



SPORT & PHYSICAL EDUCATION

2019 - 2020

Welcome to The Junior School Sport & Physical Education

Ethos:

The Physical Education ethos at The Maynard is to encourage children to enjoy all aspects of Sport & PE, whether it is competitive or creative, individual or team based. This helps to set them on a journey of life-long participation in physical activity, which has many benefits to their physical, social and mental wellbeing.

Curriculum:

All Key Stage 2 pupils receive at least 3 hours per week of quality PE provision as part of the curriculum. Through this they will experience competitive and non-competitive sport within school, playing matches within lessons and some after school opportunities.

Within PE and Games lessons your daughter will experience the following activities:

Autumn Term: Hockey, Gymnastics & Netball

Spring Term: Netball, X-Country, Dance & Swimming

Summer Term: Striking Games, Tennis & Athletics



Participation:

If children are in school then we expect them to change and participate in their Games and PE lessons. If they have an injury or illness that will affect their physical participation please send them in with a letter of explanation. We would still ask them to change into warm kit and participate, as appropriate, in a support, coaching or officiating role.

Sports Representation:

Competitive fixtures are played from U9 to U11 against a variety of local schools, with some friendly competitions for U8. Our fixture list is available at the start of each term and updated on the school calendar; please be advised that the fixture list is subject to change.

Children are encouraged to participate and enjoy the experience of competition. If appropriate all children will have an opportunity to represent the school at either B or C team level; the A teams are selected on ability from the best available players, and these may sometimes be from mixed year groups.

All staff work towards an inclusive approach that enables as many pupils as possible to experience competitive sport. Throughout the year, we organise Inter House Competitions to give all pupils the chance of enjoying sporting events.

Team Lists for school matches, with timings, are posted on the Junior School Sports notice board; details are also emailed home. **Permission slips should be returned promptly to class teachers** confirming your daughter's availability and information regarding when and where you will collect her after the fixture.

Teas/Refreshments are usually provided in the form of a drink and snack at fixtures (often for supporters too!) please do allow your daughter to stay in order to thank the hosting team and help us host our visitors, it is all part of the experience.

Cancellation of Fixtures: Parents and friends are most welcome to support matches. Parents will be notified of cancellations as soon as possible on the school website and emails will be sent out to those affected.

Selection Policy:

Criterion varies from fixture to fixture, and is dependent on the level of competition, transport restrictions and the number of children that we are permitted to take to events. Many of the competitions are of a high standard, and we select teams to give the best experience possible for both sides.

Selection criterion for team events is based on:

- Level of skill and fitness demonstrated
- Understanding of games, tactics and rules
- Enthusiasm and effort shown to learn and improve
- Commitment to training and learning
- Emotional maturity to cope with the occasion
- Demonstration of suitable behaviours to represent the school responsibly



Role of Parents:

We would like to thank parents in advance for supporting us as follows:

- If your child is regularly chosen for a team, please help them understand that it is a privilege to represent the school; they should feel proud of themselves but not boastful. No teams are set in stone and girls should be prepared to happily represent any team as selected by their coaches.
- If your child is not chosen to represent a particular team, help them to have realistic expectations and support their coach's decision. Encourage them to talk to their coach, keep coming to practices and enjoy what they do within lessons and clubs. Help them to see that playing at any level is good to develop social skills and an excellent way of keeping fit and healthy.

Top Tips for helping your daughter enjoy sport!

- Make sure she has the correct kit for the activity and weather conditions
- Give encouragement to your child and all players on their team
- Allow your child to make their own decisions whilst playing
- Try to focus on the process, not the result! (ask them if they had fun, before you ask if they won!)
- Don't compare your child with other players
- Let the coach be the coach
- Respect the referee's decisions
- Cheer for good effort and exciting play
- Make it obvious that you are proud of their efforts
- Be a positive role model
- Place emphasis on having fun!



Other opportunities for participation and performance:

Extra Curricular Clubs Timetable: In addition to team training in our major sports, the department are assisted by visiting coaches, our Sports Scholars and Sports Leaders to offer a variety of recreational clubs at lunchtimes and after school. Activities include Badminton, Basketball, Dance, Gymnastics, Martial Arts, Multi-sport games, Running, and Yoga.

Tennis Coaching & Tennis Academies:

Tennis coaching is available in individual and group lessons by arrangement with Mr Rycroft. Tennis Academies are run on an invitational basis throughout the year.

Ballet Lessons:

Ballet lessons are available all year with Mrs Barlow.

Swimming Gala:

The Swimming Gala is held at the end of the Spring Term.

Gym & Dance Showcase:

The Gym and Dance Showcase is a whole school event held in late spring / early summer. This is an opportunity to celebrate the diversity of talent and creativity in all our students.

Sports Day:

Sports Day is held in the Summer Term and is an opportunity to enjoy a day of traditional Sports Day Athletics events.



Sport Staff:

Mrs C Gabbitass (Director of Sport)

Mrs R Fabian (Teacher i/c of Junior School PE & Games)

Miss K Lavelle (Teacher of PE & Games)

Mrs E Bucci (Sports Coach)

Mrs S Wood (Teacher of PE & Games)

Mrs C Leigh (Teacher of PE & Games)

Mr J Rycroft (Tennis Coach)

Mrs C Sanz-Planchart (Tennis Coach)

Mrs S Barlow (Ballet Teacher)

Mrs C Connor (Modern Dance Teacher)

Miss A Finch & Mrs S Finch (Gymnastics Coaches)

Mr C Worcester (Basketball Coach)

Mr T Simpson, Mr A Fenegan & Mr S Hill
(Martial Arts Instructors)

Mrs N Fitzgerald (Badminton Coach)