



PUTNEY
HIGH SCHOOL

GDST

GIRLS' DAY SCHOOL TRUST



Junior School PE Handbook for Parents 2022–23

Putney High Junior School

PE Handbook for Parents 2022–23

Sport at Putney High plays an important part in the life of our school. The PE department works hard to balance inclusivity with 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 positive and enjoyable experiences where they have learnt life-long skills. Throughout our PE curriculum, we aim for all pupils 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 their 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 love sport and are passionate about bringing that to the pupils in each and every lesson, and we also encourage your daughter to take advantage of the huge range of clubs and opportunities available to her whilst at Putney High School.

Rosie Berwick
Head of Junior PE



PE LESSONS

In the Junior School, Reception and KS1 benefit from two PE lessons a week and KS2 pupils benefit from a games afternoon and a separate lesson of PE/Swimming each week taught by our specialist teachers. The aim of these sessions is to ensure each girl enjoys being physically active and 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 our pupils 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 pupils is extensive and diverse; during her time with us, your daughter will experience a range of 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 elite sporting opportunities. The pupils 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
Football
Athletics
Gymnastics
Dance
Swimming

Further Sporting Opportunities:

Hockey
Fitness
Ball Skills
Multi Sports
Coordination
Team Games
Volleyball
Badminton
Rounders
Table Tennis

CO-CURRICULAR OPPERTUNITIES

The activities offered in the co-curricular programme are designed to be as inclusive as possible, giving all pupils the chance to enjoy a range of sports. It enables extra individual and team training to prepare for fixtures, tournaments and competitions, and further increases skill levels.

All sporting 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 programme gives pupils access to sport taught within curriculum hours alongside different sport not in the curriculum; these include Judo, Street Dance, Cross Country Running, Fencing and Rowing. We highly recommend that your daughter attends training sessions if she wants further her skills level and knowledge. More information and an example of our Autumn co-curricular timetable is detailed later in the handbook.

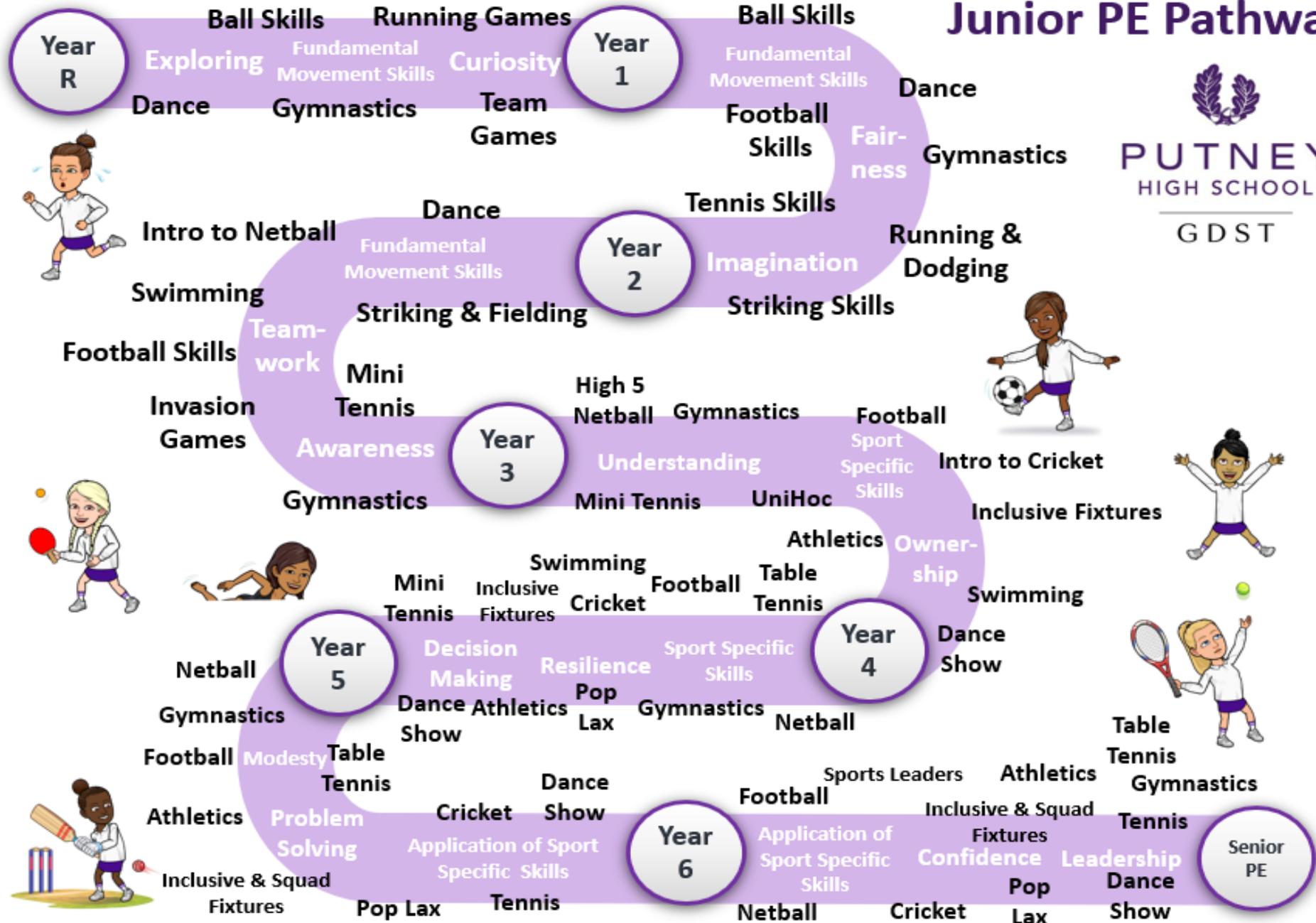
PE PATHWAY

There is a clear progressive pathway embedded within the PE curriculum which results in pupils feeling confident and competent to play in a range of sports, including to be able to compete if they so desire.

Junior PE Pathway



PUTNEY
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Reception

During a pupil's first year at Putney High School, the focus is on the development of fundamental movement skills – throwing, catching, kicking, striking, and tracking, running, jumping, twisting, turning, stopping and starting. They begin to understand how to implement and follow instructions when playing with peers and build a love of movement through a range of different running games, gymnastics, and dance.

We also introduce Reception pupils to the foundations of physical literacy. This is the start of their journey of lifelong involvement in physical activity. These skills are taught through play-based activities, allowing the pupils to explore and grow their confidence at being physically active.

Year 1 & 2 (KS1)

Within Year 1, pupils consolidate their fundamental movement skills and begin to apply them to sport-specific skills. They also begin to build their knowledge and understanding of different sports, playing modified rules and variations. Throughout the year, pupils are given opportunities to learn how to collaborate with each other in pairs, small groups and teams. They also begin to build an understanding of the importance of fair play and sportsmanship when competing against themselves and others.

During Year 2, pupils continue to build their confidence at applying their fundamental movement skills to sport specific techniques and games. The pupils are introduced to specific sports in preparation for Year 3 fixtures. These include netball, football, tennis, striking and fielding (cricket) and gymnastics. Modified rules and equipment are used to ensure pupils can develop their skills and understanding in a fun and engaging environment. Pupils can sign up for, and drop into, different sports clubs, and so furthering their understanding and enjoyment. There are no team selections or fixtures played in Year 2. The emphasis is on inclusive games, ensuring all pupils improve their skill level and experience match play amongst each other.

Alongside this, Year 2 has the opportunity to swim at Putney Leisure Centre.



Year 3 & 4

Games afternoons are introduced in Year 3, alongside PE lessons. Games afternoons run from 1.30-3.15pm. During this time, pupils are divided into three groups in which they take part in three different sporting activities on a carousel basis. This time is also spent attending inclusive fixtures against other schools. There is a particular focus on netball, football, and cricket. Our aim is for all pupils to feel confident and competent to attend fixtures and understand positional play and the rules. There are no set teams as we strongly believe there should be fluidity within the teams as we recognise pupils progress at different rates. There is no set positional play as we encourage pupils to experience different roles to develop an understanding of the whole game.

Throughout Year 4, pupils begin to play more fixtures against other schools with the focus still being on enjoyment and inclusivity. If not playing a fixture during games afternoon, we use the session to practise skills that are used within our matches, and we begin to introduce tactics.



Alongside this, our pupils continue to play a wide variety of sports, building upon their skill level; this includes areas such as gymnastics, dance, dodgeball, uni hoc, tennis, athletics and pop lacrosse.

In addition to their games afternoons, PE, and swimming lessons, all pupils are encouraged to drop into a variety of different sports clubs.

Year 5 & 6

Pupils are now experienced at attending fixtures and continue to do so in games afternoons and after school. The majority of fixtures continue to be inclusive and the emphasis is on enjoyment and being physically active. Alongside this, there is opportunity for selective matches and tournaments, such as the GDST Trust Rally, county, regional and national champions/finals. Due to the nature of these types of events, sometimes a specific number of pupils are selected. To aid us with our decisions, squad training sessions run in specific sports. All pupils are given the opportunity to trial and, if not selected, they are encouraged to attend inclusive training and matches to further consolidate and improve their skills.

Through lessons, pupils' confidence continues to grow. They start to use tactics and strategies when playing a variety of sports and they are also able to use offsite facilities.

There is a strong focus on netball in the Autumn Term. There is fluidity between teams and the pupils have a good understanding of how to play each position on the court; versatility is encouraged. Pupils also develop their football skills, with particular focus on control of the ball, utilising the space on the pitch, safe tackling, and match play.

It is during these years that we start to prepare the pupils for the Senior School and introduce them to pop lacrosse. We work on isolated skills to improve hand eye coordination, before progressing to small-sided games and growing an understanding of how to play a full-sided game. We continue to teach our core sports of tennis, athletics, gymnastics, dance and cricket. Alongside this, the pupils experience

a range of alternative sports, to include spike ball, table tennis, volleyball, handball, cheerleading and ultimate frisbee.

The pupils work with specialist coaches alongside PE staff for specific sports. We teach the students about sportsmanship, fair play and how to respond graciously and with integrity, whether they win or lose. We help them to build resilience, manage disappointments and give targets to aid improvement. Year 6 pupils leave the Junior School with an enjoyment of being physically active, and they are knowledgeable, confident, and capable of playing a wide variety of sports. As a department, we aim to have inspired pupils to continue playing sport whether that be competitively or socially.



SPORT FOR ALL

LESSONS:

Single PE lessons:

- This is a 1-hour PE lesson taught to pupils in their classes. They are mixed ability providing the chance for them to play with their classmates. It is a fantastic opportunity for team building and for pupils to work with a variety of different people, helping to grow stronger bonds and relationships with their peers. The emphasis is on encouraging and helping others, working together as a team, and playing to have fun whilst learning.

Games afternoons (KS2):

- To ensure key skills are taught appropriately and pupils feel motivated to develop their own skills, year groups are divided into three, fluid, ability groups. Fixtures during games afternoon are played in A-F teams, these are also fluid and change from match to match. There are no set teams.
- Ability groups are based upon the main competitive sport for that term, e.g., netball.

Fixtures:

Year 3 and 4:

- All Year 3 and 4 fixtures are played as a year group. The focus is on inclusivity and the fixtures will most likely happen in the pupils' games afternoons. Pupils are told of team lists once we arrive at the fixture. Pupils are not told if they are in the A/B/C/D/E/F teams. Instead, we use the name of animals or colours. No girl is in a set team for the year.

Year 5 and 6:

- During games afternoon, all Year 5 and 6 fixtures are inclusive; some after-school fixtures are also played as a whole year group.
- There is a strong balance between inclusive and selective fixtures. Some fixtures and tournaments, due to factors such as the other team's selection/space available, require us to select a certain number of pupils.
- All pupils have the opportunity to be selected.



CO-CURRICULAR

Autumn 2022		Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7.45 – 8.20am		U7 Gymnastics Squad – Invitational Emil Krastev – Junior Hall	Year 5 & 6 Table Tennis - INCLUSIVE Darius Knight- Junior Hall			Year 3 & 4 Table Tennis- INCLUSIVE Darius Knight- Junior Hall Year 6 Netball – drop in- INCLUSIVE Double Courts- PE Team
Lunch 1 12.20 – 12.50pm		Year 4 Netball – Drop in- INCLUSIVE Junior Court - PE Team	Year 5 & 6 Squad Netball – Invitational Double courts - PE Team Year 3 & 4 Football- INCLUSIVE Sean McInnes – Astro Year 3 & 4 Street Dance- INCLUSIVE Kira Bishop – Junior Hall	Year 3-6 Gym Club – INCLUSIVE (12.40-1.25pm) Emil Krastev / PE Team – U9 Gymnastics Squad (12:20 – 1.25pm) – Invitational Miss Berwick / Minesh Desai – Senior Sports Hall	Year 5 Netball – Drop in- INCLUSIVE Double courts- PE Team	Year 3 Netball – Drop in- INCLUSIVE Double courts- PE Team Year 5 & 6 Football- INCLUSIVE Sean McInnes – Astro – 22 Pupils Year 3-6 Fitness – Drop in- INCLUSIVE PE Team – Junior Hall
Lunch 2 1.00pm – 1.30pm		Year 5 Street Dance- INCLUSIVE Kira Bishop – Junior Hall	Year 1 & 2 Gym Club - INCLUSIVE Emil Krastev – Junior Sports Hall	Year 1 Ball Skills– Drop in- INCLUSIVE PE Team – Junior Court	Year 2 Netball Skills- INCLUSIVE Drop in PE Teams – Single Court	
KS2 Games Afternoon 1.15-3.30pm		Yr4 Inclusive Fixtures	Yr6 Inclusive Fixtures	Yr3 Inclusive Fixtures	Yr5 Inclusive Fixtures	
After School	3.00 – 4.30/5 pm	Year 6 Street Dance- INCLUSIVE (3:30 – 4:15) Kira Bishop - Junior Hall Emma Wells Tennis – INCLUSIVE Wimbledon Park Reception: 4:00-4:45pm, Year 1: 4:00-5:00pm	Year 6 Netball – House Netball- INCLUSIVE Double courts- PE Team Year 3 – 6 Fencing- INCLUSIVE Little Musketeers - Junior Hall Emma Wells Tennis – INCLUSIVE Wimbledon Park Year 4, 5 & 6: 5:00-6:00pm	U11 Gymnastics Squad – Invitational (4:00-5:15pm) Miss Berwick & Mrs Durant Senior Sports Hall Senior Sports Hall Pick up	Year 1 & 2 Judo Tom and Viktor - Junior Hall (3:00-3:45) Year 3 -6 Judo Tom and Viktor – Junior Hall	Year 1 & 2 Football (3 – 3:45pm) Sean McInnes – Astro – 22 Pupils U9 Gymnastics Squad (3:15-5:30pm) - Invitational Minesh Desai / PE Team – Senior Sports Hall
	3.30 – 5.30	Year 4 Fixtures	Year 6 Fixtures	Year 3 Fixtures	Year 5 Fixtures Emma Wells Tennis – INCLUSIVE Wimbledon Park Year 2&3: 4:00-5:00pm	U11 Gymnastics Squad - Invitational (3:15-5:30pm) Minesh Desai / PE Team Senior Sports Hall

Clubs for all:

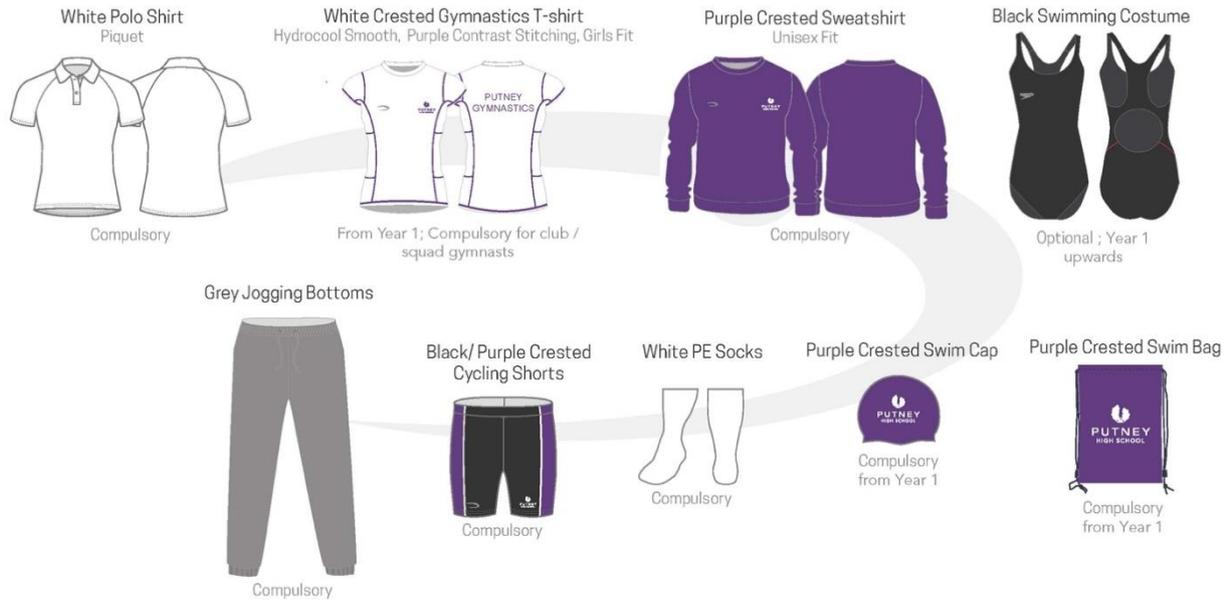
- Please see above an example of the sports clubs on offer during the Autumn Term. Please note the opportunity for inclusive and drop-in clubs that all pupils can attend. The clubs on offer change each term, and parents are sent the timetable in advance of the term to sign their child up for a club and places are then allocated.

PE KIT

Trainers: Pupils are permitted to wear their own trainers for PE, provided they are suitable for all sports and are not fashion trainers. Lace-up trainers are to be worn from Year 4 upwards.

Reception - Year 2 Curriculum *Sportswear*

September 2020



Year 3 - Year 6 Curriculum *Sportswear*

Sept



HEALTH AND SAFETY

All pupils are required to wear their PE kit for sports lessons and fixtures. To encourage independence, pupils need to change either before or after at least one of their lessons. More information about changing for PE is available on our [Junior School PE FIREFLY page](#).

Before lessons, all jewellery must be removed, 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 and trainers, 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 SELECTION



Putney High School is renowned for its sporting enthusiasm and achievements, and many pupils perform at County, Regional and National level. This sets a very high benchmark for sport at our school and we are very proud to be a UK Top 5 Sporting School.

Putney 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 pupils 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 pupils to move into squads and move up teams throughout the year.

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

SPORTS SCHOLARSHIPS



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

Scholarship trials are held in the Summer Term, where pupils 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](#) and the Junior PE Firefly page.



FIXTURES

All fixtures are scheduled into the school calendar at least one term in advance. These are found on the PE page 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 hall 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 endeavours as well as cheer on both teams.
- 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 do not keep other pupils' 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 & Pathway
- PE Timetable
- Year 3-6 Fixtures
- Fixture Consent & Invite Forms
- Clubs
- Key Information & FAQs
- Sports Scholarships
- Home Learning & Resources



We aim to streamline all of our communication through Firefly.

This information is updated on a weekly basis, and we ask parents to check it regularly.

Please also read the Friday newsletter each week as we update parents on exciting PE news and include key ways in which to connect with the PE team.

SPORTING BEHAVIOUR

At Putney High School, pupils and staff are expected to demonstrate outstanding levels of sporting behaviour at all times.

It is an integral part of the school ethos that all pupils 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 a healthy relationship with peers and sets a good example for spectators.





HOW PARENTS CAN SUPPORT SPORT AT PUTNEY HIGH SCHOOL

- On occasion we may ask for volunteers to accompany pupils to fixtures. If you can help, you can indicate this on the Firefly fixtures consent form.
- Always encourage your daughter to compete according to the rules, to be a generous winner, act with integrity and kindness, and to lose graciously.
- Show appreciation for the coaches/ teachers, officials and the opposition. Respect the official's & PE teacher's decisions. Encourage your daughter to do the same.



JUNIOR PE DEPARTMENT

Miss Rosie Berwick:
Head of Junior PE
Lead Gymnastics

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Mrs Natalie Durant
PE Teacher

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Mrs Brittani Wilson
PE Teacher/Lead Tennis & Football

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SPORTS STAFF/COACHES

Mr Emil Krastev **Gymnastics Coach**
Mr Minesh Desai **Gymnastics Coach**
Miss Kira Bishop **Dance Teacher**
Ms Emma Wells **Tennis Coach**
Mr Sean McInnes **Football Coach**
Mrs Chris Graham **Netball Coach**
Mr Darius Knight **Table Tennis Coach**
Putney Leisure Centre **Swimming**



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