

PE Department Senior School Handbook for Parents



PUTNEY
HIGH SCHOOL
GDST

2021–2022



Sport at Putney plays an important part in school life and we are delighted to have been recognised as one of the nation's top 5 schools for sport by *School Sport Magazine*.

The opportunities are immense with many sports being available as recreational clubs and/or in a competitive environment. The PE Department works hard to balance the inclusive with the elite sporting opportunities. Through our PE Curriculum our aim is that all girls will discover and develop:

- The joy of moving and being physically active.
- A deep sense of physical accomplishment and wellbeing.
- A range of skills and sports.
- A sense of team spirit.
- A positive physical identity.
- The desire to play sport outside school, leading to lifelong physical activity.

I hope your daughter takes advantage of the wonderful sporting opportunities on offer during her time at Putney.

Mrs Fraser
Director of Sport

PE LESSONS

Girls in Years 7–11 have 2 x 1 hour PE lessons a week. In the Autumn and Spring Terms, Years 7–9 have one lesson of Games outside and one indoor lesson such as Gymnastics, Dance, Badminton or Trampolining. In the Summer Term all girls participate in Athletics, Tennis and Cricket. Lessons take place at school and off site.

- Core subjects include Gymnastics, Dance, Lacrosse, Netball, Football, Badminton, Athletics, Cricket and Tennis.
- As pupils progress through Years 8 and 9 they will be taught Basketball, Volleyball, Table Tennis, Trampolining, Football and Touch Rugby.
- Years 7 and 8 will have a games afternoon once a week from 2.30 to 3.50pm. Lacrosse will be played at Wimbledon Rugby Club.
- In Year 9 girls take part in ball girl training during lessons, and have the opportunity to be involved in our Wimbledon Tennis ball girl programme.
- Rowing is taught in Year 9, and girls in Years 10 and 11 can select to row in PE lessons.
- An increasing variety of sports is offered to older pupils in Years 10 and 11 including: Golf, Yoga, Zumba, Squash, Spinning, and Martial Arts.

WHAT TO WEAR IN PE

PE uniform is available through our school uniform provider, School Blazer, and can be purchased online at www.schoolblazer.com. Full details are given to parents on joining the school. Please see the following images for guidance on what girls should wear.



Purple crested skort



White/purple crested polo shirt



Purple crested midlayer



Grey training pants – warming up & travelling



Black crested athletics shorts



Black crested baselayer leggings



White socks



Purple lacrosse socks



White crested base layer top



Black Gymnastics Squad t-shirt



Games bag



Limitless bra (optional)



Headband (optional)

We expect girls to wear the correct kit for each session. The specific requirements for each sport are:

Lacrosse – purple crested skort, white/purple crested polo shirt, purple crested midlayer, purple lacrosse socks and football boots. Base layers are essential in cold weather.

Netball – purple crested skort, white/purple crested polo shirt, purple crested midlayer, white socks, and trainers. Base layers are essential in cold weather.

Indoor Games – Badminton, Volleyball and Basketball – purple crested skort, white/purple crested polo shirt, white socks and trainers.

Gymnastics, Dance and Trampolining – black crested leggings and school polo shirt.

Cricket, Athletics and Football – black crested running shorts, white/purple crested polo shirt, white socks and trainers.

Tennis – purple crested skort, white/purple crested polo shirt, white socks and trainers.

LACROSSE

Hattersleys is our school lacrosse supplier and a lacrosse order form is included with this booklet. We have a number of class sticks that your daughter can borrow for lessons but if she will be attending Lacrosse Club she must own her own stick and goggles. Goggles are compulsory for all girls in lacrosse teams.

PE EQUIPMENT

Girls are required to purchase the following items:

- Lacrosse team players or girls attending Lacrosse Club must have a lacrosse stick and goggles. These can be arranged through our school lacrosse supplier, Hattersleys.
- All girls in Years 7 and 8 must have football boots and a mouthguard, regardless of whether or not they attend Lacrosse Club.
- Mouthguards are compulsory whilst playing lacrosse. This is in line with the recommendations given by the English Lacrosse Association and the GDST. It is essential for parents and girls to ensure that they have a properly fitted mouthguard which is ideally dentist-fitted. O-PRO will be in school on Friday 10th September 2.30 – 4pm to fit mouthguards for our new pupils. You can also book your O-PRO mouthguard online at www.opro.com. Please note that PE teachers will remind girls of the necessity to wear a mouthguard but the responsibility rests with your daughter.
- All girls in Years 7 to 10 will require a tennis racket for the Summer Term.



TEAM SPORTS KIT (ILLUSTRATED OPPOSITE)

This can be purchased online at www.serious-stuff.com

The password for entry to the site is 'putneysport'. The company also has a shop at Rosslyn Park Rugby Club, Priory Lane, SW15 5JH.

Tel: 020 8876 7668.

Gymnastics – Squad gymnasts are expected to train in their own leotards. Black gymnastics t-shirts are compulsory for members of the squad and can be purchased from www.schoolblazer.com

Dance – School dance t-shirts can be purchased from the PE Department. Girls should wear school black crested leggings and a pair of black plimsolls.



PUTNEY HIGH SCHOOL TEAM SPORTS KIT



ALL TEAMS



TEAM HOODIE
ALL TEAMS
COMPULSORY



MESH LINED JACKET
ALL TEAMS
COMPULSORY



BASELAYER TOP + LEGGINGS
ALL TEAMS
OPTIONAL



LACROSSE AND NETBALL



U12-15 TEAM SHIRT
LACROSSE AND NETBALL
COMPULSORY



NETBALL/LAX SKORT
ALL TEAMS
COMPULSORY



LAX SHIRT
1ST/2ND TEAM
COMPULSORY



LAX SOCK
OPTIONAL



NETBALL DRESS
1ST/2ND/U16 TEAM
COMPULSORY

ATHLETICS



ATHLETIC VEST
ALL TEAMS
COMPULSORY

ROWING



ROWING TEE
YR 9+
COMPULSORY



ROWING ALL-IN-ONE
YR 9+
COMPULSORY

Please note: All PE kit and team kit must be named clearly on the inside with a sewn name tape.

Participation

All girls are expected to participate in PE lessons and we ask parents to support us in this. If your daughter is feeling a bit 'under the weather' but is well enough to be in school we ask that she informs her teacher of this and participates in the lesson lightly. Girls will not be allowed to miss PE unless they bring a note from parents. Non participants will be involved in the lesson as an umpire or helper so should have trainers with them – they will not be sent to the Library. Girls should note that PE lessons will go ahead come rain or shine.

JEWELLERY

This must not be worn for any PE lesson and it is girls' own responsibility to remove all jewellery at the start of every lesson. **If your daughter wishes to have her ears pierced, the school advises this should be done at the start of the summer holidays.** Earrings must be removed for every PE lesson and taping is not permitted. Again, we ask you to support us in this.

VALUABLES

Valuables should be locked away in school lockers at the beginning of the school day. Changing rooms are not locked during PE lessons.

CO-CURRICULAR OPPORTUNITIES

All Senior School girls enjoy a range of co-curricular activities. Information about these activities is sent to parents at the beginning of term and can also be found on FireFly. Details of our sports clubs and practices are available on our Sports Calendar via the school website. In the PE Department we have a number of information boards which are labelled according to each sport category. All information is posted here and girls read the boards regularly. A busy sporting calendar provides numerous opportunities for girls to represent the school, and a large number of teams run for the most popular sports to allow as many girls as possible to play competitively. We also keep parents informed of our sporting progress through the school website and our Twitter account [@PutneyHighSport](#) and our [putneyhighsport](#) Instagram account.

TEAM SELECTION

- At the start of each term, girls sign up on the PE notice boards to attend sports clubs. Girls will be continually assessed throughout training sessions and will then be put into an appropriate group/team most suited to their ability level.
- Regular attendance at practices is expected if girls wish to play for a team.
- PE staff will talk to any girl who has moved down a team to explain why, before the team is announced.
- PE staff and sports coaches prepare team members to play a variety of positions. No player should think their position is set. Movement will always happen in teams. If a girl would like to know why she has changed position we encourage her to come and speak to us. Please be reassured that this move is for the benefit of both the individual and the team.
- We ask that parents manage their own and their daughter's expectations, and accept the staff or coach's expertise regarding team and squad selection.

ELITE SQUAD SELECTION AND SCHOOL A TEAMS

- Putney is renowned for its sporting achievements and many girls perform at national level or beyond. This sets a very high benchmark for sport.
- Putney is invited to compete in several regional or national competitions that specify/require a small squad.
- Additional sessions will be put in place for girls in school A teams preparing for specific competitions and tournaments.
- Selection for squads is based on sporting ability. We expect all girls to be fully committed.
- Elite Competitions include GDST Rallies, Surrey Tennis League, Surrey County Tournaments and Finals, National Athletics, Netball, Cross-Country and Lacrosse Competitions, and GISGA (Girls Independent Schools Gymnastics Association).

SPORTS SCHOLARSHIPS

Sports Scholarships are available at 11+ and in the Sixth Form.
All details on how to apply are available on the school website.

ELITE SPORTSWOMAN PROGRAMME

Our Elite Sportswoman Programme offers support and advice to girls who need to balance schoolwork with elite level sport. Girls will be placed on the programme automatically if they are a sports scholar or competing in sport equivalent to national standard. Pupils recognised to be on the programme are monitored to ensure they are managing their workload alongside the daily demands of training. The girls are given advice on topics such as nutrition, injury prevention and sports psychology.

INFORMATION FOR FIXTURES

- All fixtures are scheduled into the sports calendar in advance. These are found on the Sports Fixtures page via the school website.
- Sports boards have a section allocated to each sport where all team lists and information are publicised.
- Fixtures are subject to change and parents are asked to check the fixtures calendar on the school website regularly for updates. In the instance that a fixture is cancelled on the day, we will endeavour to contact parents as soon as possible.
- Parents are very welcome at fixtures and we encourage you to support your daughter in her sporting endeavours.
- 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. We ask that parents pick up their daughters on time.
- For away fixtures we are happy for you to collect your daughter from the venue; however if you have not arrived by the time we are due to leave, your daughter will be taken back to school. We cannot leave girls waiting at another school.
- At weekends, cancellation will be posted on the Sports Fixtures page on our website and on Twitter at least one hour before the school coach is due to leave.

COMMUNICATION

The sports area of our school website will enable you to see, at a glance, details of our sports fixtures, team lists and results. It can be accessed from the main school website at www.putneyhighsport.co.uk. Girls can also follow PutneyHighSport on twitter and instagram. PE information can also be accessed on FireFly, where you will find many useful links, e.g. Weekly Planner, PE Senior School Handbook, timetables and letters.

Below are some instructions to help get you started:

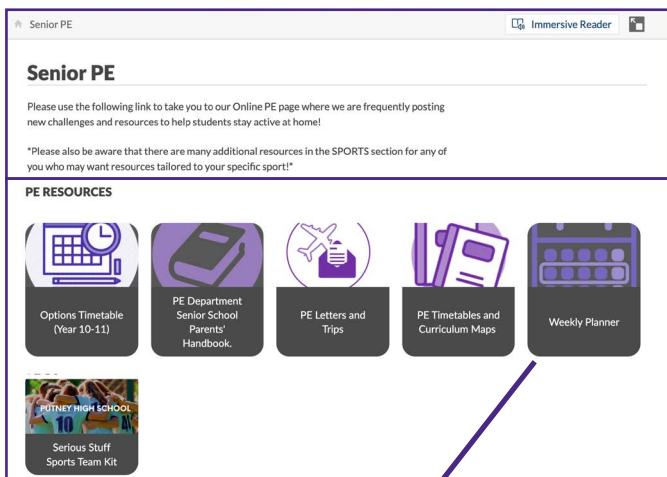
Navigate to our **Sports Fixtures** via the main menu (see image below)



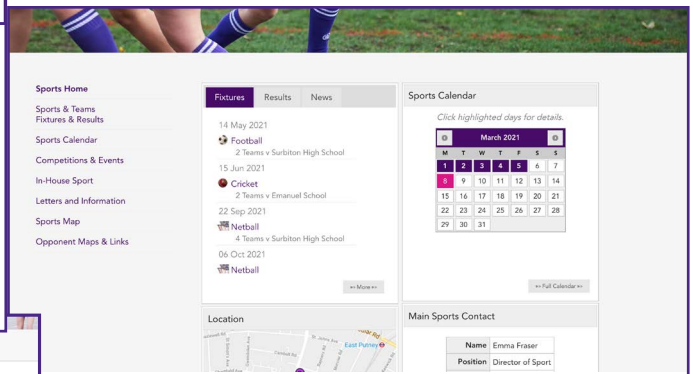
Select the day you are interested in and click the **Details** link. If we're playing away, there will be a link to the location map of our opponent's school.

The password required to access the team lists on sports fixtures is **putneysport**. We aim to publish team lists at least three days prior wherever possible.

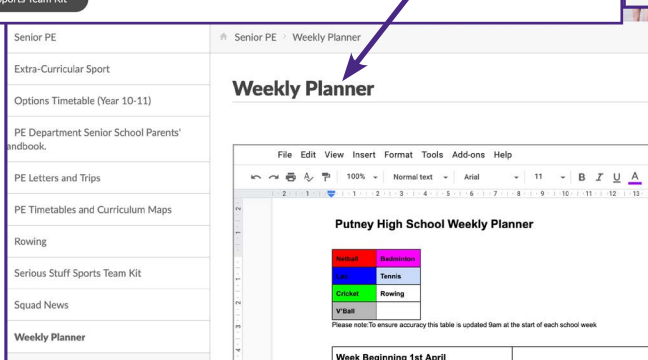
From the Sports Calendar you can go directly to a team's fixtures and results listing by clicking the team's name. eg click on the 'Girls-U12B'. To follow a particular team or teams, select **Sports & Teams Fixtures & Results** from the main menu. Then select a particular sport and your team to see **past results and upcoming fixtures**. From any team's Fixtures & Results listings you can also download the entire fixture list to your personal calendar on your PC or mobile device. Look for the 'Download to Your Calendar' button. Any changes we make to our fixtures will be synchronised with your personal calendar whenever you connect your PC or mobile device to the Internet. If you are visiting our sports website on your mobile device you will notice it loads up as a **Mobile Web App**.



Senior PE



SOCS (Sports Fixtures) website



Weekly Planner

If you have any queries about accessing the site, please contact putneyspe@put.gdst.net

INFORMATION ABOUT LESSON AND TEAM TRAINING

- Our home ground for lacrosse is Wimbledon Rugby Club, Barham Road (off Copse Hill), Wimbledon, SW20 0ET. All after-school and home lacrosse matches are here.
- Rowing is held at the Putney High School GDST Boathouse, 1A The Embankment, SW15 1LB or Barn Elms Boat House, Barnes, SW13 0DG.
- Athletics lessons and club take place at Wimbledon Park Athletics Track, Wimbledon Park, Home Park Road Road, SW19 8AU.
- Tennis lessons take place at Roehampton Playing Fields, Dover House Road, Roehampton, SW15 5BP.
- Home tennis matches are held at Barn Elms Sports Centre, Queen Elizabeth Walk, SW13 0DG.
- Cricket lessons are at Roehampton Playing Fields, Dover House Road, Roehampton, SW15 5BP.



TRIPS AND TOURS

The PE Department plans numerous trips and tours abroad including:

- Senior Lacrosse tour
- Junior Netball weekends to Condover Call, Shropshire – every year
- Tennis tour to Val de Lobo, Portugal (Years 8–10)
- Year 8 Ski trip to Europe
- Senior Rowing – Head of the Charles, Boston USA – every 2 years

SPORTSMANSHIP

At Putney all girls 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

- Please make sure your daughter is wearing the correct PE kit including no jewellery for sport.
- Make sure your daughter has a pair of recognised sports trainers with the correct support - not fashion shoes.
- Come and support your daughter at matches when you can.
- Help your daughter to be organised and prepared for matches especially during very hot or bad weather.
- Please focus on your daughter's efforts and performance rather than victory, defeat or the team for which she plays.
- Always encourage your daughter to compete according to the rules, be a generous winner and to lose graciously.
- Please do not be late picking up your daughter from away fixtures. We cannot guarantee that a member of staff will be able to wait with her.
- If your daughter wishes to get her ears pierced, please remember our school jewellery policy and arrange this to be done at the start of the summer holidays.



PE STAFF

Mrs Emma Fraser – Director of Sport. Head of Cricket

Miss Emily Barnes – 2nd i/c Department. Head of Netball, Volleyball and Tennis

Miss Lori Westcott – Academic PE Co-ordinator. Head of Athletics and
Cross-Country

Miss Dominique McKee – Head of Football and Elite Performance

Miss Kirsty Scuffil – Head of Gymnastics

Miss Claire Faram – Head of Lacrosse

Miss Schyler Neale – Lacrosse

Miss Yasmin Hodge-England – Netball

Miss Lauren Tait – Netball (after Autumn half-term)

Miss Eliza Watson – Sports Coach

Mrs Emma Heenk – Sports Administrator

SPORTS COACHES

Badminton

Miss Carol Bilton – Badminton Coach

Cricket

Mr Alastair Fraser – Cricket Coach

Dance

Miss Kira Bishop – Dance (dance@put.gdst.net)

Miss Leah Gregorczyk – Dance

Football

Mr Sean McInnes – Football Coach

Mr Alex Salt – Football Coach

Gymnastics

Mr Minesh Desai – Gymnastics Coach

Mr Emil Krastev – Gymnastics Coach

Miss Sarai Morales – Gymnastics Coach

Mr Lewis Walker – Gymnastics Choreographer

Rowing

Mr Ashley Carter – Head of Rowing

Mr Peter Brewer – Rowing

Miss Jess Eddie – High-Performance Rowing

Mr Oliver Jack – Rowing Coach

Mr Steve Salter – Rowing Coach

Miss Rachel Saunders – Rowing Coach

Table Tennis

Mr Darius Knight – Table Tennis Coach

Tennis

Mr Neil Howarth – Tennis Coach

Mr Ronnie Maxwell – Tennis Coach



Follow us on Twitter @PutneyHighSport
and on instagram @putneyhighsport

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