



PUTNEY  
HIGH SCHOOL

GDST  
GLOBAL DAY SCHOOL 2011

# Junior School PE Handbook for Parents

Putney High School Policy



## Junior School PE Handbook for Parents

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## Junior School PE Handbook for Parents

Sport at Putney High plays an important part in the life of our school. The PE department works hard to balance inclusivity with the elite sporting opportunities. Our overriding aim is for children to look back at their days playing sport in the Junior School and remember them as being a positive and enjoyable experiences where they learnt life-long skills. Throughout our PE curriculum, we aim for all girls to discover and develop:

- A huge range of skills and techniques in a variety of team and individual sports
- Sportsmanship and team spirit
- A deeper sense of wellbeing and ability to manage emotions
- A love of movement
- A desire to participate competitively and non-competitively in sport
- Motivation to immerse themselves in sport outside of school, leading to lifelong involvement in sport

I hope that your daughter enjoys every minute of her PE lessons, taught by dedicated, experienced staff and specialist coaches. We fully encourage your daughter to take advantage of the huge range of clubs and opportunities available whilst at Putney High School.

Rosie Berwick  
Head of Junior PE



## PE Lessons

Sport at Putney High plays an important part in the life of our school.

In the Junior School, all our girls benefit from a games afternoon and separate lesson of PE/Swimming a week taught by our specialist teachers. Their task is to ensure every girl is given the opportunity to achieve their full potential in every area of the subject. To achieve this the focus is on individual feedback and target setting; we actively encourage all the girls to concentrate on their own progress rather than comparing themselves to the achievements of others.

Activities and groups are differentiated to ensure that each girl is working at the right pace and level to progress her physical ability and understanding. The curriculum we offer our girls is extensive and very diverse; during a girl's time with us she will experience sixteen different activities, learn the importance of participation in sport and develop the practical skills to be able to play confidently at a competitive level in several sports. The PE department works hard to balance inclusivity with the elite sporting opportunities. The girls have the opportunity to participate in a huge range of activities throughout the year during curriculum lessons and co-curricular clubs.

### Core Sports Include:

- Netball
- Pop Lacrosse
- Tennis
- Cricket
- Athletics
- Gymnastics
- Dance
- Swimming

### Other Sports Include:

- Hockey
- Fitness
- Football
- Ball Skills
- Multi Sports
- Coordination
- Team Games
- Athletics
- Volleyball
- Badminton
- Rounders

## Co-Curricular Opportunities

The activities in the co-curricular clubs program is designed to be as inclusive as possible giving all girls the chance to enjoy a range of sports. It enables extra training to prepare for fixtures, tournaments and competitions and further increases skill level. All sports practices take place before school, during lunchtime or after school and are led by PE staff, specialist teachers or external coaches. The Co-curricular sports program gives the girls access to the sports taught within curriculum hours alongside different sports not in the curriculum; these include Judo, Street Dance, Cross Country Running, Fencing and Rowing. I highly recommend your child attends training sessions if she wants to play matches against other schools



PE Kit

# Reception - Year 2 Curriculum Sportswear

Putney - 01.03.19



White Polo Shirt  
Hydrocool Lite, Girls Fit

Compulsory



White Crested Gymnastics T-shirt  
Hydrocool Smooth, Purple Contrast Stitching, Girls Fit

From Year 1; Compulsory



Purple Crested Sweatshirt  
Unisex Fit

Compulsory



Black Swimming Costume

Optional

Grey Jogging Bottoms



Compulsory

Black/ Purple Crested Cycling Shorts



Compulsory

White PE Socks with Purple Hoops



Compulsory

Purple Crested Swim Cap



Compulsory

Purple Crested Swim Bag



Compulsory

-  Squadkit Grey
-  Squadkit Black
-  Squadkit White
-  Squadkit Purple



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**squadkit**

# Year 3 - Year 6 Curriculum Sportswear

Putney - 04.03.19

White/ Purple Crested Crested Polo  
Hydrocool Lite, Girls Fit



Compulsory

White Crested Gymnastic T-shirt  
Hydrocool Smooth, Purple Contrast Stitching, Girls Fit



Compulsory

Purple Crested Midlayer  
Thermotex, Girls Fit



Compulsory

White Crested Base Player Top  
Climaskin, Unisex Fit



Optional

Black Swimming Costume



Optional

Crested Games Bag  
Medium



Compulsory

Grey Crested Tracksuit Bottoms  
Performatex



Optional

Black Crested Baselayer Bottoms  
Climaskin



Compulsory

Purple Crested Skort  
Hydrocool Lite, Cotton Mix Undershirt



Compulsory

Purple Crested Swim Bag



Compulsory

-  Squadkit Grey
-  Squadkit Black
-  Squadkit White
-  Squadkit Purple



White PE Socks with Purple Hoops



Compulsory

Black Crested Fleece Headband



From Year 5; Optional

Black/ Purple Crested Cycling Shorts  
Climaskin, Unisex Fit



Compulsory

Purple Crested Swim Cap



Compulsory

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Next Review Date: September 2020

## Health & Safety

All girls are required to wear their PE kit for sports lessons and fixtures. To encourage independence the girls will need to change either before or after at least one of their lessons. More information about changing for PE is available on our **FIREFLY** page.

Before lessons, all jewelry must be removed before taking part. (Taping over pierced ears will not be allowed; earrings must be taken out to comply with our 'Health and Safety in PE' regulations.) If your daughter cannot remove her earrings she will not be able to take part in sporting activities.

If your daughter forgets her PE kit, she will not take part practically in the lesson but will be involved in some other capacity. She may be able to join in if she has her trainers in school. All instances of forgotten kit will be recorded; this is to encourage independence and forward planning.





## Team Selections



Putney High School is renowned for its sporting achievement and many girls perform at County, Regional and National level. This sets a very high benchmark for sport at our school.

Putney High School is often invited to compete in top level competitions that specify/require only one team or squad. Additional training sessions may be put in place for girls preparing for a specific competition or tournament.

Selection for our gymnastics squads and sports teams are based on technique, ability, effort and commitment. There is every opportunity for girls to move into squads and move up teams throughout the year.

Putney High is an inclusive school where all girls are given the opportunity to trial for places in teams and all girls have the chance to play competitively if they wish. We have A-F teams in our core team game sports.

## Sports Scholarships



Sports scholarships are offered to the Senior School at 11+ and 13+, and an elite athlete scheme is in place to offer support for girls who need to balance schoolwork with high level training.

Scholarship trials are held in the summer term, where girls are put through a variety of drills, activities and matches in order to assess their fitness and skill level.

Further information can be found on the Putney High School website.



## Fixtures

All fixtures are scheduled into the school calendar at least one term in advance. These are found on FIREFLY. If your daughter is selected for a sports fixture or competition, the PE department will contact you via email with a link to FIREFLY where you will find your daughter's consent form. Your daughter will only be allowed to attend a fixture if the consent form is filled out and submitted by the deadline stated.

- Years 3-6 have a PE board conveniently located in the wall way leading to the junior hall outside the library.
- Fixtures are subject to change and parents are asked to check the fixtures calendar regularly for updates. If a fixture is cancelled on the day, we will make every effort to contact parents as soon as possible.
- Parents are always welcome at fixtures and we encourage you to support your daughter in her sporting endeavors.
- We aim to avoid clashes between **away fixtures** and other co-curricular clubs. When this cannot be avoided, a girl may choose which activity she would like to do. Please inform us at least a week before the fixture so that we can consider this in our team selection.
- Collection for all away fixtures or off-site practices is from Carlton Drive. All finish times are approximate; away fixtures are difficult to predict due to traffic but arrival time will be communicated to parents.
- For away fixtures we are happy for you to collect your daughter from the venue; however, we do ask that you inform us via FIREFLY if your daughter is not going on the coach back to school, and ensure that you arrive in plenty of time so that we are not keeping other girls' parents waiting
- The PE department will be in contact with the school during fixtures to help communicate information with parents and are also available to reach via email.

## Communication

You will find lots of PE information on our FIREFLY page. This includes:

- Curriculum overviews
- Kit timetables
- Changing Information
- Sports Notices
- Fixtures Calendars
- Fixtures consent forms
- External

We aim to streamline all of our communication through FIREFLY.

This is updated on a weekly basis and we ask parents to check it regularly. Please also read the sports notices that go out in the Friday newsletter each week.

We also have an open door policy and encourage parents to speak directly with any of the PE staff if they have any questions or concerns.



## Sportsmanship

At Putney High School, all girls and staff are expected to demonstrate outstanding levels of sportsmanship at all times.

It is an integral part of the school ethos that all girls should aspire to enjoy sport for its own sake, with great consideration for fairness, ethics, respect, and a sense of fellowship with competitors.

This attitude to sport promotes healthy relationships with peers and sets a good example for spectators.



## How Parents can support sport at Putney High School

- On occasion we will ask for volunteers to accompany girls to fixtures. If you are able to help you may indicate this on FIREFLY fixtures consent form
- Always encourage your daughter to compete according to the rules, to be a generous winner and to lose graciously
- Show appreciation for the coaches/ teachers, officials and the opposition. Respect the officials' decisions and encourage your daughter to do the same



### Junior PE Department

Miss Rosie Berwick: Head of Junior PE

Miss Emma Halliday: PE Teacher

Miss Claire Amiss: PE Teacher

### Sports Staff/Coaches

Miss Sarai Morales - Gymnastics

Miss Mily Brewer - Gymnastics

Mr Emil Krastev - Gymnastics

Miss Kira Bishop - Dance

Mr Neil Howarth - Tennis

Mr Neil Howarth Howarth - Tennis

Mr Ronnie Maxwell - Tennis

Miss Yasmin Hodge-England - Netball

Miss Dominique McKee - Netball

Mr Darius Knight – Table Tennis