an attitude to competition that includes displaying sportsmanship, integrity, teamwork, resilience and leadership. We hope that students will discover their love for a sport(s) and continue to pursue this at extra-curricular activities and outside of school.*

**Resources:**

[Year 7 Activity Rotation](#)

Furze Platt PE kit as per school [uniform policy](#)

**How we keep parents informed:**

Year 7 - Progress reports are published 4 times per year, in October, December, April and July, with a face-to-face parents' evening in May.

**How parents can help their child:**

The best way to develop confidence and physical literacy within sport is to regularly get active! Children should be getting '60 active minutes a day'. Could you go on a family bike ride? Could you go swimming at the weekends. Could you go on a long bike ride together?

Parents can also help support students in preparing for the lesson by ensuring they have their full PE kit for each lesson and any special sport specific equipment required e.g. gumshields for hockey and rugby.

We ask that parents also make staff aware of any medical/personal information that they feel may impact a student's ability to take part in their lessons such as injuries to allow staff to adapt activities/lesson to meet the needs of all students.

**What we study and when:**

Term	Unit, Topic Or Summary Of Work Covered	Knowledge, Understanding & Skills Developed	ACHIEVE / Personal Development Focus	How The Work Is Assessed	Careers Links
1 & 2	Class groups rotate through activities as per the 'Year 7 Activity Rotation' document linked in resources.	<p>Students will develop their knowledge, understanding and performance of sport specific skills as below:</p> <p><b>Rugby:</b> Ball handling, passing, tackling, intro to rucking, intro to maul, intro to scrum, game play.</p> <p><b>Netball:</b> Passing and receiving, footwork, attacking principles, dodging, defensive principles, game play.</p> <p><b>Football:</b> Ball control, dribbling, passing and receiving, shooting, attacking principles, defensive principles, game play.</p> <p><b>OAA:</b> Collaboration, problem solving, communication, endurance, versatility.</p> <p><b>Hockey:</b> Dribbling and movement with the ball, passing and receiving, defending, attacking, conditioned games and competitive game play.</p> <p><b>Table Tennis:</b> Push (backhand), drive (forehand), service, singles/doubles, shot selection and game play.</p> <p>Tactical principles will also be entwined throughout all lessons.</p>	Students will be encouraged to display all of our ACHIEVE values throughout all activities for example demonstrating integrity by respecting the rules of the sport(s) and showing collaboration by working within a team/group.	<p>Students' practical performances are assessed by ongoing staff observations and student demonstrations.</p> <p>Students' knowledge and understanding are assessed using Q&amp;A and group discussions embedded within lessons.</p>	<ul style="list-style-type: none"> <li>• Officiating</li> <li>• Coaching</li> <li>• Performance Analysis</li> <li>• Leadership</li> <li>• Personal Training</li> <li>• Sports Scientist</li> <li>• Professional Performer</li> </ul>

<p>3 &amp; 4</p>	<p>Students will develop their knowledge, understanding and performance of sport specific skills as below:  <b>Football:</b> <i>As above.</i>  <b>Netball:</b> <i>As above.</i>  <b>Basketball:</b> Passing/triple threat/dribbling, shooting, lay-up, attacking positioning, defensive positioning and game play.  <b>Handball:</b> Passing and receiving, dribbling, defending, attacking, shooting, game play.  <b>Table Tennis:</b> <i>As above.</i>  <b>Fitness:</b> Cardiovascular exercise, fixed weights exercise, cable machines/body weights/free weight exercise, resistance training, planning a training programme.</p> <p>Tactical principles will also be entwined throughout all lessons.</p>	<p>Students will develop an appreciation and understanding of equality in sport, and all should develop confidence and respect in a fully inclusive environment.</p>	<p>Students are also judged on their approach to their learning within Games (these scores will feature on reports).</p>	
<p>5 &amp; 6</p>	<p>Students will develop their knowledge, understanding and performance of sport specific skills as below:  <b>Athletics:</b> <i>The order in which these disciplines are delivered will be dependent on the weather due to health and safety.</i> Throwing (javelin, shot putt), jumping (long jump and triple jump (boys only), sprinting (75m, 250m and relay) and long distance running (600m and 1000m).  <b>Tennis:</b> Racket familiarisation (grip, position etc), forehand, backhand, serving, game play.  <b>Striking &amp; Fielding:</b> Students will learn the following skills across a variety of striking and fielding activities including rounders, cricket and softball. Throwing, catching, bowling, batting, fielding and competitive game play.  <b>Basketball:</b> <i>As above.</i></p> <p>Tactical principles will also be entwined throughout all lessons.</p>			