

Dear Parents/Carers,

I hope you have had an enjoyable summer. As another school year begins we are looking forward to another successful year in PE. In order to support our students I wanted to write to you with an update on PE kit, the PE curriculum and extra-curricular clubs.

PE Kit

The PE kit policy is outlined below. We would like to particularly highlight and ask for your support please with the following:

1. All Jewellery must be removed in all lessons due to health & safety reasons. Nose piercings are not permitted to be worn at Gosford Hill School.
2. Any and all forms of fake nails are not permitted at Gosford Hill School. This is the school policy and also a breach to the health and safety requirements of PE lessons. This pertains to but is not limited to: BIAB, Acrylics, Hard and Soft Gels, Press ons and nail wraps. These must be removed before school, please ensure you plan appropriately.
3. All students must have boots with moulded or metal studs
4. When injured students must have a note from parents and must still bring their kit and get changed for every lesson, even when they are injured (the only exception to this is if a student has a broken bone that prevents changing)
5. Students are not permitted to wear a second pair of shorts under their Gosford Hill shorts and are not permitted to wear any shorts/skorts that are not Gosford Hill branded

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
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 (but cannot be purchased instead of the 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 additions but not instead of their PE kit to keep them warm:

Boys & Girls

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 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 at school. If for a genuine reason a student cannot take part in PE (e.g injury/illness) then the student must bring a signed & 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, students will be expected to join in with the lesson in a different role such as official or coach and as such our expectation is that students not taking part must still bring their kit to their PE lessons and get changed (unless the injury prevents changing e.g broken arm/leg for example), as this will ensure the child's uniform does not get wet/muddy. If students forget their kit, they will also be expected to borrow and wear some from the PE department (if available). We politely ask parents to not send their students in with notes excusing them from changing, as in the interests of consistency these will not be accepted.

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

	7x1 Girls	7x2 Boys
Periods	ATuesdayPeriod 2 BThursday Period 3	ATuesdayPeriod 2 BThursday Period 3
Teacher	JGH	LSH
Term 1	Gymnastics (gym)	Football (S.Hall)
Term 2	Hockey (science)	Rugby (s.hall)
Term 3	Table Tennis (gym)	Dance (gym)
Term 4	Basketball (s.hall)	Netball (science)

Term 5	Athletics (s.hall)	Rounders (S.Hall)
Term 6	Movement skills (s.hall)	Tennis (science)
Periods	AWednesday Period 1 BFriday Period 2	AWednesday Period 1 BFriday Period 2
Teacher	HRN	RGG
Term 1	Football (s.hall)	Gymnastics (gym)
Term 2	Netball (s.hall)	Basketball (s.hall)
Term 3	Dance (gym)	Table Tennis (gym)
Term 4	Rugby (s.hall)	Hockey (science)
Term 5	Rounders (science)	Athletics (s.hall)
Term 6	Tennis (science)	Movement skills (s.hall)

7y Groups

	7y1 Girls	7y2 Boys
Periods	ATuesdayPeriod 1 BTuesdayPeriod 4	ATuesdayPeriod 1 BTuesdayPeriod 4
Teacher	HRN	JGH
Term 1	Dance (gym)	Gymnastics (gym)
Term 2	Hockey (science)	Rugby (s.hall)
Term 3	Table Tennis (gym)	Dance (gym)
Term 4	Basketball (s.hall)	Netball (science)
Term 5	Athletics (s.hall)	Rounders (S.Hall)
Term 6	Movement skills (s.hall)	Tennis (science)
Periods	BWednesday Period 1 AFriday Period 2	BWednesday Period 1 AFriday Period 2
Teacher	HRN	RGG
Term 1	Football (s.hall)	Football (science)
Term 2	Netball (science)	Basketball (s.hall)
Term 3	Gymnastics (gym)	Table Tennis (gym)
Term 4	Rugby (s.hall)	Hockey (science)
Term 5	Rounders (science)	Athletics (s.hall)
Term 6	Tennis (science)	Movement skills (s.hall)

8x Groups

	8xpe1 Girls	8xpe2 Boys	8xpe3 Mixed
Periods	ATuesdayPeriod3 BMonday Period 1	ATuesdayPeriod3 BMonday Period 1	ATuesdayPeriod3 BMonday Period 1
Teacher	HRN	JGH	RGG
Term 1	Football (Art Block)	Health & Fitness (gym)	Football (s.hall)
Term 2	Hockey (science)	Rugby (s.hall)	Basketball (s.hall)
Term 3	Basketball (s.hall)	Hockey (science)	Table Tennis (gym)
Term 4	Badminton (s.hall)	Netball (science)	Rugby (s.hall)
Term 5	Rounders (science)	Athletics (s.hall)	Tennis (s.hall)
Term 6	Movement Skills (science)	Movement Skills (s.hall)	Rounders (s.hall)
Periods	AWednesdayPeriod4 BFridayPeriod4	AWednesdayPeriod4 BFridayPeriod4	AWednesdayPeriod4 BFridayPeriod4
Teacher	HRN	MWS	RGG
Term 1	Table Tennis (gym)	Football (s.hall)	Health & Fitness (gym)
Term 2	Health & Fitness (Gym/science when exam are on)	Basketball (s.hall)	Hockey (s.hall)
Term 3	Netball (art block)	Table Tennis (gym)	Badminton (s.hall)
Term 4	Rugby (science)	Badminton (s.hall)	Netball (s.hall)
Term 5	Athletics (s.hall)	Tennis (science)	Athletics (s.hall)
Term 6	Tennis (science)	Rounders (s.hall)	Movement Skills (s.hall)

8y Groups

	8ype1 Girls	8ype2 Boys
Periods	AMondayPeriod2 BWednesdayPeriod2	AMondayPeriod2 BWednesdayPeriod2
Teacher	HRN	LSH AMondayP2 RGG BWednesdayP2
Term 1	Football (s.hall)	Health & Fitness (gym)
Term 2	Basketball (s.hall)	Rugby (s.hall)
Term 3	Health & Fitness (gym)	Badminton (s.hall)
Term 4	Badminton (s.hall)	Netball (s.hall)

Term 5	Rounders (science)	Athletics (s.hall)
Term 6	Movement Skills (s.hall)	Movement Skills (s.hall)
Periods	AFridayPeriod1 BFridayPeriod2	AFridayPeriod1 BFridayPeriod2
Teacher	HRN	RGG AFridayP1 LSH BFridayP2
Term 1	Table Tennis (gym)	Football (s.hall)
Term 2	Hockey (science)	Basketball (s.hall)
Term 3	Netball (s.hall)	Table Tennis (gym)
Term 4	Rugby (s.hall)	Hockey (s.hall)
Term 5	Athletics (s.hall)	Tennis (science)
Term 6	Tennis (science)	Rounders (s.hall)

9x Groups

	9xpe1 girls	9xpe2 mixed	9xpe3 boys
Periods	ATuesdayPeriod 5 BTuesdayPeriod 1	ATuesdayPeriod 5 BTuesdayPeriod 1	ATuesdayPeriod 5 BTuesdayPeriod 1
Teacher	HRN	LSH	RGG
Term 1	Softball (science)	Cricket (s.hall) on astro	Football (s.hall)
Term 2	Health & Fitness (s.hall/gym) *Techno gym when exams on Our gym other lessons	Basketball (s.hall)	Rugby (science)
Term 3	Football (s.hall)	Table tennis (gym)	Trampolining (gym)
Term 4	Trampolining (gym) *movement skills when exams are on change at science	Health & Fitness (s.hall/gym) *Techno gym when exams on Our gym other lessons	Badminton(s.hall)
Term 5	Rounders (science)	Softball (s.hall)	Athletics (s.hall)
Term 6	Cricket (s.hall)	Rounders (s.hall)	Tennis (science)
Periods	A Monday Period 3 B Monday Period 4	A Monday Period 3 B Monday Period 4	A Monday Period 3 B Monday Period 4
Teacher	HRN	JGH	RGG
Term 1	Table Tennis (gym)	Football (s.hall)	Cricket (s.hall) on astro
Term 2	Netball (science)	Rugby (s.hall)	Basketball (s.hall)
Term 3	Badminton (s.hall)	Trampolining (gym)	Table tennis (gym)
Term 4	Rugby (science)	Badminton (s.hall)	Health & Fitness (s.hall/gym) *Techno gym when exams on Our gym other lessons

Term 5	Athletics (s.hall)	Tennis (s.hall)	Softball (science)
Term 6	Tennis (science)	Athletics (s.hall)	Rounders (s.hall)

9y Groups

	9ype1 girls	9ype2 mixed	9ype3 boys
Periods	A Monday Period 1 A Wednesday Period 3	A Monday Period 1 A Wednesday Period 3	A Monday Period 1 A Wednesday Period 3
Teacher	HRN	JGH	RGG
Term 1	Softball (science)	Cricket (s.hall) on astro	Football (s.hall)
Term 2	Netball (s.hall)	Basketball (s.hall)	Rugby (science)
Term 3	Football (s.hall)	Table tennis (gym)	Trampolining (gym)
Term 4	Rugby (science)	Health & Fitness (s.hall/gym) *Techno gym when exams on Our gym other lessons	Badminton (s.hall)
Term 5	Rounders (science)	Softball (s.hall)	Athletics (s.hall)
Term 6	Cricket (s.hall)	Athletics (s.hall)	Rounders (science)
Periods	A Friday Period 4 B Tuesday Period 5	A Friday Period 4 B Tuesday Period 5	A Friday Period 4 B Tuesday Period 5
Teacher	HRN	JGH	LSH
Term 1	Table Tennis (gym)	Football (s.hall)	Cricket (s.hall) on astro
Term 2	Badminton (s.hall)	Rugby (science)	Health & Fitness (s.hall/gym) *Techno gym when exams on Our gym other lessons
Term 3	Trampolining (gym)	Badminton (s.hall)	Table tennis (gym)
Term 4	Health & Fitness (s.hall/gym) *Techno gym when exams on Our gym other lessons	Trampolining (gym) *movement skills change at science when exams are on	Basketball (s.hall)
Term 5	Athletics (s.hall)	Tennis (s.hall)	Softball (science)
Term 6	Tennis (science)	Rounders (s.hall)	Tennis (Science)

10x Groups (Pathways)

Class	10xpe1 girls	10xpe2 boys	10xpe3 boys
Periods	ATuesday Period 4 BThursday Period 1	ATuesday Period 4 BThursday Period 1	ATuesday Period 4 BThursday Period 1

Teacher	HRN A Tuesday Period 4 RGG B Thursday Period 1	LSH	JGH
Term 1	Table Tennis (gym)	Football on astro (science)	Trampolining (gym)
Term 2	Trampolining (gym)	Badminton (s.hall)	Table tennis (gym)
Term 3	Netball (science)	Techno gym (s.hall)	Basketball (s.hall)
Term 4	Football on astro (science)	Basketball (s.hall)	Techno Gym (s.hall)
Term 5	Rounders (s.hall)	Softball (science)	Tennis (s.hall)
Term 6	Softball (s.hall)	Tennis (science)	Rounders (s.hall)

	10xpe1 girls	10xpe2 boys	10xpe3 boys
Periods	AFriday Period 3	AFriday Period 3	AFriday Period 3
Teacher	HRN	RGG	JGH
Term 1	Alternate Games (s.hall)	Table tennis (gym)	Football on astro (s.hall)
Term 2	Hockey (science)	Alternate games in sportshall (s.hall)	Badminton (s.hall)
Term 3	Techno Gym (s.hall)	Trampolining (gym)	Alternate Games in sportshall (s.hall)
Term 4	Badminton (s.hall)	Alternate games on astro or field or hockey (science)	Alternate Games on astro or field (s.hall)
Term 5	Athletics and/or tennis (science)	Athletics or cricket (s.hall)	Athletics or cricket (s.hall)
Term 6	Cricket (s.hall)	Rounders (s.hall)	Softball (science)

10y Groups

	10y1 girls	10y2 boys
Periods	AWednesday Period 5 BMondayPeriod 3	AWednesday Period 5 BMondayPeriod 3
Teacher	HRN	RGG
Term 1	Table Tennis (gym)	Football on field (s.hall)
Term 2	Trampolining (gym)	Basketball (s.hall)
Term 3	Netball (science)	Table tennis (gym)
Term 4	Football on the field (s.hall)	Techno gym (s.hall)
Term 5	Rounders (science)	Tennis (gym)
Term 6	Softball (science)	Softball (s.hall)

Class	10type1 girls	10type2 boys
Periods	AThursday Period 2	AThursday Period 2
Teacher	JGH	RGG
Term 1	Alternate Games (s.hall)	Badminton (s.hall)
Term 2	Hockey (s.hall)	Alternate games (s.hall)
Term 3	Techno Gym (s.hall)	Trampolining (gym)
Term 4	Badminton (s.hall)	Alternate games or cricket on astro (s.hall)
Term 5	Athletics and/or tennis (s.hall)	Athletics and/ or cricket (s.hall)
Term 6	Cricket (s.hall)	Rounders (s.hall)

11y Groups

class	11y1 girls	11y2 Boys
Periods	AThursdayPeriod 4 BThursdayPeriod 4	AThursdayPeriod 4 BThursdayPeriod 4
Teacher	JGH	RGG
Term 1	Netball (science)	Badminton (s.hall)
Term 2	Football on astro (science)	Table Tennis (gym)
Term 3	Techno Gym (s.hall)	Basketball (s.hall)
Term 4	Table Tennis (gym)	Football on astro (science)
Term 5	Rounders (gym)	Softball (s.hall)

class	11y1 girls	11y2 Boys
Periods	BWednesday Period 5	B Wednesday Period 5
Teacher	JGH	RGG
Term 1	Trampolining (gym)	Rugby (s.hall)
Term 2	Alternate games (s.hall)	Trampolining (gym)
Term 3	Alternate games (s.hall)	Techno Gym (s.hall)
Term 4	Badminton (s.hall)	Football on astro (science)
Term 5	Rounders or tennis (science)	Alternate Games or football in s.hall(s.hall)

11x Groups (Pathways)

class	11x1 girls	11x2 Boys	11x3 Boys
Periods	BMondayperiod3 BTuesday period 3	BMondayperiod3 BTuesday period 3	BMondayperiod3 BTuesday period 3

Teacher	MGN	LSH Monday & RGG Tuesday	JGH
Term 1	Netball (science)	Badminton (s.hall)	Techno gym (gym)
Term 2	Football on astro (science)	Table Tennis (gym)	Football on field (s.hall)
Term 3	Alternate Games (gym)	Techno gym (s.hall)	Badminton (s.hall)
Term 4	Table Tennis (gym)	Football on astro (science)	Trampolining (gym)
Term 5	Rounders (gym)	Softball (s.hall)	Alternate Games or football in s.hall(s.hall)

class	11x1 girls	11x2 Boys	11x3 Boys
Periods	A Monday period 5	A Monday period 5	A Monday period 5
Teacher	HRN	RGG	JGH
Term 1	Trampolining (gym)	Rugby (s.hall)	Basketball (s.hall)
Term 2	Techno gym (s.hall)	Trampolining (gym)	Rugby (s.hall)
Term 3	Techno gym (s.hall)	Basketball (s.hall)	Table tennis (gym)
Term 4	Badminton (s.hall)	Football on astro (science)	Table tennis (gym)
Term 5	Rounders or tennis (science)	Alternate Games or football in s.hall (s.hall)	Softball (s.hall)



GHS Sports Extra-Curricular Timetable Terms 1 & 2 (After School Clubs)

DAY	YEAR	TIME	CLUB/ACTIVITY	VENUE	Changing Rooms	STAFF
TUESDAY	Years 7, 8, 9, 10 & 11	3.15-6pm	Year 7-11 Girls Fixtures	See teamsheets opposite reception	See teamsheet	HRN & JGH
WEDNESDAY	Years 7-11	3.15-4.15pm	Netball Club (open to all students in years 7-11)	Astro	Science	HRN
	All	3.15-4.15pm	Badminton Club Open to all students in all year groups	Sportshall	Sportshall	External coach
	Year 10 & 11	3.15-4.15	Year 10 & 11 Boys football club	Astro	Sportshall	MWS & /LSH or RGG on rotation

THURSDAY	Years 7-11	3:15 - 4.15pm	Football club Year 7, 8 & 9. Open to all students Girls & Boys	<i>Astro</i>	<i>Sportshall</i>	LSH, RGG, JGH
	Years 7-11	3.15-4.15	Referee Club	<i>Astro</i>	<i>Sportshall</i>	LSH RGG JGH
	All	4:00 – 6:30pm	Gymnastics Club (<i>externally run</i>)* <i>Start date TBC</i>	Gym	Gym	External coaches

GHS Sports Extra-Curricular Timetable Terms 1 and 2 (Lunchtime Clubs)

DAY	YEAR	TIME	CLUB/ACTIVITY	VENUE	Changing Rooms	STAFF
Tuesday	All Years 7- Sixth Form	Lunchtime	All students welcome each week Basketball Club (only trainers needed- no other kit) All students in Years 7-11 are welcome	<i>S.Hall</i>	<i>S.Hall</i>	LSH & MGN

Fixtures: Students will be informed via our PE noticeboard of days when fixtures take place. However Please note: Boys and girls football fixtures and boys rugby fixtures may fall on days different to the above. Fixtures could fall on any day between Monday & Thursday. Students will be advised in advance. Sports Team sheets for fixtures will be placed on the noticeboard by school reception.

What is needed for fixtures and training? P.E Kit (Gosford Hill School Logo shorts, socks, shirts)

- Mouth Guards (Recommended Rugby)
- Shinpads (Football)
- Water/drink
- Appropriate footwear (Astros/trainers for Basketball/Netball – boots for Football and Rugby)

*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

Yours Faithfully,

Mr L Smith & Miss H Ryan

PE Department