



Monday 15th September 2025

Dear Parents and Carers,

Re: PE Reminders

I hope you have had an enjoyable summer. As another school year begins, I wanted to write to you with an update on PE kit, the PE curriculum and extra-curricular Sports clubs.

PE Kit

The full PE kit policy is outlined below, but I wanted to take a moment to highlight in particular that from September 2025 the reversible PE top is a compulsory item for all students in the school. We would also like to ask for your support please with the following:

1. Students are not permitted to wear black socks to PE lessons, only white socks or long blue socks (GHS branded or otherwise) are allowed to be worn in PE lessons.
2. All jewellery must be removed in all lessons due to health and safety reasons. Nose piercings are not permitted to be worn at Gosford Hill School.
3. Acrylic nails are also not permitted so please ensure students do not have these during term time, as they also pose a risk to safety during PE lessons.

PE teachers will use lessons, the Student Bulletin and Google Classrooms to ensure that students are aware of what kit they need to wear for lessons, including whether they should wear white or long blue socks.

PE Kit Policy

Compulsory PE Kit for all students

- Gosford Reversible Top
- Gosford Shorts or Skort
- White Socks (no other coloured socks are allowed for indoor lessons)
- Trainers
- Long Navy Blue Outdoor socks (any brand)
- Boots (for lessons on the field)
- Shin Pads (for hockey and football lessons)



Optional Purchase Items

- Gosford Indoor Blue Polo Top (can be purchased in addition to, but not as a replacement of, the Gosford Reversible Top)
- Gosford Tracksuit bottoms
- Gosford Outdoor Long Navy Blue Socks
- Gosford ¼ zip midlayer top
- Gum Shield (highly recommended for hockey and rugby lessons)

Cold Weather Policy:

When the weather becomes colder in the winter months, students have the option of wearing any of the following items of clothing in addition to (but not instead of) their PE kit to keep them warm:

- Thermal Under layer Bottoms or sports leggings (dark coloured blue or black from any supplier)
- Thermal Under layer Top (dark coloured blue or black) from any supplier
- GHS Tracksuit Bottoms (can be purchased from Stevensons – no other brands allowed)
- GHS ¼ Zip or full zip midlayers (can be purchased from Stevensons – no other brands allowed)

Please also note that Girls are not permitted to wear non-sports leggings at any time, this type of clothing is not appropriate for Physical Education.

Injury/No Kit/Wrong Kit Policy

All students are expected to bring the correct kit to all PE lessons, in the same way they are expected to bring the correct equipment to all other lessons within school. If, for a genuine reason, a student cannot take part in PE (e.g injury/illness), then the student must bring a signed and dated note from a parent/carer to the lesson, or an email can be sent in **advance** of the lesson to the teacher or Reception. If the injury/illness is for longer than 2 weeks, then a doctors/hospital note will be required.

When unable to take part in sport, students will be expected to join in with the lesson with a different role, such as an official, video analyst or coach. As such, our expectation is that students not taking part in sport must still bring their kit to their PE lessons and get changed (unless the injury prevents changing – e.g broken arm/leg). This will ensure that the child's uniform does not get wet/muddy. If a student forgets their PE kit, they will be expected to borrow and wear some from the PE department (if spare kit is available). We respectfully ask that you do not send in a note excusing your child from the above rules – it is important that as a department, we treat all students the same in relation to our expectations.



Sanctions

C1 – Recorded warning for the 1st time a student does not have correct kit and/or note from parent/carer.

C2 – Same day detention (if issued before Period 5/next day if issued during P5) for the 2nd time and each subsequent time a student does not have correct kit and/or note from parent/carer.

*Class teachers will record any kit issues. The records will start afresh at the beginning of each half term.

Thank you for your cooperation in helping us to maintain high standards

What footwear and protective items of clothing do students need for each lesson:

- Rugby, alternative games and Softball require studded boots
- All other sports require trainers (except gymnastics and dance which are barefoot)
- For football and hockey students require shin pads. We recommend gum shields for hockey and rugby.

Part 2: The PE Curriculum

Please find below the PE rotations for the school year ahead for every PE class in the school. This outlines the sports that our students will follow in the PE curriculum this year. Please note that some changes may be necessary as the year progresses, but these will be communicated to students if they occur.

7x Groups

Periods	Week A Wednesday P2 Week B Wednesday P2	Week A Wednesday P2 MWS Week B Wednesday P2 LSH	Week A Wednesday P2 Week B Wednesday P2
Teacher	7xpe1 HRN (Girls)	7xpe2 MWS (WkA) & LSH (WkB)(Boys)	7xpe3 RGG (mixed)
Term 1	Football (Art Block)	Rugby (Sports Hall)	Gymnastics (Gym)
Term 2	Table Tennis (Gym)	Hockey (Art Block)	Football (Art Block)
Term 3	Gymnastics (Gym)	Dance (Sports Hall)	Table Tennis (Gym)
Term 4	Basketball (Sports Hall)	Netball (Art Block)	Hockey (Art Block)
Term 5	Athletics (Sports Hall)	Athletics (Sports Hall)	Tennis (Art Block)
Term 6	Tennis (Art Block)	Movement Skills (Sports Hall)	Movement Skills (Art Block)
Periods	Week A Friday P2 Week A Thursday P3	Week A Friday P2 (LSH) Week B Thursday P3 (MWS)	Week A Friday P2 Week A Thursday P3



Teacher	7xpe1 HRN (Girls)	7xpe2 LSH (WkA) & MWS (WkB) (Boys)	7xpe3 RGG (mixed)
Term 1	Dance (Gym)	Gymnastics (Gym)	Rugby (Sports Hall)
Term 2	Rugby (Art Block)	Football (Art Block)	Basketball (Sports Hall)
Term 3	Netball (Art Block) *Sports Hall if wet	Table Tennis (Gym)	Dance (Gym)
Term 4	Hockey (Art Block)	Basketball (Sports Hall)	Netball (Art Block)
Term 5	Rounders (Art Block)	Rounders (Art Block)	Athletics (Sports Hall)
Term 6	Movement Skills (Sports Hall)	Tennis (Art Block)	Rounders (Sports Hall)

7y Groups

Periods	Week A Monday Period 4 Week B Monday Period 3	Week A Monday Period 4 Week B Monday Period 3
Teacher	7ype1 HRN (Girls)	7ype2 JGH (Boys)
Term 1	Table Tennis (Gym)	Rugby (Sports Hall)
Term 2	Football (Sports Hall)	Basketball (Sports Hall)
Term 3	Gymnastics (Gym)	Table Tennis (Gym)
Term 4	Basketball (Sports Hall)	Hockey (Art Block)
Term 5	Athletics (Sports Hall)	Tennis (Art Block)
Term 6	Tennis (Art Block)	Movement Skills (Art Block)
Periods	Week A Friday P3 Week B Thursday P1	Week A Friday P3 JGH Week B Thursday P1 LSH
Teacher	7ype1 HRN (Girls)	7ype2 JGH & LSH (Boys)
Term 1	Dance (Gym)	Gymnastics (Gym)
Term 2	Rugby (Art Block)	Football (Art Block)
Term 3	Netball (Art Block) *Sports Hall if wet	Dance (Gym)
Term 4	Hockey (Art Block)	Netball (Art Block)
Term 5	Rounders (Art Block)	Athletics (Sports Hall)
Term 6	Movement Skills (Sports Hall)	Rounders (Sports Hall)



8x Groups

Periods	Week A Monday P1 Week B Wednesday P3	Week A Monday P1 (LSH) Week B Wednesday P3 (JGH)	Week A Monday P1 Week B Wednesday P3
Teacher	8xpe1 HRN (Girls)	8xpe2 LSH & JGH (mixed)	8xpe3 RGG (Boys)
Term 1	Football (Art Block)	Rugby (Sports Hall)	Health & Fitness (Gym)
Term 2	Hockey (Art Block)	Football (Art Block)	Basketball (Sports Hall)
Term 3	Health & Fitness (Gym)	Badminton (Sports Hall)	Table Tennis (Gym)
Term 4	Badminton (Sports Hall)	Netball (Art Block)	Hockey (Art Block)
Term 5	Rounders (Sports Hall)	Tennis (Art Block)	Athletics (Sports Hall)
Term 6	Movement Skills (Sports Hall)	Rounders (Art Block)	Movement Skills (Sports Hall)
Periods	Week A Tuesday P5 Week B Tuesday P3	Week A Tuesday P5 Week B Tuesday P3	Week A Tuesday P5 Week B Tuesday P3
Teacher	8xpe1 HRN (Girls)	8xpe2 JGH (mixed)	8xpe3 RGG (Boys)
Term 1	Table Tennis (Gym)	Health & Fitness (Gym)	Rugby (Sports Hall)
Term 2	Rugby (Art Block)	Basketball (Sports Hall)	Football (Sports Hall)
Term 3	Netball (Art Block)	Table Tennis (Gym)	Badminton (Sports Hall)
Term 4	Basketball (Sports Hall)	Hockey (Art Block)	Netball (Art Block)
Term 5	Athletics (Sports Hall)	Athletics (Sports Hall)	Tennis (Art Block)
Term 6	Tennis (Art Block)	Movement Skills (Sports Hall)	Rounders (Art Block)

8y Groups

Periods	Week A Monday Period 5 Week B Monday Period 4	Week A Monday Period 5 Week B Monday Period 4	Week A Monday Period 5 Week B Monday Period 4
Teacher	8ype1 HRN (Girls)	8ype2 JGH (mixed)	8ype3 RGG (Boys)
Term 1	Football (Art Block)	Rugby (Sports Hall)	Health & Fitness (Gym)
Term 2	Hockey (Art Block)	Football (Sports Hall)	Basketball (Sports Hall)
Term 3	Health & Fitness (Gym)	Badminton (Sports Hall)	Table Tennis (Gym)
Term 4	Badminton (Sports Hall)	Netball (Art Block)	Hockey (Sports Hall)



Term 5	Rounders (Art Block)	Athletics (Sports Hall)	Tennis (Art Block)
Term 6	Movement Skills (Sports Hall)	Rounders (Art Block)	Movement Skills (Sports Hall)
Periods	Week A Tuesday Period 2 Week B Thursday Period 4	Week A Tuesday Period 2 Week B Thursday Period 4	Week A Tuesday Period 2 Week B Thursday Period 4
Teacher	8ype1 HRN (Girls)	8ype2 MWS (mixed)	8ype3 LSH (Boys)
Term 1	Table Tennis (Gym)	Health & Fitness (Gym)	Rugby (Sports Hall)
Term 2	Rugby (Art Block)	Basketball (Sports Hall)	Football (Art Block)
Term 3	Netball (Art Block)	Table Tennis (Gym)	Badminton (Sports Hall)
Term 4	Basketball (Sports Hall)	Hockey (Art Block)	Netball (Art Block)
Term 5	Athletics (Sports Hall)	Tennis (Art Block)	Athletics (Sports Hall)
Term 6	Tennis (Art Block)	Movement Skills (Sports Hall)	Rounders (Art Block)

9x Groups

Periods	Week A Tuesday Period 3 Week B Thursday Period 5	Week A Tuesday Period 3 Week B Thursday Period 5	Week A Tuesday Period 3 Week B Thursday Period 5
Teacher	9xpe1 HRN (Girls)	9xpe3 LSH (Boys)	9xpe2 RGG (Boys)
Term 1	Football (Art Block)	Softball (Art Block)	Rugby (Sports Hall)
Term 2	Health & Fitness (Sports Hall/gym)	Badminton (Sports Hall)	Football (Art Block)
Term 3	Trampolining (Gym)	Table Tennis (Gym)	Badminton (Sports Hall)
Term 4	Table Tennis (Gym)	Health & Fitness (Sports Hall/gym)	Basketball (Sports Hall)
Term 5	Rounders (Art Block)	Cricket (Sports Hall)	Athletics (Sports Hall)
Term 6	Cricket (Sports Hall)	Rounders (Art Block)	Tennis (Art Block)
Periods	Week A Friday Period 1 Week B Monday Period 5	Week A Friday Period 1 Week B Monday Period 5	Week A Friday Period 1 Week B Monday Period 5
Teacher	9xpe1 HRN (Girls)	9xpe3 JGH (Boys)	9xpe2 RGG (Boys)
Term 1	Softball (Art Block)	Rugby (Sports Hall)	Softball (Art Block)
Term 2	Badminton (Sports Hall)	Football (Art Block)	Trampolining (Gym)
Term 3	Netball (Art Block)	Trampolining (Gym)	Table Tennis (Gym)
Term 4	Rugby (Sports Hall)	Basketball (Sports Hall)	Health & Fitness (Sports Hall/gym)
Term 5	Tennis (Art Block)	Athletics (Sports Hall)	Cricket (Sports Hall)
Term 6	Athletics (Sports Hall)	Tennis (Art Block)	Rounders (Art Block)



9y Groups

Periods	Week A Monday Period 2 Week B Tuesday Period 1	Week A Monday Period 2 Week B Tuesday Period 1
Teacher	9ype1 HRN (Girls)	9ype2 RGG (Boys)
Term 1	Football (Art Block)	Softball (Art Block)
Term 2	Health & Fitness (Sports Hall/Gym)	Badminton (Sports Hall)
Term 3	Trampolining (Gym)	Table Tennis (Gym)
Term 4	Table Tennis (Gym)	Health & Fitness (Sports Hall/Gym)
Term 5	Rounders (Art Block)	Cricket (Art Block)
Term 6	Cricket (Sports Hall)	Tennis (Art Block)
Periods	Week A Thursday Period 4 Week B Wednesday Period 5	Week A Thursday Period 4 Week B Wednesday Period 5
Teacher	9ype1 HRN (Girls)	9ype2 RGG (Boys)
Term 1	Softball (Art Block)	Rugby (Sports Hall)
Term 2	Badminton (Sports Hall)	Football (Art Block)
Term 3	Netball (Art Block)	Trampolining (Gym)
Term 4	Rugby (Sports Hall)	Basketball (Sports Hall)
Term 5	Tennis (Art Block)	Athletics (Sports Hall)
Term 6	Athletics (Sports Hall)	Rounders (Art Block)

10x Groups (Pathways)

Periods	Week A Tuesday Period 4 Week B Friday Period 4	Week A Tuesday Period 4 Week B Friday Period 4	Week A Tuesday Period 4 Week B Friday Period 4
Teacher	10xpe1 HRN (Girls) Healthy Me	10xpe2 RGG (Boys) Competitive Me	10xpe3 JGH (Boys) Team Me
Term 1	Netball (Art Block)	Rugby (Sports Hall)	Basketball (Sports Hall)

10x Groups (Pathways)

Periods	Week A Monday Period 3	Week A Monday Period 3	Week A Monday Period 3
Teacher	10xpe1 MWS (Girls)	10xpe2 MGN (Boys)	10xpe3 JGH (Boys)
Term 1	Table Tennis (Gym)	Cricket (astro or field) (Art Block)	Trampolining (Gym)



10y Groups (Pathways)

Periods	Week A Weds P5 Week B Tuesday P4	Week A Weds P5 Week B Tuesday P4	Week A Weds P5 RGG Week B Tuesday P4 LSH
Teacher	10type1 HRN (Girls) Healthy Me	10type2 JGH (Boys) Healthy Me	10type3 RGG/LSH (Boys) Competitive Me
Term 1	Netball (Art Block)	Basketball (Sports Hall)	Rugby (Sports Hall)

10y Groups (Pathways)

Periods	Week B Friday Period 3	Week B Friday Period 3	Week B Friday Period 3
Teacher	10type1 HRN (Girls)	10type2 MGN (Boys)	10type3 RGG (Boys)
Term 1	Table Tennis (Gym)	Cricket in astro or on field (Sports Hall)	Basketball (Sports Hall)

11y Groups (Pathways)

Periods	Week A Wednesday P1 Week B Friday Period 1	Week A Wednesday P1 Week B Friday Period 1	Week A Wednesday P1 Week B Friday Period 1
Teacher	11type1 HRN (Girls) Team	11type2 JGH (Boys) Team	11type3 RGG (Boys) Team
Term 1	Netball (Art Block)	Football outdoor (Art Block)	Football 5-a-side (Sports Hall)
Term 2	Table Tennis, Team Gymnastics or Dance group choice (Gym)	Football 5-a-side (Sports Hall)	Football outdoor (Art Block)
Term 3	Trampolining (Gym)	Badminton (Sports Hall)	Table Tennis (Gym)
Term 4	Football (Art Block)	Table Tennis (Gym)	Badminton (Sports Hall)
Term 5	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Sports Hall)

Periods	Week B Monday Period 1	Week B Monday Period 1	Week B Monday Period 1
Teacher	11type1 HRN (Girls)	11type2 MWS (Boys)	11type3 RGG (Boys)
Term 1	Hockey (Art Block)	Basketball (Sports Hall)	Techno Gym (Sports Hall)
Term 2	Techno Gym (Sports Hall)	Football 5-a-side (Sports Hall)	Football outdoor (Art Block)
Term 3	Badminton (Sports Hall)	Techno Gym (Sports Hall)	Basketball (Gym)
Term 4	Football (Art Block)	Table Tennis (Gym)	Badminton (Sports Hall)



Term 5	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Sports Hall)
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11x Groups (Pathways)

Periods	Week A Weds P4 Week B Weds P4	Week A Weds P4 Week B Weds P4	Week A Weds Period 4 MWS Week B Weds P4 RGG
Teacher	11xpe1 HRN (Girls) Team	11xpe2 (Boys) LSH Competitive	11xpe2 (Boys) RGG/MWS Competitive
Term 1	Netball (Art Block)	Football outdoor (Art Block)	Football 5-a-side (Sports Hall)
Term 2	Table Tennis, Team Gymnastics or Dance group choice (Gym)	Football 5-a-side (Sports Hall)	Football outdoor (Art Block)
Term 3	Trampolining (Gym)	Badminton (Sports Hall)	Table Tennis (Gym)
Term 4	Football (Art Block)	Table Tennis (Gym)	Badminton (Sports Hall)
Term 5	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Sports Hall)

Periods	WeekAMonday Period 3	WeekAMonday Period 3	WeekAMonday Period 3
Teacher	11xpe1 HRN (Girls) team	11xpe2 (Boys) LSH competitive	11xpe3 (Boys) RGG competitive
Term 1	Netball/hockey group choice (Art Block)	Basketball (Sports Hall)	Techno Gym (Sports Hall)
Term 2	Techno Gym (change at Lecture Theatre or Gym)	Football 5-a-side (Sports Hall)	Football outdoor (Art Block)
Term 3	Badminton (Sports Hall)	Techno Gym (Sports Hall)	Basketball in Gym (Gym)
Term 4	Football (Art Block)	Table Tennis (Gym)	Badminton (Sports Hall)
Term 5	Softball/Rounders/Cricket (Art Block)	Softball/Rounders/Cricket (Lecture Theatre)	Softball/Rounders/Cricket (Lecture Theatre)

Yours sincerely,

Mr L Smith, Subject Leader of PE



GHS Sports Extra-Curricular Timetable

Sports clubs and activities available
to students through the Autumn Term.



DAY	YEAR	TIME	CLUB/ACTIVITY	VENUE	CHANGING ROOMS	STAFF
TUESDAY	All	Lunch	Basketball Club	Sports Hall	Sports Hall	All
	7 & 8	3.15 - 6.00pm	Years 7 and 8 Girls Football Fixtures	<i>See team sheet</i>	<i>See team sheet</i>	HRN JGH
	9 - 11	3.15 - 6.00pm	Years 9, 10 and 11 Girls Netball Fixtures	<i>See team sheet</i>	<i>See team sheet</i>	HRN JGH
WEDNESDAY	7 - 11	3.15 - 4.15pm	Netball Club	Art Block	Art Block	HRN
	All	3.15 - 4.15pm	Badminton Club	Sports Hall	Sports Hall	External Coach
THURSDAY	All	3.15 - 4.15pm	Rugby Club	Field	Art Block	JGH LSH RGG MWS
	7 - 11	3.15 - 4.15pm	Referee Club <i>(Running on Wednesdays during September)</i>	Field	Art Block	JGH RGG LSH MWS
	All	4.00 - 6.30pm	Gymnastics Club <i>(externally run*)</i>	Gym	Gym	External Coach
FRIDAY	Sixth Form	5.00 - 6.00pm	Sixth Form Powerlifting Club**	Leisure Centre	Sports Hall	TB and External Coach

Please note: Fixtures can fall on any day between Monday and Thursday. Students will be informed in advance via the PE noticeboard (located outside the PE office at the back of the Hall). Please keep an eye on our Bluesky account (<https://bsky.app/profile/ghs-sport.bsky.social>) for the latest information about Gosford Hill School PE.

Sports Team sheets for fixtures will be placed on the noticeboard outside the PE office at the back of the Hall.

What is needed for fixtures and training?

- P.E Kit (Gosford Hill School Logo shorts, socks, shirts)
- Mouth Guards (Hockey)
- Shinpads (Football/Hockey)
- Water/drink
- Appropriate footwear (Astros/trainers for Hockey/Netball – boots for Football)

* The Gymnastics Club is run by Woodstock Gymnastics Club at Gosford Hill School on Thursday evenings. The classes run as following: Beginners (4:00 - 5:00pm), Intermediate (4.30 - 5:30pm), Advanced (5.00 - 6:30pm). For more information, visit: www.gymnasticsoxford.co.uk/contact-and-address-information

** Please speak to Mr Birchall via Reception if you are interested in participating. A small charge of £2 applies for each session. Beginners are very welcome.