



THE  
MAYNARD  
SCHOOL

JUNIOR SCHOOL



# **SPORT AND PHYSICAL EDUCATION**

**2023 - 2024**

# WELCOME TO JUNIOR SCHOOL SPORT & PE

## 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 well being.

## 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, Football, Gymnastics & Netball

Spring Term: Netball, X– Country, Dance, Gymnastics

Summer Term: Cricket, Tennis, Swimming & 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. All children will have an opportunity to represent their house team in termly house competitions. 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 at a level suitable for them.

## Sport Staff:

Mrs A Lewis-Weeks (Director of Sport)  
Mrs K Mears (Teacher of PE & Games)  
Miss E Ingham-Hill (Teacher of PE & Games)  
Mrs E Bucci (Sports Coach)  
Mrs S Barlow (Ballet Teacher)  
Exeter Gym Club Coaches

Mrs R Fabian (i/c Junior School PE & Games)  
Miss B Cousins (Teacher of PE & Games)  
Mr J Rycroft (Tennis Coach)  
Mrs C Connor (Modern Dance Teacher)  
Exeter Martial Arts Club Coaches



## Sports Fixtures:

You can find details for all of our fixtures using on-line system (SOCS), by visiting the following website [https://sport.maynard.co.uk/Fixtures\\_Teams.asp?Id=5031](https://sport.maynard.co.uk/Fixtures_Teams.asp?Id=5031), or directly through the school website. We have sent out separate information explaining how to use the new system in due course.

Your daughter's planner will have a stamp to show remind you to check SOCS for an upcoming fixture, and we aim to give a weeks notice where we are able. Please check details carefully and ensure your daughter knows where and when she will be collected afterwards.

**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 via the School website and / emails 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:-

- Trust the teachers to create the best possible experience for your daughters current ability and level, not being selected for a particular match should not be seen as a negative, we are trying to do our very best for all of the girls in our care.
- 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 be 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 coaches 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.

## Other opportunities for participation and performance:

**Extra Curricular Clubs Timetable:** We are assisted by visiting coaches to offer a variety of recreational and specialist clubs at lunchtimes and after school. Some of these clubs evoke an additional charge and must be signed up for at the start of the term via an online Form. Girls are expected to stick to the club they have been signed up to for the duration of the term and parents will be charged accordingly on their end of term bill.



**Tennis:** Tennis coaching is available in individual and group lessons for Years 4-6 by private arrangement with Mr Rycroft. Tennis Academies are run on an invitational basis throughout the year for our more able and promising players in Years 5 & 6, and in Year 4 from the Summer Term.



**Swimming Lessons:** Take place in the summer term at St. Sidwell's Leisure Centre

**Gym & Dance Showcase Events:** Opportunities to celebrate the diversity of talent and creativity in all of 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.

### How to help your daughter enjoy sport !

- Make sure she has all 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 them
- Be a positive role model
- Place emphasis on having fun!

