



PUTNEY
HIGH SCHOOL

GDST
GIRLS' DAY SCHOOL TRUST



Junior School PE Handbook for Parents 2021–22

Putney High Junior School

PE Handbook for Parents 2021–22

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 girls 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 girls 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

Sport at Putney plays an important part in the life of our school. In the Junior School, all our girls benefit from a games afternoon and a separate lesson of PE/Swimming each week taught by our specialist teachers. Their task is to ensure each girl 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 girls to concentrate on their own progress rather than comparing themselves to the achievements of others. **During the Covid-19 pandemic, length and structure of lessons may vary according to government guidelines.**

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 girls is extensive and diverse; during her time with us your daughter will experience sixteen 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 girls 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
- Athletics
- Gymnastics
- Dance
- Swimming

Other Sports include:

- Hockey
- Fitness
- Football
- Ball Skills
- Multi Sports
- Coordination
- Team Games
- Athletics
- Volleyball
- Badminton
- Rounders

CO-CURRICULAR OPPORTUNITIES

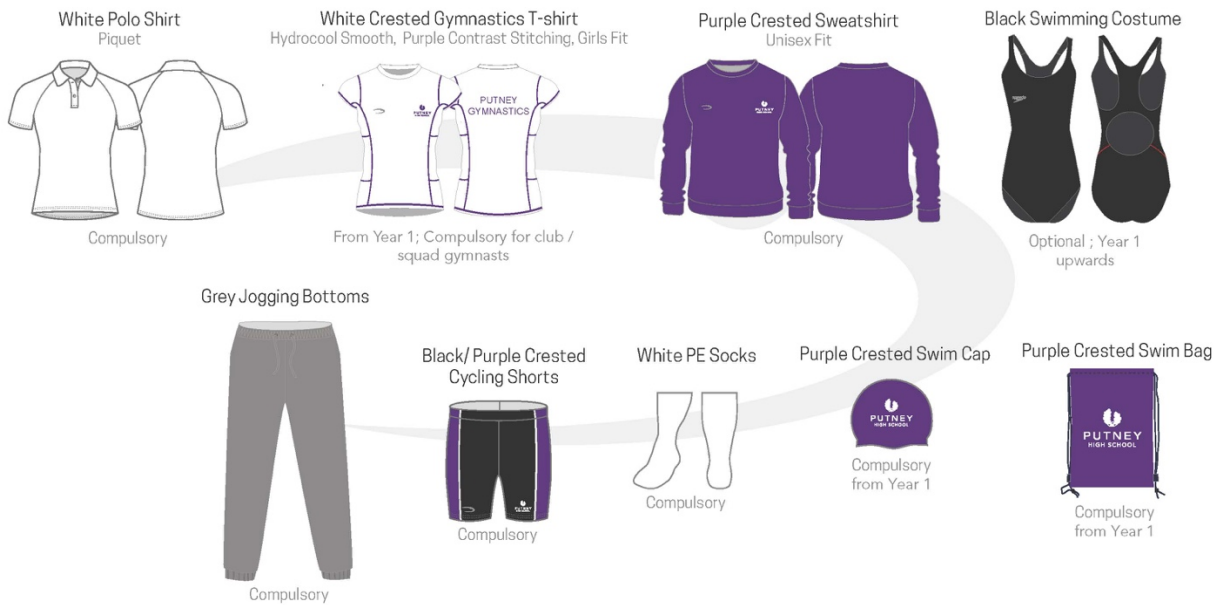
The activities offered in the co-curricular clubs programme is designed to be as inclusive as possible giving all girls the chance to enjoy a range of sports. It enables extra individual and team training to prepare for fixtures, tournaments and competitions and further increases skill levels. All sports 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 girls 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 your daughter attends training sessions if she wants to play matches against other schools.

PE KIT

Trainers: Students are permitted to wear their own trainers for PE, provided they are suitable for all sports and are not fashion trainers. It is recommended that lace-up trainers are worn from Year 4 up.

Reception - Year 2 Curriculum *Sportswear*

September 2020



Year 3 - Year 6 Curriculum *Sportswear*

September 2020



HEALTH AND SAFETY

All girls are required to wear their PE kit for sports lessons and fixtures. To encourage independence, girls need to change either before or after at least one of their lessons. More information about changing for PE is available on our [FIREFLY](#) page. **Current Covid regulations mean that, for the time being, girls should arrive at school wearing PE kit on the days they have PE or games.**

Before lessons, all jewellery must be removed before taking part. (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, 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 achievement and many girls perform at County, Regional and National level. This sets a very high benchmark for sport at our school. We are very proud to be a 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 girls 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 girls to move into squads and move up teams throughout the year.

Putney High School is an inclusive school where all girls are given the opportunity to trial for places in teams and all girls 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 girls who need to balance schoolwork with high level training.

Scholarship trials are held in the summer term, where girls 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 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. **Unfortunately, current Covid restrictions do not allow spectators. We will update you as the guidance changes.**
- 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 girls' 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
- Kit timetables
- Changing information
- Sports notices
- Fixtures calendars
- Fixtures consent forms
- External sports club



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 sports notices that go out in the Friday newsletter each week.

We also have an open door policy and encourage parents to speak directly with any of the PE staff if they have any questions or concerns.

SPORTING BEHAVIOUR

At Putney High School, girls 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 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

- On occasion we may ask for volunteers to accompany girls to fixtures. If you are able to help you may indicate this on the FIREFLY fixtures consent form.
- Always encourage your daughter to compete according to the rules, to be a generous winner and to lose graciously.
- Show appreciation for the coaches/ teachers, officials and the opposition. Respect the officials' decisions and encourage your daughter to do the same.



JUNIOR PE DEPARTMENT

Miss Rosie Berwick: r.berwick@put.gdst.net

Head of Junior PE

(on maternity until April 2022)

Miss Emma Halliday: e.halliday@put.gdst.net

PE Teacher

(on maternity until October 2021)

Mrs Chris Graham c.graham@put.gdst.net

(Maternity Cover)

PE Teacher/ Lead Netball

Miss Brittani Wilson b.wilson@put.gdst.net

PE Teacher/ Lead Tennis

SPORTS STAFF/COACHES

Miss Sarai Morales - **Gymnastics Coach**

Mr Emil Krastev - **Gymnastics Coach**

Mr Minesh Desai – **Gymnastics Coach**

Miss Kira Bishop - **Dance Teacher**

Mr Neil Howarth - **Tennis Coach**

Mr Ronnie Maxwell - **Tennis Coach**

Mr Alex Salt - **Football Coach**

Miss Yasmin Hodge-England - **Netball Coach**

Mr Darius Knight - **Table Tennis Coach**



Follow us on Twitter
@PutneyJuniorSch
and on Instagram:
@putney_junior_sport

Putney High School
35 Putney Hill
London
SW15 6BH

Phone: 020 8788 4886
Fax: 020 8789 8068
Email: putneyhigh@put.gdst.net
www.putneyhigh.gdst.net