



Physical Education Department

Information booklet
(Senior School)
2009 - 2010

Discover your talents. Be the best you can be.



| | |
|---|---------|
| PE equipment and clothing | Page 3 |
| What is needed for each activity | Page 3 |
| Team kit | Page 5 |
| Activities available in each year group | Page 6 |
| "Excused PE" procedure | Page 7 |
| Extra-curricular programme | Page 8 |
| Team membership | Page 10 |
| Collection from after-school practices | Page 10 |
| Collection after matches | Page 10 |
| Cancellation procedures for matches | Page 10 |
| Parental Support Group | Page 11 |
| House activities | Page 11 |
| School trips | Page 11 |

Appendices

Sample extra-curricular collection arrangements letter

Sample extra-curricular timetables: Autumn/Spring Term
Summer Term

Sample Sports Support Groups letter



PE Equipment and clothing

All items must be purchased from www.schoolblazer.com except those marked with *

Senior School, Years 7, 8 and 9

- Sky blue polo shirt - name should be clearly visible on the front of the shirt (A full embroidered name service is offered by Schoolblazer)
- School sweatshirt
- Navy shorts
- Short white socks*
- Plimsolls or trainers* - white or navy only
- Tracksuit bottoms - navy
- Kit bag
- School swimsuit
- School swimming hat
- Clearly labelled towel for swimming*
- Bag for swimming kit
- Hockey socks
- Spare pair of old trainers for use on the field*
- Hockey stick*
- Tennis racket (Summer Term)*
- Shin pads and gum shield for hockey*
- School fleece (optional)

Outdoor lessons in wet weather

As we have an all-weather 'Astro', there may be occasions when the girls will have their Games lessons in the rain. If your daughter does not have a school fleece, it would be advisable for her to keep a named towel and a spare set of underwear in her PE bag so that she can shower after the lesson if necessary and put on dry clothes.

What is needed for each activity

Years 7, 8 and 9

Athletics

- Sky blue polo shirt
- Navy shorts
- Sweatshirt
- Short white socks*
- Trainers*
- Tracksuit bottoms

Dance

- Navy shorts
- Sky blue polo shirt

Gymnastics

- Navy shorts
- Sky blue polo shirt



Dame Alice Harpur School
Information for Parents 2009-2010

Hockey

Sky blue polo shirt
Navy shorts
Hockey socks
Astro shoes/trainers*
Hockey stick*
Sweatshirt
Tracksuit bottoms
Shin pads (strongly recommended)*
Gum shield (strongly recommended)*

Rowing

Shorts/tracksuit bottoms
Sky blue polo shirt
Sweatshirt (if cold)
Plimsolls or trainers*

Tennis

Sky blue polo shirt
Navy shorts
Short white socks*
Trainers*
Tennis racket*

Netball and all indoor games

Sky blue polo shirt
Navy shorts
Short white socks*
Plimsolls or trainers*
Sweatshirt
Tracksuit bottoms

Rounders

Sky blue polo shirt
Navy shorts
Sweatshirt (if cold)
Short white socks*
Trainers*

Swimming

School costume
School hat
Named towel*
Named bag
Goggles (optional)*
- orange or white lenses ONLY

Years 10 and 11

Girls in Years 10 and 11 have some choice of PE activities and the kit requirements will vary according to individual choices made

**Athletics, Tennis, Rounders, Netball
and Indoor Sports (eg Badminton, Fitness)**

Sky blue polo shirt
Navy shorts or skort
Short white socks*
Trainers (navy or white)
Sweatshirt
Navy tracksuit bottoms

Hockey

Navy tracksuit bottoms
Sweatshirt
Sky blue polo shirt
Navy shorts or skort
School hockey socks
Astro shoes/trainers*
Hockey stick*



Trampolining

Sky blue polo shirt
Tracksuit bottoms
Socks*

Swimming

School costume
School swimming hat
Named towel*

Years 12 and 13

Indoor Activities (eg Badminton, Fitness)

White/navy shirt*
Navy tracksuit bottoms or shorts*
Plimsolls or trainers (white)*
School sweatshirt (optional)

Swimming

School swimming costume OR plain navy/black costume
School swimming hat

Team kit

Waterproof rain jackets and reversible fleeces are available for purchase by girls who are members of any school team

Hockey, Netball, Rounders and Tennis

Your daughter will be expected to wear the appropriate neat and smart school or team kit for matches. Gum shields and shin pads are strongly recommended for both hockey lessons and matches. (Specialist companies like 'Opro' can manufacture customised gum shields from teeth impressions). For these sports, team kit consists of a sky blue shirt with navy panels and trim, a navy skirt and a blue hooded sweatshirt. If the weather is cold and wet, the school fleece should be worn for training sessions. The team shirt and hooded sweatshirt should only be worn for training and match purposes and kept clean.



Cross Country and Athletics

The PE Department supplies team members with school vests to be worn with their navy shorts for these team events.

Swimming and Water Polo

A navy swimming costume, t-shirt and polo shirt embossed with the school emblem can be purchased for team members. A sky blue hat is also available from www.schoolblazer.com

Rowing

The following items are available for purchase for the rowing squads: white long sleeved t-shirt, navy leggings, navy 'all-in-one' with sky blue stripes, gilet, splash jacket and navy hooded sweatshirt.

Curriculum Activities

Years 7 and 8 - two double lessons

(a) *Autumn and Spring Terms* (b) *Summer Term*

| | |
|------------------|-----------|
| Hockey | Tennis |
| Netball | Rounders |
| Dance/Gymnastics | Athletics |
| Swimming | |

A half term option of an introduction to rowing is available to those wishing to try the sport in Year 8.

Year 9 - one double and one single lesson

(a) *Autumn and Spring Terms* (b) *Summer Term*

| | | |
|------------|----------|-----------|
| Badminton | Netball | Athletics |
| Dance | Rowing | Rounders |
| Football | Swimming | Rowing |
| Gymnastics | | Swimming |
| Hockey | | Tennis |



Year 10 / Year 11 - one double lesson

(a) *Autumn and Spring Terms.* Girls may opt for one or two of the following:

- | | |
|---------------|------------------|
| (1) Aerobics | (5) Netball |
| (2) Badminton | (6) Rowing |
| (3) Fitness | (7) Swimming |
| (4) Hockey | (8) Trampolining |

(b) *Summer Term*

- | | |
|---------------|------------------|
| (1) Athletics | (4) Swimming |
| (2) Rounders | (5) Tennis |
| (3) Rowing | (6) Trampolining |

Procedure for a girl unable to participate in a PE lesson

A letter is necessary to explain why your daughter should not take part in a particular PE lesson/club. If it is a long-term problem, a certificate from the doctor may be required.

If your daughter is unable to take part in swimming because of her monthly period, a note is not essential; if she prefers to do so, she should simply inform the member of PE staff verbally.

Please inform the PE staff of any ailments or medical problems which may affect your daughter when participating in physical exercise.

Girls who may require medication to be administered during a lesson (because of, for example, asthma or diabetes) should have their medication available with them and should also provide spare medication to be kept by the School Nurse in the Health Centre for emergencies. It should be clearly named and checked at the end of each term to make sure it is in date and that there is sufficient medication.

Security

Watches and purses should be handed in to a member of the PE staff, to be stored securely, before the lesson and collected at the end of the lesson. No responsibility for jewellery or other non-essential valuables, named or unnamed, can, however, be accepted, whether or not they are handed in to a member of staff.



Hair longer than shoulder length must be tied back and long fringes must be off the face (in either a hair slide or grip).

Swimming Supervision

When there are 20 or more girls in the swimming pool area, a swimming teacher or a qualified life saver is present to assist the member of staff in the supervision and teaching of classes and club/team activities.

Extra-curricular programme

A wide variety of activities is offered by the Dame Alice PE department. Clubs are open to all girls of any standard of skill.

Any girl may attend trials for teams at the beginning of the Autumn and Summer Terms and there is an open access policy for all outdoor team activities.

Membership of the Water Polo Club is limited because of the safety aspect of numbers in the pool. Girls have to be competent and confident in the water before considering this activity. Other activities which are limited in numbers for health and safety reasons are gymnastics, lifesaving, rowing, swimming and trampolining.

Extra-curricular activities

Autumn Term and Spring Term

Hockey Teams

U12 XI, A & B Year 7
 U13 XI, A & B Year 8
 U14 XI Squad Year 9
 U15 XI Squad Year 10
 U16 XI Year 11
 1st XII Years 11, 12 & 13

Netball Teams

U12 VII, A & B Year 7
 U13 VII, A & B Year 8
 U14 VII Squad Year 9
 U15 VII Squad Year 10
 U16 VII Year 11
 1st VII Years 11, 12 & 13

Swimming Teams

U13 Years 7 & 8
 U15 Years 9 %& 10
 U18 Years 11, 12 & 13

Cross Country

U14 Years 7 & 8
 U15 Year 9
 U17 Intermediate Years 10 & 11
 U19 Senior Years 12 & 13



Dame Alice Harpur School
Information for Parents 2009-2010

Water Polo - U19, U16, U14

Indoor Hockey - U19, U16 and U13 Teams

Badminton Team - Chosen from all age groups

Rowing - Years 9, 10, 11, 12, 13

Summer

Tennis Teams Rounders Teams

U12 U12 IX A & B

U13 U13 IX, A & B

U14 U14 Squad

U15 U15 Squad

2nd VI

1st VI

Athletics

Years 7 & 8

Years 9 & 10

Rowing

Years 9, 10, 11, 12 and 13

Clubs

Athletics

Fitness

Rounders

Swimming

Tennis

Girls are encouraged to take part in a variety of activities.



Team membership

If your daughter would like to be considered for a team she should attend trials at the beginning of the Autumn Term for winter activities and at the beginning of the Summer Term for summer activities. Information concerning trials times will be posted on the notice boards in the main corridor leading to the Dining Room and Sports department in the Senior School.

If your daughter is chosen for a team, total commitment is expected. A fixture card is available at the beginning of each term for all team members giving match dates for all sports. Your daughter will be expected to be available for all her team's matches, and she should inform the appropriate member of the PE staff well in advance if, for an exceptional reason, she is unable to take part in a match, eg family wedding or national team commitment. In case of illness or injury, please phone the school as soon as possible if your daughter will not be fit to play in a match. If illness occurs on Friday evening, please inform the appropriate member of the PE staff. Home phone numbers and mobile phone numbers are printed on the fixture card.

Collection after clubs and practices

Practices for senior teams and clubs take place at lunchtimes and also after school from 4.00-5.00 pm. A letter is given to every girl who stays to an after-school activity. Under NO circumstances is any girl allowed to wait outside in the car parks or at the front of the school. The adult picking up the girl MUST collect her from the Sports Hall/swimming pool. In this way parents and staff can co-operate to ensure the girls' safety.

Collection after matches

When collecting your daughter from a match we do ask parents to try to arrive on time. For away matches, we try to be as accurate as possible with our arrival times back at school. On Saturday mornings and when late back from an after-school fixture a member of the PE staff will wait with the girls at the front of the school. If you need to contact the Sports department after 5.00pm, please call the PE staff room directly on 01234 361911 or a specific member of staff using the telephone numbers listed on the back of the sports fixtures card.

Cancellation procedures for matches

For matches during the week a decision is usually reached by 3.20pm. If your daughter is away from school it is very helpful to the PE staff if you can telephone the school first thing in the morning to let us know so that a reserve can be found. Please telephone Bedford 361911.



For Saturday morning matches, Team Captains' telephone numbers are posted on the relevant Sports notice board. If there is any doubt as to whether a Saturday match will go ahead, eg inclement weather, your daughter can phone her Captain usually between 7.30 and 8.00 am.

Parent Support Group

We have a very active group of parents who offer valuable support to the PE Department by helping with activities such as match refreshments, transport, coaching, umpiring or team managing.

If you have a 'sporty' daughter and would like to help with coaching, umpiring, transport or serving refreshments, please return to the PE department the slip supplied with this booklet. Please note that all adults appointed to work for the school with young children will be required to complete the Criminal Records Bureau disclosure procedures.

House Activities

The emphasis of House activities is on participation and enjoyment. There are four Houses in the school: Bunyan, Harpur, Howard and Russell.

Girls are encouraged to be proud of their House teams and to participate in House events whenever possible. Each year the following events are held and the girls are expected to organise themselves into teams for each event: Athletics, Badminton, Hockey, Netball, Rounders, Rowing, Swimming and Tennis.

A team of House Officials (House Captain, Games Captain and two Activities Captains) is chosen from the Sixth Form. These girls then help to organise the election of Captains for each sport and age group.

Trips

Ski trips are organised where there is sufficient interest during the Easter holidays and there is an Adventure Activity Holiday in the summer vacation. When lucky in the draw for tickets, the Senior Tennis Squad go to Wimbledon for the day and usually get seats for No 1 Court.

We hope that your daughter will take advantage of, and thoroughly enjoy, the opportunities for sport and fitness at Dame Alice Harpur School.



Dame Alice Harpur School
Information for Parents 2009-2010

www.dahs.co.uk