



CHINTHURST PREP SCHOOL

SPORTS INFORMATION PACK

**MIDDLE SCHOOL FORMS
3 & 4**

2008 – 2009



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Introduction to Pack



Welcome to the middle school information pack for Games and P.E.

The purpose of this pack is to provide parents and pupils, simple guidelines and tips on the Games and P.E. curriculum.

The pack will also cover guidelines on fixtures, match teas and codes of conduct.

There is a section, which I hope will make your lives as parents easier, as it will explain your sons kit requirements throughout the year.

I hope the pack will be of benefit, although please do not hesitate to contact me or anyone within the P.E. department if you have any concerns.

Mr J. Albert
Director of Sport

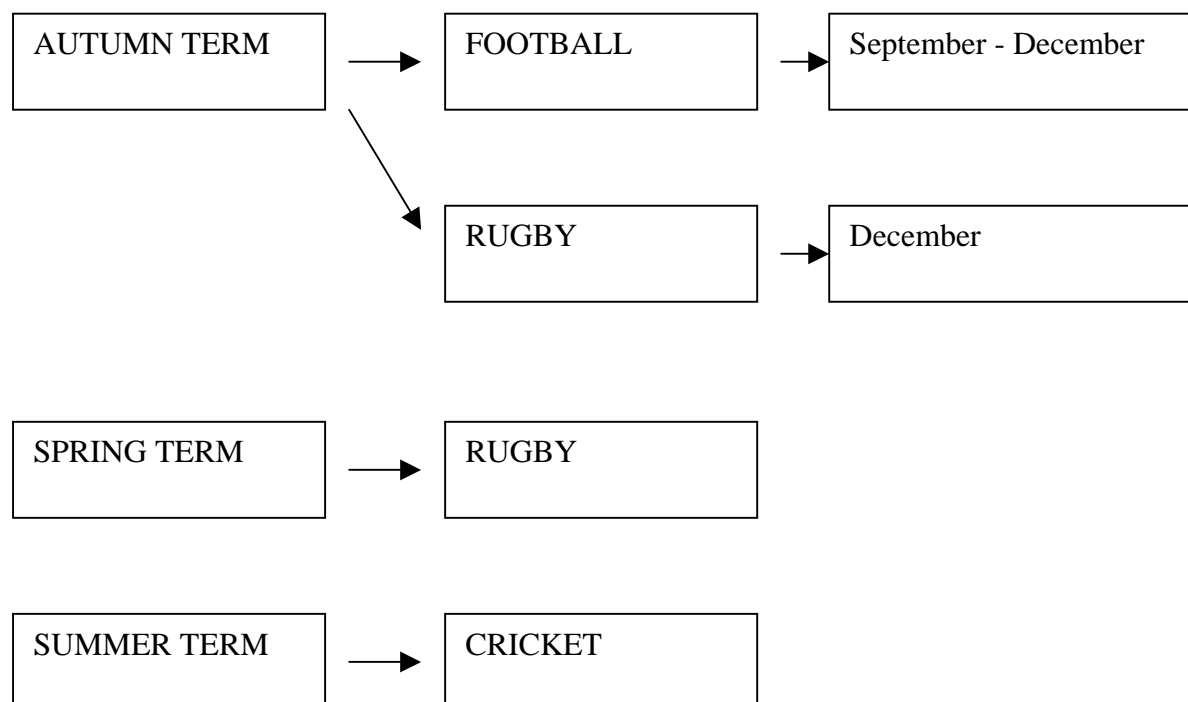


Games



Each pupil will have games lessons from 2.10pm – 3.55pm on Tuesday or Wednesday afternoons. Whatever the sport, all pupils are welcome and encouraged to attend an additional practice on Thursday evenings during hobbies from 4.10pm – 5.10pm, if interested. As well as these, pupils will have the opportunity to attend either a practice or a fixture on most Saturdays, although parents are encouraged to check with the weekly newsletter for times and venues, as these can vary.

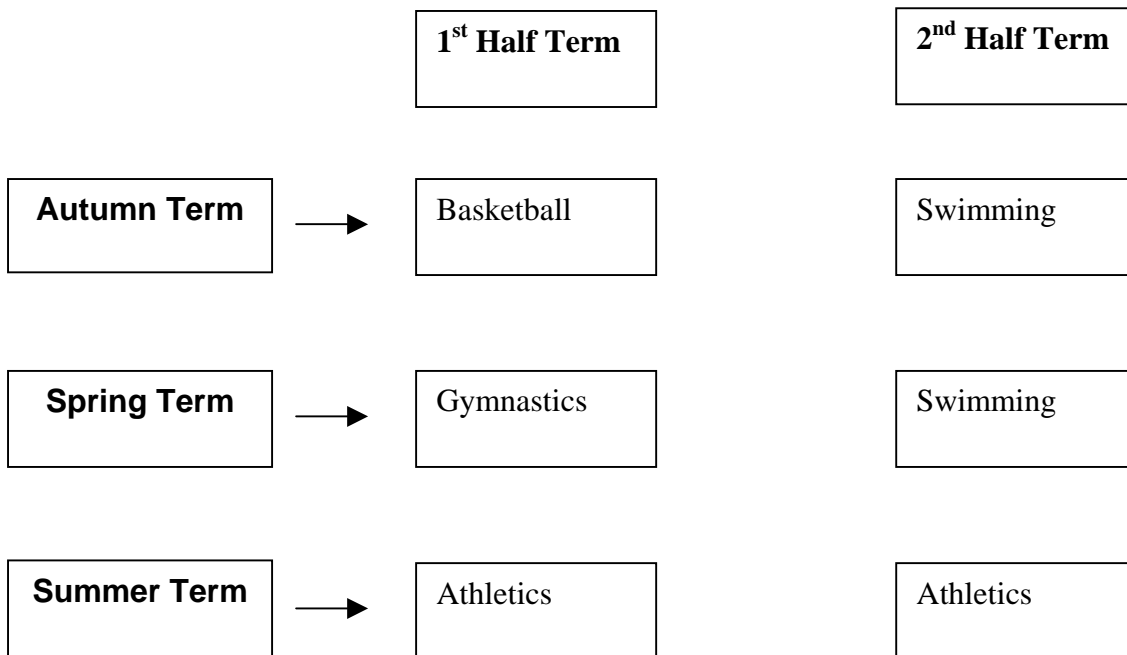
SPORTS





P.E.

All pupils will receive a 35 minute lesson of P.E. a week. The activities within the P.E. curriculum can be seen below:





Sporting Options



Forms 1 – 6

Golf	Tuesday	4.10pm – 5.45pm
	Friday	4.10pm – 5.45pm
Squash	Mondays	4.10pm – 5.10pm
	Wednesday	4.10pm - 5.10pm
	Friday	4.10pm – 5.10pm
Swimming	Friday	Juniors 3.20pm – 4.10pm
		Seniors 4.10pm – 5.10pm
Karate	Friday	12.35pm – 1.15pm
Tennis	Monday	1.00pm – 2.00pm
		4.00pm – 5.00pm
	Tuesday	3.20pm – 4.20pm
Shooting	Wednesday	4.00pm – 5.00pm
Chess	Tuesdays	Juniors 3.20pm – 4.00pm
		Seniors 4.00pm – 4.40pm
Judo	Saturdays	8.30am – 12.30pm



Hobbies



All pupils are encouraged to participate in a hobby on Thursday evenings between 4.10pm and 5.10pm. Pupils are able to choose their hobbies from the following options:

Spanish club (Seniors only)

DT

ICT

Drama

Modelling

Football

Rugby

Athletics

During the football season, the sports hobby is rugby. During the rugby season, the sports hobby is football, and during the Summer term, the sports hobby is athletics. If the pupils wish to choose a hobby, they do so at the start of each term.

For pupils in the middle school, sports hobbies will take place on Tuesday evening 4.10pm – 5.10pm.



Fixtures



Fixtures are generally on Tuesday or Wednesday afternoons and Saturday mornings. There are occasions when fixtures, especially cup games, have to be played on other days, including on very few occasions, Sundays. It is expected that if your child is selected to play for the school, they honour this selection.

Fixtures can be found in the calendar and team sheets are posted on the sports notice board outside the changing room. Team sheets will display meeting times, match start times and collection venues and times.

Our aim is to provide matches for all pupils within the year, although this is not always possible with every fixture. We do enter many tournaments, which unfortunately, normally only involves 'A' team players, therefore on these few occasions, team selection is difficult, leaving pupils potentially disappointed. I apologise in advance if this may affect your son. If you have any questions regarding team selection then please feel free to contact me.



Fixtures are played both at home and away venues and we are proud of the support we have from our parents, and continue to encourage you to attend as many matches as possible. For our middle school pupils, the main home venue is either Chinthurst School or Tadworth Cricket Club (TCC), although in the football term, Walton Heath Football Club is regularly used, as well as Epsom College in the Summer term. Directions to these grounds can currently be found in the school office.

Off Games / P.E.

Pupils must have an off games note signed by their parent / guardian if they are to be excused from sporting activities. This note should be handed into the school office on the morning of the activity.



Match Teas



Match teas for both Chinthurst players and the visiting schools will be provided after each home game. It is an expectation that every player will stay for match tea whether it be at home or away. This is a vital part of school fixtures where the children get the opportunity to meet and converse with the opposition.

As we are off site for the majority of our middle school fixtures, we allow our pupils to leave after tea in their school tracksuits. However when playing away fixtures, depending on the requirements of the opposing school, pupils will often need to change into full school uniform. Parents are also encouraged to attend match teas after fixtures, and it has been a long standing tradition that our parents at home fixtures provide refreshments in the form of cakes etc for the opposing spectators. In addition to this, we ask for our parents to assist us in serving these refreshments whenever possible. I once again thank you in advance for your continued support and assistance.



Code of conduct for players



- Learn and play by the rules.
- Play for fun and enjoyment – not just to please your parents and / or teachers.
- Be a good sport – win with modesty and lose with dignity.
- Recognise and applaud all good play.
- Respect teachers, team mates, opponents, officials and their decisions – treat them all as you would like to be treated.
- Arrive for training and matches in good time to prepare thoroughly and with correct kit.
- Always warm up and cool down sufficiently
- Inform the teacher of any injury as soon as possible.
- Inform the teacher if you will be late or need to leave early.
- Inform the teacher in good time if you are unavailable for any match.
- Be responsible for your own belongings and kit.



Code of conduct for parents, carers and spectators



In the spirit of competition and fair play for all:

Please:

- Encourage your child to learn and play by the rules.
- Respect the opinions and decisions of officials, coaches and managers.
- Encourage children to play, do not force them.
- Discourage unfair play and arguing with officials and players.
- Praise your child's efforts, whether they win, lose or draw.
- Get to know your child's coach.
- Set a good example by recognising and applauding all good play.
- Use appropriate language at all times.

Please do not:

- Coach from the side lines.
- Ridicule or belittle a child for losing or making mistakes.



What kit do I need?



All school and sports kit should be purchased from Lester Bowdens (Epsom).

- All sports kit should be **correctly labelled** - information regarding this can be obtained from the school office.
- All pupils should have a **full school tracksuit** in their kit bags whenever they have sport, and will not be allowed to attend sports fixtures without one.
- After sports practices, pupils will often be allowed to leave in a full school tracksuit, however if they do not have this then they will be asked to change into full school uniform.
- All pupils should have a **towel** and their **swimming kits** in their kit bags whenever they have sport.

P.E. Lessons:

- White school P.E. tops and shorts (athletics & squash)
- White socks
- White trainers
- Full school tracksuits

Games Lessons:

- Green rugby jersey
- Blue rugby shorts
- Green socks
- Football / rugby boots
- Full school tracksuit
- Gumshield (rugby season)

Optional:

- Body armour (rugby season)
- Skins (Skin tight clothing under games jersey for warmth)
- School cycling shorts (currently available from school)
- Running spikes (athletics – summer term)