



Year 7 PE and Sport Information booklet

'We aim to instil in our students a lifelong love of sporting activities. This is achieved through engaging and challenging lessons; alongside a vibrant extracurricular programme where we strive for excellence'

The PE Department

The PE team consists of 9 members of staff, all who are committed to giving your child the best sporting experience possible. All members of the department contribute to outstanding delivery of the PE curriculum, alongside both GCSE and A Level Sports Science courses. In addition to this, we are fully committed to the school's extensive extra - curricular sports programme.

Mr N Gamester - Director of Sport

Mrs S Palfrey - Head of Girls' PE

Mr A Cotton - Head of Boys' PE/Advanced Skills Teacher/Head of House

Miss P Lowe - Teacher of PE

Mr A Nolan - Teacher of PE

Miss A Lord - Teacher of PE/Geography

Mr T Dugan - Teacher of PE/SSCO

Miss A Sanghera - Teacher of PE

Mr T Festa - PE Technician

The Physical Education curriculum aims to provide pupils with a breadth of activities which foster confidence, competence, resilience and an understanding of the benefits of a healthy, active lifestyle. Within each activity, a positive learning environment is created where pupils learn a range of skills that ultimately lead to an improved overall performance. Our teaching should strive to instil a life-long love of sport in every pupil, whilst also building foundations towards higher level competition and academic PE.

There are many strands to our extra - curricular programme at Dame Alice Owen's

1. School teams
2. Inter House Sports Competitions
3. Gym and Dance display
4. Recreational lunchtime clubs



Sports Facilities

We are fortunate to have some of the finest sports facilities of any state school in the country.

Indoor facilities

- Newly equipped fitness suite (for year 10 - 13 pupils only)
- Sports Hall (Badminton, Netball, Basketball, Cricket nets)
- Gymnasium (Gymnastics, Problem solving)
- Studio (Dance, Table Tennis)

Outdoor facilities

- School fields (Football & Rugby pitches, Athletics track, Cricket squares)
- Cricket Pavillion
- Floodlit astroturf (Hockey & Football)
- Netball/tennis courts
- Rubber - mould surface Long and Triple jump area

The Curriculum

Physical Education is compulsory throughout the school. Each pupil will receive two lessons per week, and a range of activities are covered throughout the year. Pupils will develop a variety of skills which ultimately lead to an improved overall performance. Decision making is also a key concept and pupils will learn to solve problems independently, through a variety of strategies and tactics.

Please note that girls and boys are taught separately in all core PE lessons. All activities within the curriculum are compulsory.

Year 7 Curriculum Map

<i>Girls</i>	<i>Boys</i>
<i>Hockey, Netball, Gym, Dance, Badminton, Football, Health Related Fitness, Tennis, Rounders, Athletics, Cricket</i>	<i>Football, Rugby, Table tennis, Badminton, Basketball, Hockey, Gymnastics, Cross Country, Cricket, Athletics, Softball, Tennis</i>



Extra - Curricular Sport in Year 7: Overview

Competitive Sport

Fixtures against other schools are played in the following sports

Girls

- Netball
- Hockey
- Athletics/Cross county
- Rounders

Boys

- Football
- Rugby
- Athletics/Cross County
- Cricket
- Basketball

We play competitive block fixtures against both independent and state schools on Saturday mornings (hockey, netball, football and rugby). National, county and district cup competitions take place during the week.

Where possible, we also try to offer competitive opportunities in the following sports (however this is dependent on staff availability). Please note that some of these activities will take place as pupils progress through the year groups

- Football (girls)
- Hockey (boys)
- Cricket (girls)
- Badminton (girls and boys)
- Swimming (girls and boys)

House Sport Competitions

These take place every half term and are for everyone! Representing your house is a huge part of the school community so we want to see as many pupils involved as possible. There are house sport competitions in football, netball, rugby, hockey, cross country, basketball, dance, softball, rounders, cricket and tennis. This culminates in Sports Day at the end of the summer term.



Frequently asked questions

- ***How do the school teams get selected?***

After initial trials/practices, a team will be selected for an upcoming fixture (in some cases this includes 'A' and 'B' teams). Pupils will need to continue to attend practices in order to keep getting selected. Whilst there are dedicated 'squad' practices in certain sports, there are plenty of 'open' practices which pupils can attend (a good example of this is 'football fever' - this takes place afterschool on a Tuesday and is open to all boys in year 7 & 8).

- ***How do we find out about trials, practices, team selection and fixtures?***

All fixture details are uploaded to our dedicated sports website www.damealiceowenssport.co.uk Here you will find information including meet, start & pick up times, venue (postcode/map for an away fixture) and a list of the pupils selected. Team sheets are also displayed on the PE notice board. We also use the PE twitter account @DAOSPEDept to communicate sports information.

- ***Are the teams/squads final?***

No. It is very common for pupils to move between teams, and there are plenty of opportunities for pupils to get 'recognised' (especially at open practices and in PE lessons). There are so many examples of pupils who have represented the school in a variety of activities, despite not being picked initially. Children develop at different rates so it's important for your child to continue to attend practice so they can improve their performance.

- ***What happens if my child can't play in a fixture?***

Firstly and most importantly - DON'T WORRY! We understand that special events such as a family holiday or a wedding can mean that a pupil can't play in a Saturday fixture. Whilst we do expect pupils to attend fixtures if they can, please encourage them to tell us quickly if there is an issue. We have dedicated a lot of effort to improving our communication systems with parents and would appreciate as much notice as possible (please email the relevant PE teacher) so that we can give another pupil the opportunity. Anything less than 48 hours notice does it make difficult to find a replacement so we would really appreciate your support with this.



- ***Are parents allowed to attend fixtures?***

Yes. Parents are very welcome at fixtures (both home and away). All spectators who are attending a midweek fixture at school must sign in first at the main school reception. Due to safeguarding policies, this practice is common at all schools and the same approach must be adhered to when attending an away fixture. Please note that this procedure is not needed on a Saturday.

- ***What happens if a match gets cancelled?***

All fixture cancellations/postponements are notified via the dedicated sports website and twitter accounts - this method of communication is used for both midweek and Saturday fixtures. Whilst we endeavour to keep every fixture on, there are occasions when cancellations do happen on the morning of the fixture (usually due to weather).

- ***What does my child need to wear for a fixture?***

Any pupil selected for a team will need to wear the appropriate kit for that activity (which will form part of the school PE kit). Pupils should also wear an Owen's sports jumper/jacket over the top of their kit for all midweek and Saturday fixtures.

- ***Can my child play in more than one sport?***

Yes of course. We don't believe or encourage early specialisation; we believe that a range of sporting experiences lead to an improved overall performance. Pupils should be encouraged to be involved in as many activities as possible - our breadth of activities is wide and we hope that there is something for everyone.

- ***How can I further support the PE department?***

A reason for the continued success of our department is the support of our parent body. Parents can support us in many ways - helping with transport to a fixture, serving refreshments to visitors, even refereeing or taking a team! We hope to see as many of you at our fixtures throughout your child's time at school.



Pupil code of conduct

When your child arrives at a PE lesson they should:

- Line up outside the appropriate changing room so the teacher can explain the learning objectives
- Inform the teacher of any illness, injury or music lesson which may affect their full participation in the lesson
- Change into the correct kit quickly and quietly - all jewellery (including earrings) must be removed. Please note that if you have recently pierced your ears, you must provide your own tape to cover
- Listen to all instructions from members of staff

During their PE lesson:

- Listen carefully when a member of staff is speaking
- Give 100% effort, and always strive to achieve their personal best
- If injured, take up a role as a teacher or official/referee
- Play fairly within the rules of the game

Upon their return to the changing rooms:

- Remove dirty boots/trainers outside the changing room
- Change back into school uniform quickly and quietly
- Wait to be dismissed by the teacher



PE Kit List

Girls Sport - Compulsory

PE Shorts	Black (with school arrow logo)
Skort	With red side with school arrow logo
PE Netball tops	Black with Velcro strips, red side and Owen's logo
Sweatshirt	Black with red side with Owen's logo
Knee-length socks	Black with red hoops at top
Trainers / footwear	Non-mark soles
Gum shield & shin pads	For hockey and football

Boys Sport - Compulsory

White polo shirt	Plain with Owen's logo
White sports shorts	White (with school arrow logo)
White sports socks	
Indoor sports shoes	Non-mark soles
Astroturf shoes	
Football/rugby boots	
Black knee length socks	
Black football shorts	Black (with school arrow logo)
School football shirt	Red and black stripes (stripes on both front and back)
School rugby shirt	Reversible (black one side/red the other)
Gum shield & shin pads	To be worn during all football, rugby and hockey lessons/practices

Optional Sport kit (or compulsory for sports teams)

Half zip fleece (boys)/ Hoodie (girls)	Plain black with red panel, embroidered badge
Rain jacket	Plain black with red sleeves, embroidered badge



What to do if you forget/lose your kit

- Do not worry!
- There is a lost property area at both PE and main school reception - most items are embroidered and will be handed in
- There is spare kit which can be borrowed from the PE department - this enables pupils to never miss a PE lesson
- Please note that there are sanctions for pupils that forget kit (as per the school behavior policy regarding equipment)

Illness and injury policy

- If your child is unable to take an active part in a PE lesson due to injury or illness, please write a letter explaining this to their PE teacher
- For 'long-term' injuries, one initial letter and/or doctors note will suffice
- We believe there is no such term as 'off PE', and feel that pupils can always be involved in the lesson in some capacity. This can include peer - teaching, officiating, video analysis or just assisting the teacher.
- For the reasons listed above all pupils are expected to bring appropriate PE kit and still get changed so they can be involved in the lesson
- If a pupil is too ill/injured to go outside, they may be asked to join an indoor lesson
- This policy has been put in place so that all pupils are able to receive the best Physical Education provision possible which also ensures inclusion.

We really appreciate parental support of this policy, as well as sensible and advanced communication from your child regarding any condition which may affect their participation in a PE lesson.

Valuables policy

- The PE department do not collect valuables from pupils during PE lessons
- All valuables should be placed in your child's locker before they arrive for their PE lesson
- Please note that due to movement during lessons (music, pastoral appointments etc), the changing rooms are always left open. Any valuables that are left are the responsibility of the owner.