

How we keep parents informed:

Year 10 - Progress reports are published 4 times per year, in October, November, March and July.

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 impacts a students' 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 | <i>Students are offered a choice of 6 activities each half term and select one activity (and one reserve)</i> | <p>Students will advance their knowledge, understanding and performance within their choice of activity. Within this, they will be given the opportunity and encouraged to adopt various roles including but not limited to performer, coach, official, captain and performance analyst.</p> <p>Choices: Rugby, Netball, Hockey, OAA, Fitness and Badminton.</p> | <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> | <p>Students' practical performances are assessed by ongoing staff observations and student demonstrations.</p> | <ul style="list-style-type: none"> • Officiating • Coaching • Performance Analysis • Leadership • Personal Training • Sports Scientist • Professional Performer |
| 2 | <i>that they wish to study for that half term.</i> | <p>Students will advance their knowledge, understanding and performance within their choice of activity. Within this, they will be given the opportunity and encouraged to adopt various roles including but not limited to performer, coach, official, captain and performance analyst.</p> <p>Choices: Football, Fitness, Table Tennis, Just Dance, Indoor Basketball and Flag Football *</p> | <p>Students will develop an appreciation and understanding of equality in sport, and all should develop confidence and</p> | <p>Students' knowledge and understanding are assessed using Q&A and group discussions embedded within lessons.</p> <p>Students are also judged on their</p> | |

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| 3 | <p>Students will advance their knowledge, understanding and performance within their choice of activity. Within this, they will be given the opportunity and encouraged to adopt various roles including but not limited to performer, coach, official, captain and performance analyst.</p> <p>Choices: Football, Dodgeball, Fitness, Ultimate Frisbee, Just Dance and Table Tennis *</p> | respect in a fully inclusive environment. | approach to their learning within Games (these scores will feature on reports). | |
| 4 | <p>Students will advance their knowledge, understanding and performance within their choice of activity. Within this, they will be given the opportunity and encouraged to adopt various roles including but not limited to performer, coach, official, captain and performance analyst.</p> <p>Choices: Basketball, Handball, Softball, Fitness, Benchball, Fitness Classes (Zumba, Spinning etc.).*</p> | | | |
| 5 | <p>Students will advance their knowledge, understanding and performance within their choice of activity. Within this, they will be given the opportunity and encouraged to adopt various roles including but not limited to performer, coach, official, captain and performance analyst.</p> <p>Choices: Rounders, Cricket, Athletics, Fitness, Tennis*</p> | | | |
| 6 | <p>Students will advance their knowledge, understanding and performance within their choice of activity. Within this, they will be given the opportunity and encouraged to adopt various roles including but not limited to performer, coach, official, captain and performance analyst.</p> <p>Choices: Rounders, Tennis, Softball, Pair Cricket, Fitness*</p> | | | |

**Offerings may change as student feedback is gathered regarding the sporting activities they would like to be available.*

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| Exam Board: | NCFE |
| Qualification: | Level 1/2 Technical Award in Health and Fitness |
| Assessment Information: | 1x written examination = 90 minutes (40% of final grade) 1 piece of coursework (60% of final grade) |

[Link to official specification](#)

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:

The Health and Fitness course embodies all the ACHIEVE values through its content and learning approaches. Some examples include:

Ambition - Developing written exam skills and producing high quality written work. Developing their coaching performance to its highest standard.

Versatility - Applying their theoretical knowledge to a broad range of sporting activities and scenarios. Utilising prior knowledge they have from biology to support their studies within Health and Fitness.

Collaboration - Demonstrated through group work in theory lessons and when conducting their fitness tests for their coursework.

Curriculum Aims & Intent:

Health and Fitness offers breadth and depth of study within the health and fitness sector. By studying this qualification students will:

- *Develop a broad understanding of the structure and function of body systems.*
- *Identify the effects of health and fitness activities on the body*
- *Understand health and fitness and the components of fitness*
- *Apply the principles of training*
- *Understand the impact of lifestyle on health and fitness*

Resources:

Textbook: NCFE Level 1/2 Technical Award in Health and Fitness, Second Edition - ISBN 9781398369016

EverLearner: <https://theeverlearner.com/>