



# Returning to PE, Games & Co-Curricular Sport

**2020-21**



## A guide of what to expect in the Spring Term:

- Safe learning environment
- Physical Education, Games & Sport
- Saturday Sport
- Reviewing our provision

I have been delighted by the levels of engagement from our students at home throughout the Spring Term during very difficult times. We have tried to offer a wide variety of sports and activities for students to take part in during the term and this has proved to be very successful. We looked to utilise a variety of different sports and activities in PE lessons to ensure that students were being challenged. Students enjoyed a mixture of High Intensity Interval Training, yoga and Speed Agility Quickness session which incorporated a range of different components of fitness. Within Games and Co-curricular Sport we offered a range of skill sessions and challenges for students to access in cricket, football, netball and rugby. We also included weekly mental-wellbeing recommendations and sessions to ensure that we offered support on this aspect.

We have now developed of co-curricular sport offering for the Spring Term and will continue to offer an inclusive programme, however, we must continue to adhere to government and NGB advice as we are under no illusion that Covid-19 will still be prevalent throughout the term. We will continue to offer our after-school co-curricular activities in year group bubbles on designated evenings of the week. Unfortunately, the swimming pool will remain closed for the rest of the academic year.

Inter-school fixtures **will not** happen this term, this reflects the mind-set of the vast majority of Independent Schools across the country and within our region. However, I can assure you that we have started to plan for inter-school fixtures across the wide range of our Summer Term sports and that we will be fully prepared when schools are given the green light to proceed. This will look very different to previous years, we know the value that inter-school fixtures and competitions bring to our students and we will work tirelessly to create opportunities for students to represent the school.

We have developed this information pack for students and parents as we continue to adapt our sporting provision due to Covid-19, ensuring that we adhere to national guidelines. However, every effort has been made to ensure that we will continue to provide an inclusive sporting programme that will challenge and develop our students across a range of different sports and activities. We will be continuously reviewing our provision with the view of increasing our programme when guidelines enable us to do so.

My colleagues and I would like to thank all students and parents for their outstanding levels of commitment and support. All staff are thoroughly looking forward to students returning to school, we will continue to review our Co-curricular Sport offering with the view of further developing it in the Summer Term.



Mr D King  
(Director of Sport)

## Safe Learning Environment

Please be assured, we will continue to follow and adhere to Government guidance and advice on Health and Safety as well as cleaning and hygiene as we ensure a safe learning environment in PE, Games and Co-Curricular Sport. Detailed planning and staff training has taken place to ensure that cleaning of all equipment, indoor and outdoor facilities, and changing rooms will follow Government guidelines to ensure that they are safe to use by all students.

It is imperative that we all work together to ensure that we follow Government guidelines and school protocols to ensure that all students can be comfortable in the knowledge that they will be learning in a safe environment. More information on how we can achieve this will be outlined in the following pages.

In order to promote a safe learning environment, we will look to deliver as many lessons as possible outside; we will only work with year group bubbles and split these into smaller groups, we will designate equipment to year group bubbles where possible and ensure that all cleaning and hygiene protocols are followed before, during and after lessons.



## Physical Education, Games & Co-Curricular Sport

We have worked hard to limit the number of adaptations that we have had to make to our Spring Term programmes, however, in order to offer the most inclusive programme for our students, and stay within the government guidelines, we have had to make some changes. We will continuously review our sporting provision and any decisions made will be influenced by the government and by sporting National Governing Bodies (NGBs).

## Physical Education

The main aim of the Physical Education curriculum is to provide students with the opportunities to take part in a wide range of sports and activities throughout the school year. For the final 3 weeks of the Spring Term, all girls will be involved in cricket lessons and boys will be involved in racket sport lessons. The main focus for each year group is outlined below.

**Year 7** – Foundations of core skills and development of physical literacy and fitness elements

**Year 8** – Developing core skills and introducing advanced skills, introduction to healthy lifestyles through fitness

**Year 9** – Developing knowledge and understanding of health and fitness

**Year 10** – Developing leadership through a range of roles and responsibilities

**Year 11** – Linking theory to physical performance

All students in Years 7-11 will continue to benefit from high quality Physical Education. **We have made some changes to the curriculum** and how students should arrive to school when they have PE and I have outlined these below;

- When a student has a PE lesson on their timetable they should arrive to school on that day wearing their PE kit underneath their full school tracksuit. It is strongly advised that students have a school waterproof as we will look to complete lessons outdoors as much as possible.
- Changing rooms will be made available after lessons for students to freshen up and change if required.
- A curriculum plan has been developed for the term and activities will continue to take place outdoors where possible.

## Games

Our Games programme offers each pupil two lessons of Games on their weekly timetable. We design our Games programme to complement our Co-Curricular provision with the aim of providing competitive fixtures against other schools in a range of sports and activities. We will continue to follow our normal Spring Term programme to the best of our ability whilst adhering to government guidelines. All Games lessons are staffed by the PE department and academic members of staff who are involved in Co-Curricular sport and the weekly timetable is outlined below;

**Year 7** – Friday

**Year 8** – Monday

**Year 9** – Tuesday

**Year 10** – Thursday

**Year 11** – Wednesday

**Years 12 & 13** - Wednesday

All students in Years 7-13 will continue to benefit from high quality Games lessons. **We have made some changes to the curriculum** and how students should arrive to school when they have Games and I have outlined these below;

- When a student has a Games lesson on their timetable they should arrive to school on that day wearing their Games kit underneath their full school tracksuit. It is strongly advised that students have a school waterproof as we will look to complete lessons outdoors as much as possible.
- Games lessons will **finish at 3.45pm** to allow students who have just finished Games to be collected at 3.45pm from the carpark located directly on the **right- hand side** when you come **off the main road** and enter the school **site beside the Bradford City training pitch**. Staff member will accompany students to this location. Any students remaining in school after this time will go back to their designated year group bubble location.
- A curriculum and changing plan has been developed for the first term and is detailed at the end of this guide. Rugby and Netball will continue to be the main team games offered and we will ensure that we adhere to the NGB guidelines.

## Co-curricular Sport

We strive to offer an inclusive and dynamic co-curricular sporting programme for all Woodhouse Grove students, whatever their interests and abilities. We want to provide as many opportunities as possible for our pupils to enjoy a competitive sporting environment and represent the school in competitive fixtures.

We aim to offer the richest possible co-curricular programme for our students, however given the constraints within the current government and NGB guidance we have had to make adaptations to our normal co-curricular programme but I still believe that we are offering a rich and inclusive programme for our students and providing a number of opportunities for them to get involved.

All students in years 7-13 will continue to benefit from Co-Curricular Sport and I challenge everyone to get involved in an activity in the first half term. It would be great to see as many students as possible attending sessions and getting back into sport and physical activity.

**Unfortunately, due to current Government and NGB guidance and advice, as well as collaborating with other North East and North West HMC and state schools we will not be taking part in any inter-school block fixtures or mass competitions during the first half term. I will be continuously monitoring the situation and when it is safe to do so, and when it is in the best interest of our students we will recommence inter-school fixtures. This will be done in stages, with single year groups playing inter-school fixtures at a localised level when it is safe to do. I will keep parents updated of our intentions throughout the term.**

## After-School Programme

After a very successful Autumn Term we will be continuing to offer students an inclusive programme after-school, however I am glad to say that we will be increasing our provision throughout the Spring Term but offering our cricket programme. Each year group has been allocated one night per week to attend sport sessions;

**Year 7 – Wednesday**

**Year 8 – Friday**

**Year 9 – Thursday**

**Year 10 – Monday**

**Year 11 – Monday**

**Years 12 & 13 – Tuesday**

**Please ensure you check the Spring Term Co-Curricular Sport Timetable to check with Years 7-10 after-school swimming is, and also when each year group has their allocated cricket evening.**

When students have an allocated after-school session they come to school wearing their full school uniform and bring their Games or PE kit in a separate bag. All cricket bags are to be stored in the cricket score box by the 1<sup>st</sup> team cricket pitch and this will be open daily from 7.30am.

Students should make their way to their allocated changing facility at 4pm, get changed and take all belongings with them to their allocated training area. Students do not need to get changed into their school uniform after the activity ends at 5.15pm.

An after-school curriculum and changing plan has been developed for the Spring Term and is detailed at the end of this guide. Rugby and Netball will continue to be the main team games offered and we will ensure that we adhere to the NGB guidelines.

**Students will not be required to sign up for any sports of activities during the final 3 weeks of term. They are allowed the flexibility to attend any sessions during their allocated year group slots.**

## Saturday Programme

We continue to prepare for the time when inter-school fixtures recommence. Football and Netball will continue to be our major team games during the Spring Term. We are also using the Saturday programme to prepare students for our major team sport in the Summer Term, cricket.

I believe in an inclusive and varied Saturday programme and we have developed a programme which puts inclusivity at the core. All year groups have been allocated a 60-minute slot where the students have the option to take part in a range of activities that sit outside of our normal Spring Term Games programme. The timings are outlined below;

**Year 7 & Year 9** – 8.30 – 9.30am

**Year 8 & Sixth Form**– 10.00-11.00am

**Year 10 & Year 11** – 11.30 – 12.30pm

**We will not be asking students to sign up for any of our Co-curricular Sport options this term, they have the flexibility to attend any options on a weekly basis.**

**A Saturday curriculum and drop-off/pick-up plan has been developed** for the final 3 weeks and is detailed at the end of this guide. I ask that all parents please adhere to the pick-up and drop-off times and locations and not to exit their cars to reduce the risk of cross-contamination.

**Unfortunately, no parents can stay to spectate, and I ask if you are waiting to pick up your child outside of the allocated timings that you do so in the bottom car parks by the main road. I would greatly appreciate your support with this.**

## Reviewing our provision

We believe that we have planned an inclusive programme that will meet the needs of our students and encourage participation across all age groups. We have built in a lot of flexibility to the programme and will be able to react to any changes or updates accordingly.

As outlined earlier we will be continuously reviewing the government and National Governing Bodies of sport guidance as well as our own policies and practices throughout the Spring Term. Any significant developments or changes to our provision will be communicated at the earliest opportunity and we hope that we will be engaging in inter-school fixtures as the earliest opportunity.



# Co-Curricular Sport Programme

## Co-Curricular Sport Spring Term 2020-21

### After-School Sport (4.15-5.15pm)

Changing	Year Group	Boys	Girls	Fitness Suite
<b>Monday</b> <i>Year 10 – Basement (boys) &amp; Swimming Pool (girls)</i>  <i>Year 11 – PE Changing Rooms (boys &amp; girls)</i>	<b>Year 10</b>	Rugby (3G) Football (3G) Badminton (SH) Cricket	Netball (B) Badminton (SH) Cricket	Year 10
	<b>Year 11</b>	Rugby Climbing (CW) Cricket	Netball (Bolt) Climbing (CW) Cricket	
<b>Tuesday</b> <i>Basement (boys) &amp; PE Changing Rooms (girls)</i>	<b>Sixth Form</b>	Rugby (Grass) Football (3G) Yoga (DS) Climbing (Wall) Cricket (SH)	Netball (Bolt) Football (3G) Yoga (DS) Climbing (Wall) Cricket (SH)	Sixth Form
<b>Wednesday</b> <i>Basement (boys) &amp; PE Changing Rooms (girls)</i> <i>Year 10 – Swimming Pool</i>	<b>Year 7</b>	Rugby (3G) Climbing (Wall) Fencing (SH) Badminton (SH) Cricket	Netball (B) Climbing (Wall) Fencing (SH) Badminton (SH) Cricket	Year 11
<b>Thursday</b> <i>Basement (boys) &amp; PE Changing Rooms (girls)</i> <i>Rugby – PE Changing</i>	<b>Year 9</b>	Rugby (3G) Climbing (Wall) Fencing (SH) Badminton (SH) Cricket	Netball (B) Climbing (Wall) Fencing (SH) Badminton (SH) Cricket	Rugby (12&13)
<b>Friday</b> <i>Basement (boys) &amp; PE Changing Rooms (girls)</i> <i>Netball – Swimming Pool</i>	<b>Year 8</b>	Rugby (3G) Climbing (Wall) Fencing (SH) Badminton (SH) Cricket	Netball (B) Climbing (Wall) Fencing (SH) Badminton (SH) Cricket	Netball (12&13)



## Co-Curricular Sport Spring Term 2020-21

### Saturday Sport

Weekend	Year Group (Drop-off/Pick-up)	Boys	Girls
<b>Saturday 8.30 – 9.30</b>  <i>Drop-off 8.15-8.25</i> <i>Pick up 9.30-9.40</i>	Year 7 – Front Reception	Football (3G) Cross-Country Cricket (SH)	Netball (Bolt Court) Cross-Country Cricket (SH)
	Year 9 – Side Carpark	Football (3G) Cross-Country Cricket (SH)	Netball (Bolt Court) Cross-Country Cricket (SH)
<b>Saturday 10 – 11</b>  <i>Drop-off 9.45-9.55</i> <i>Pick up 11-11.10</i>	Year 8 – Front Reception	Football (3G) Cross-Country Cricket (SH)	Netball (Bolt Court) Cross-Country Cricket (SH)
	Sixth Form – Side Carpark	Rugby (G) Fitness Suite Football (3G) Cricket (SH)	Netball (Bolt Court) Fitness Suite Football (3G) Cricket (SH)
<b>Saturday 11.30 – 12.30</b>  <i>Drop-off 11.15-11.25</i> <i>Pick up 12.30-12.40</i>	Years 10 – Front Reception	Football (3G) Squash (SC) Cricket (SH)	Netball (Bolt Court) Squash (SC) Cricket (SH)
	Year 11 – Side Carpark	Football (3G) Fitness Suite Cricket (SH)	Netball (Bolt Court) Fitness Suite Cricket (SH)