

## **Autumn Term – Y5-8 Games and PE Information**

### **Philosophy**

Through Sport at Bedford School, it is our aim to promote physical activity, provide opportunity and encourage participation and competition both in the individual and team context. We are not results driven; we realise winning is enjoyable but feel that just as much is learned in defeat. We want our boys to win and lose with grace. We will ensure boys are aware of the benefits of a healthy lifestyle, and that they develop personal and social skills, which will support their sporting development and assist their success in other areas of education and beyond. Having been given access to a wide range of physical activities, the boys will be equipped and motivated to continue their sporting participation on leaving school.

### **Sports Commitments**

#### **PE**

In Years 5-8, boys will have 1 period of PE a week. They are divided into 2 groups (A & B Group) depending on their individual swimming ability. Group A will swim for the first half of term and Group B will do PE. After that the groups swap to ensure all boys cover the same curriculum.

#### **Games**

Y5-8 boys will have Games on two afternoons. Wednesday afternoon is a full sporting afternoon for all boys; Y7&8 also have a double period on Monday afternoon and Y5&6 have a double period on Friday afternoon.

Boys are selected to train and play rugby for a team appropriate to their ability/experience, giving them a safe environment to develop new skills and confidence. Coaches liaise frequently with each other to ensure that those who have progressed are given opportunities to join a more able / experienced group.

Y5-8 - All boys will do rugby in their double Games lesson on Mon/Fri and those who are selected for teams A-D will do rugby on Wednesday afternoon.

Y6-8 Boys in teams below A-D will have an option to choose to do rugby or a different sports option.

Y5 Boys in teams below A-D will do a session of rugby and a session of hockey on Wednesdays.

There will be some School fixtures for all teams (including E and F) on a Saturday afternoon and if selected, boys are expected to play.

## **PE and Games Kit**

### **PE**

House t-shirt, white shorts, white (plain) sports socks, non-marking trainers, PE bag

### **Swimming**

Navy swim shorts or jammers, School swim bag, towel, goggles (optional)

### **Rugby**

School tracksuit, School blue/white reversible rugby shirt, School navy shorts, navy games socks, boots with safety studs/moulded studs, outdoor trainers, mouth guard (essential),

School sports bag

Optional:

School hoodie; navy blue under/cycle shorts; navy blue base layer; headgear; shoulder pads; shin pads

## **Wednesday Games Options for Y6-8**

Rugby - as above

Rowing (Only Y7-8) – Games kit, trainers and tracksuit

Squash – PE kit and trainers

Swimming – School swimming kit

Fitness – PE kit and trainers

Indoor Cricket – Tracksuit bottoms, PE shirt and trainers

Table Tennis - PE kit and trainers

## **Fixtures**

### **Team Selection**

The member of staff who is responsible for each team will select players according to performance, attitude and ability demonstrated in both training sessions and previous matches. We realise that this can seem a subjective process, but our coaches take the role seriously and aim to be as fair as possible. Coaches will liaise with each other to ensure movement between groups as appropriate. All boys will have the opportunity to work with other teams above and below to encourage them to progress as much as they can. As a result, boys will move up and down, and whilst we are aware that this can be sensitive, we aim to do this as thoughtfully as possible, and will give boys reasons and areas to work on. If there is a problem, we encourage you to raise the concern with the coach of your son's team, or the Head of Games, Mr Phillips. Mr Mallalieu, as Assistant Head with responsibility for our Extra-Curricular programme would be happy to listen to thoughts on how to improve our provision.

## **Team and fixture information**

All team and fixture information will be available from the School Sports Website which can be accessed via the Prep School Home page - <http://www.bedfordprepsport.org.uk/>

Parents will receive an email before the fixture to notify you of your son's selection

### **Team Expectations**

If selected to play for a school team, we expect our boys to be available and give their best effort. We aim to give as many boys as possible an opportunity to play for a School team. We anticipate any player who represents the School at any sport will feel a sense of pride. All players should be aware of their responsibilities to the School. They should therefore:

- check the term's calendar for likely teams' matches
- be available for all fixtures including on Saturday afternoons
- dress smartly in appropriate School sports kit for matches and practices
- behave sensibly in transit to and from away matches and with due decorum at all times during the visit
- adhere to deadlines for practices and matches
- respect the opposition and officials
- show due consideration for others - both as spectators and as participants
- behave responsibly on the field of play
- support and encourage teammates
- always present a positive image

### **Travel Information**

For all away fixtures this will be available on the team sheet on the School Sports Website (see above). Regular updates, where possible, in the event of delays will be available via [@TravelBps](https://twitter.com/TravelBps) <https://twitter.com/TravelBps> to keep you informed of arrival times. Boys in teams returning after 17.45 must be collected from the main gates on Burnaby Road.

### **Results**

All results can be seen on the School Sports Website (see above).

### **Sports Clubs**

There are a range of sports clubs available to all boys before school, during lunch times and after school to complement and support the boys' Games and PE programme, and to enable them to further develop their skills. Due to staff and space restrictions, attendance at some clubs will be by selection and this is indicated on the Activities programme timetable which will be available in September.