

# Autumn Term – Y3 - 4 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.

## PE

In Years 3-4, boys will have 1 period of PE a week and 1 period of swimming per week. The two groups are mixed ability and within the swimming lessons the boys work with those of a similar ability.

## Games

Y3-4 boys will have Games on two afternoons for two periods each time and these are on a Tuesday and Thursday. The sport covered in the Autumn Term will be rugby. Initially the boys will be taught in mixed ability groups and then will be streamed into groups which allow boys to learn with others of a similar ability, giving them a safe and comfortable environment to develop new skills and confidence.

## 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.

The sports clubs timetable can be found on the VLE (Firefly).

## Fixtures

### Team Selection

Depending on what has been organised between the schools involved, we will field mixed ability teams or ones selected on ability. If the latter, the team will be selected on merit

according to performance, attitude and ability demonstrated in training sessions at school as well as 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. We are aware that team selection can be sensitive and we aim to do this as thoughtfully as possible, and will give boys reasons why they are in certain teams and areas to work on to make progress. 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 calendar for likely teams' matches
- 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
- be available for all fixtures including on Saturday afternoons

### **Travel Information**

For all away fixtures this will be available on the team sheet on the school sports website. Regular updates, where possible, in the event of delays will be available via [twitter@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.

## **PE and Games Kit [Please label clearly]**

### **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