

## Physical Education Department

Starting in September 2009 the PE department will publish a termly sports fixtures diary. This will not replace the parental consent letters issued to each child selected to represent a school team, but is an overview of events taking place. Also in the Autumn Booklet, we have included information on after school clubs, a copy of the PE participation policy and finally a table showing the PE / Games provision for Years 7-9

(Please note that on occasions the details listed may change. Where this happens we will try to inform parents / students as early as possible)

As always, if there is anything else you would like to discuss please contact me through the school office or by e-mail at [twilleyp@logs.uk.com](mailto:twilleyp@logs.uk.com)

**Peter Twilley**

**Head of Physical Education**

### Fixtures Diary – Autumn Term 2009

#### September

8 <sup>th</sup> – Year 9 boys Football Vs Heathfield.	Meet: 2.30	Back: 5.00	
9 <sup>th</sup> – U13 boys football Vs St. Bedes.	Meet: 1.30	Back: 5.00	
Year 8 girls hockey Vs St Andrews (Home)	Meet 1.45	Back 4.00	
15 <sup>th</sup> – Year 8 & 9 girls hockey tournament – Beacon.	Meet 3.15	Back: 6.00	
Year 9 girls hockey Vs Battle Abbey,	Meet: 1.15	Back: 4.00	
Year 9 boys football Vs Uplands	Meet: 2.15	Back: 5.30	
16 <sup>th</sup> - U13 boys football Vs St Christophers (Home)	Meet: 2-00	Back: 4.00	
Year 8 girls hockey Vs Moira House (Home)	Meet: 1.30	Back: 4.00	
17 <sup>th</sup> - Year 10 boys football Vs Uplands	Meet: 2.15	Back: 5.30	
Year 10 girls netball tournament – Heathfield.	Meet: 2.30	Back: 6.00	
21 <sup>st</sup> - Year 10/11 boys football Vs Chailey	Meet: 2.30	Back: 5.00	
Year 7+8 girls netball Vs Priory (Home)	Meet 4-15	Finish: 5-30	
22 <sup>nd</sup> - Year 9 boys football Vs Priory	Meet: 2.15	Back: 5.00	
Year 9 girls hockey Vs Eastbourne College (Home)	Meet 2.15	Back 4.00	
23 <sup>rd</sup> - U13 boys football Vs Shoreham	Meet: 1.30	Back: 4.30	
Year 8 girls hockey Vs St Bedes	Meet: 1.30	Back: 4.30	
Year 9+10 netball Vs Priory (Home)	Meet: 4.15	Finish: 5-30	U16
girls hockey Vs St Bedes (Home)	Meet: 4-15	Finish: 5.30	
24 <sup>th</sup> - Year 10 girls hockey Vs E'bourne College	Meet: 1.15	Back: 4.00	
28 <sup>th</sup> - Year 7+8 girls netball Vs Downlands (Home)	Meet : 4.15	Finish: 5.30	
Year 10+11 boys football Vs Priory	Meet: 3pm	Back: 5pm	
29 <sup>th</sup> - Year 9 boys football Vs Chailey	Meet: 2.30	Back: 5.00	
Year 9 girls hockey Vs St Bedes (Home)	Meet: 1.45	Finish: 400	
30 <sup>th</sup> - U13 boys football Vs St. Andrews	Meet: 1.30	Back: 4.30	
Year 8 girls hockey Vs Varndean	Meet: 2.30	Back: 4.45	

## October

1 <sup>st</sup> - U15 boys football Vs St Bedes (Home)	Meet: 2.30	Back: 5.00
5 <sup>th</sup> - Year 7+8 netball Vs Moira House (Home)	Meet: 4.15	Finish: 5.30
7 <sup>th</sup> - Year 8 girls hockey Vs Newlands (Home)	Meet: 1.45	Finish: 3.45
Year 9+10 girls netball Vs Downlands (Home)	Meet: 4.15	Finish: 5.30
Year 9 boys hockey Vs St Bedes (Home)	Meet: 4-15	Finish: 5.30
8 <sup>th</sup> - U15 girls hockey Vs St. Bedes	Meet: 1.00	Back: 4.00
Year 10 boys football Vs Chailey	Meet: 2.30	Back: 5.00
13 <sup>th</sup> - U14 boys football Vs St Bedes (Home)	Meet: 2.30	Back: 5.00
U14 girls hockey Vs Varndean (Home)	Meet: 4.00	Finish: 5.30

## November

2 <sup>nd</sup> - Year 7+8 netball Vs Varndean (Home)	Meet: 4.00	Finish: 5.30
3 <sup>rd</sup> - U14 boys football Vs Shoreham College (Home)	Meet: 1.45	Back: 4.00
Year 9 girls hockey Vs Battle Abbey (Home)	Meet: 3.00	Finish: 4.30
4 <sup>th</sup> - Year 8 girls hockey Vs Skippers Hill	Meet: 1.30	Back: 4.30
Year 7+8 boys football Vs Priory	Meet: 2.45	Finish: 4.30
Year 7+8 boys hockey Vs Uckfield (Home)	Meet: 4.00	Finish: 5.30
5 <sup>th</sup> - Year 9 girls hockey Vs Moira House	TBC	
11 <sup>th</sup> - U16 boys hockey Vs Varndean (Home)	Meet 4.00	Finish: 5.30
12 <sup>th</sup> - U15 girls hockey Vs Ardingley	Meet: 1.30	Back: 4.30
17 <sup>th</sup> - Year 9 girls netball Vs Newlands	Meet: 1.30	Back: 4.00
18 <sup>th</sup> - Year 8 girls netball Vs Shoreham	Meet: 1.45	Back:
4.30		
Yr 8 boys hockey Vs Skippers Hill (Home)	Meet 1.45	Back: 4.00
24 <sup>th</sup> - Year 9 girls netball Vs Shoreham College (Home)	Meet: 1.45	Back: 4.00
25 <sup>th</sup> - Year 8 girls netball Vs Newlands	Meet: 1.30	Back: 4.00
Year 8 boys hockey Vs Varndean	Meet: 2.30	Back: 4.30
KS3 mixed badminton @ Uckfield	Meet: 3.30	Back: 6.00
U16 girls hockey Vs Battle Abbey (Home)	Meet: 4.00	Finish: 5.30

## December

1 <sup>st</sup> - Year 9 girls netball Vs Newlands (Home)	Meet: 1.45	Back: 4.00
2 <sup>nd</sup> - Year 7 girls netball Vs Moira House	Meet: 11.45	Back: 2.00
Year 8 girls netball Vs Newlands (Home)	Meet: 1.30	Back: 4.00
KS4 mixed badminton @ Uckfield	Meet: 3.30	Back: 6.00
3 <sup>rd</sup> - Year 7 & 8 girls hockey Vs Uckfield	Meet: 3.35	Back: 6.00
8 <sup>th</sup> - Year 9 girls netball Vs Moira House	Meet: 1.30	Back: 4.00
9 <sup>th</sup> - Year 8 boys hockey Vs Newlands	Meet: 1.45	Back: 4.00
Year 8 girls netball Vs E'bourne College	Meet: 1.30	Back: 4.30
U16 boys hockey Vs St Bedes (Home)	Meet: 4.00	Finish: 5.30

### Note

1. Full details will be given on the parental consent letter issued for each match.
2. Where possible we will try to issue this letter 5 days prior to the fixture. This gives the parents / students / PE staff time to confirm the team.
3. Where it states 'Finish' it means that students will need to arrange a pickup from the venue. (In most cases this will be the Southdown club)
4. Where it states 'Back' it means that students will be returned to School.

**For students who use School transport, we will ensure that they are back at School for 4.00pm if that is the return time stated.**

### After School Clubs

Over the last few years, the PE department has worked hard to offer a wide range of after school opportunities. We feel that these clubs underpin the excellent teaching that takes place during curriculum time.

During the first week of each new term, students need to register a place by returning the consent form and payment to the School office. (The cost goes towards the hire of the facilities / external coaches). The club will last until the penultimate week of each term. (approximately 8 / 9 weeks)

Clubs start at 4-20pm and finish at 5-20pm. This allows time for students to walk down to the club. Parents will need to arrange afterschool transport. (In the first week, new students can meet at the PE office at 4-05pm to be walked down by a member of staff.)

### Term 1 and 2

<b>Monday</b>	<b>Year 7-10 Football (Southdowns club) (excluding Jan/ Feb)</b> <b>Year 7 + 8 Netball (Southdowns club)</b> <b>Year 9-11 Squash (Southdowns club)</b>
<b>Tuesday</b>	<b>Year 7 + 8 boys / all girls Hockey (Southdowns club)</b>
<b>Wednesday</b>	<b>Year 9 + 10 Netball (Southdowns club)</b> <b>Hockey fixtures (Southdowns club)</b> <b>Year 7 + 8 Squash (Southdowns club)</b>
<b>Thursday</b>	<b>Year 9 - 11 boys Hockey (Southdowns club)</b> <b>Year 7 – 11 Dance club (YMCA)</b>

### Term 3

Cricket club (Wednesday) / Tennis club (Wednesday)  
Football club will run from end of February until end of May.

# Lewes Old Grammar School

## Physical Education – Participation Policy

This Policy relates to participation within Physical Education and Games lessons. It is aimed at Key stage 3 and 4 pupils and therefore covers Core lessons as well as Examination lessons. As with the theory behind the department's Risk Assessment, it is a general guide from which staff and parents can make informed decisions as to the level of a pupil's participation. Although it is comprehensive and progressive, it is assumed that 'common sense' will always be the basis for individual cases.

The Physical Education department believes that;

1. Physical activity is fundamentally important to a pupil's health and fitness.
2. Every lesson is an opportunity to learn.
3. There are a four key strands of learning in this subject (acquiring and developing skills / selecting and applying skills / knowledge and understanding / evaluation and improving)  
Within the context of the lesson, pupils learn and experience different roles, e.g. performer, coach, official etc.

### Stage On - Full Participation

If a pupil has or is recovering from an injury / illness, but they can fully participate in the practical element of the lesson – they must inform the teacher of the situation so that it can be monitored. Full appropriate kit must be worn.

### Stage Two - Part Participation.

As with stage one, but in this instance a parental letter must be submitted to enable the teacher to make informed decisions on the level of participation. Full appropriate kit must be worn.

### Stage Three— Participation in a different activity

Where a pupil can not physically take part in their allocated activity, there is a possibility of them being moved to a different activity in order for them to still be active / learn. Stage three is only possible where it has been prearranged with the head of department, due to the obvious logistical issues.

### Stage Four—Non-participation in chosen activity

If a pupil has an injury / illness which prevents any participation in the practical element of the lesson, it is expected that they will still take part fully in the learning. Full appropriate kit must be worn, so that they are suitably dressed to undertake different roles e.g. official, coach etc. (Pupils are strongly recommended to bring extra protective clothing, for example the school rain jacket or similar, dependent on weather conditions.)

Note – If it is not possible to change due to the type of injury, then indoor activities go ahead as normal / outdoor activities may need to consider stage five (depending on the weather / activity. In this situation, please contact head of department to discuss)

### Stage Five - Alternative arrangements.

If a pupil is unable to undertake the different roles, it will be necessary to make alternative arrangements for their learning. Staff and parents have a number of choices available.

## PE and Games Provision = 2009 / 2010

YEAR 7						
- Games (Wed.)		09-Sep 11-Nov	18-Nov 27-Jan	03-Feb 21-Apr	28-Apr	05-May 07-Jul
	Boy Girl	<b>Badminton Hockey</b>	<b>Hockey Netball</b>	<b>Rugby Badminton</b>	<b>R for L</b>	<b>Cricket Rounders</b>
- PE (Fri)		11-Sep 16-Oct	06-Nov 08-Jan	15-Jan 05-Mar	12-Mar 14-May	21-May 09-Jul
	Boys Mixed	<b>football squash</b>	<b>gym football</b>	<b>Swim Swim</b>	<b>athletics gym</b>	<b>tennis athletics</b>
	Mixed	<b>gym</b>	<b>squash</b>	<b>Swim</b>	<b>football</b>	<b>athletics</b>

YEAR 8						
- Games (Wed.)		09-Sep 11-Nov	18-Nov 27-Jan	03-Feb 21-Apr	28-Apr	05-May 07-Jul
	Boys Girls	<b>football hockey</b>	<b>hockey netball</b>	<b>Rugby Badminton</b>	<b>R for L</b>	<b>cricket rounders</b>
- PE (Tues)		08-Sep 13-Oct	03-Nov 05-Jan	12-Jan 02-Mar	09-Mar 11-May	18-May 06-Jul
	(G = girls)	<b>B tennis</b>	<b>gym</b>	<b>Swim</b>	<b>squash</b>	<b>athletics</b>
	(B = boys)	<b>G football</b>	<b>squash</b>	<b>Swim</b>	<b>gym</b>	<b>athletics</b>

YEAR 9						
- Games (Tues.)		08-Sep 10-Nov	17-Nov 26-Jan	02-Feb 20-Apr	27-Apr	04-May 06-Jul
	Boys Girls	<b>football hockey</b>	<b>hockey netball</b>	<b>Rugby Badminton</b>	<b>R for L</b>	<b>cricket rounders</b>
PE (Thurs.)		10-Sep 15-Oct	05-Nov 14-Jan	21-Jan 11-Mar	18-Mar 20-May	27-May 08-Jul
	(G = girls)	<b>B tennis</b>	<b>gym</b>	<b>Badminton</b>	<b>B badmin- ton</b>	<b>athletics</b>
	(B = boys)	<b>G football</b>	<b>squash</b>	<b>Swim</b>	<b>G tennis</b>	<b>athletics</b>

### PE / Games Kit

1. We strongly recommend that students wear Astro-turf style trainers for their Games lessons as much of what we do is on that type of surface. They can also be worn on grass and therefore useful and versatile.
2. Boys do not require specific rugby boots. Unless they play regular club rugby outside of school, I would suggest that moulded plastic stud football boots would be the best choice. These are safe for rugby and are more versatile as they can be used for rugby and football at most times throughout the year.
3. For squash and badminton, students will not be allowed to wear trainers which mark the floor. Because of this 'normal' trainers should be worn.
4. During rugby and squash, we will recommend students to wear gum shields / glasses respectively.