

Summer 2017

Dear Parent/Guardian,

As a PE department we have an aim and a vision to promote confidence and health through physical activity. We cover a wide range of activities throughout the year and we fully believe as a department that we can find a Sport that your child will thrive at and improve at over the year and beyond. We strive for excellence and participation. All we ask of as a department is for your child to enter PE with an open mind and a 'have a go' attitude. Progression over the year is key and your child will experience this if they are willing to apply themselves, which will then build them in confidence and pride when they perform and take part, resulting in good experiences through Sport.

Kit Expectations

We do expect all pupils to attend PE and Games lessons in FULL PE kit which can be bought from the school shop.

Girls – Green PE T-shirt, Skort, Socks, Tracksuit Bottoms and Tracksuit top, mouthguard, shin pads, trainers (not fashion pumps) and Astro turf trainers.

Boys – Green PE T-shirt, Rugby Shirt, Rugby Shorts, PE Shorts, Socks, Tracksuit Bottoms, Tracksuit Top, Mouthguard, shin pads, Rugby/Football boots, Trainers and Astro turf trainers.

If a pupil forgets an item of kit they will be asked to borrow kit or they must complete a break detention the following day.

Match Kit

When competing for the school on a Wednesday afternoon or in fixtures we have a Black/White/Bottle kit which is supplied by Supersport. School can supply this kit which will need to be returned each week, or our pupils have the chance to buy into this kit, which can be personalised. Match day tracksuits, kit bags, base-layers, socks, training tops etc can be bought at <https://www.supersport.co.uk/schoolwear/abbotsholme.htm>

For personalised Rugby and Hockey Shirts please contact me on Laura.askew@abbotsholme.co.uk with your order, size and number.

Excused

If your child is sick or injured and can not take part in the lesson they will need to provide a medical note or a note/email from yourself to explain why they can not take part. They will still need full kit as they will still accompany their group and maybe officiate, lead a warm-up or help time etc. All depending on the range of illness/injury. Boarders will need a note from the Health Centre.

Pathways to clubs

As we are not a Saturday school we like to build pathways to local clubs and encourage our pupils to join clubs close to home. We currently have strong links with all of our local clubs and even support weekly boarders to build links with clubs dependant on where they live.

Opro – September

The Opro team are booked to come into school on Tuesday 5th September 2017. If you would like your child to be fitted with a dentist style professional mouth guard please visit www.opro.com and register online. This is a once a year opportunity and we highly recommend this service, they are professional and a great product. We HIGHLY recommend that all pupils wear a mouth guard when taking part in Rugby and Hockey.

Sports trips

Throughout the year we run a number of sports trips to go and watch various sporting events. These will be announced in Chapel and a sign up sheet will go up on the PE board in the PE corridor. We also run Sports Tours. We will be having a 1st XI Boys and Girls Hockey Mini Weekend Tour in Term 1 which we estimate to be around £200. This will include travel and accommodation. We are waiting on some dates and this will be launched the first week back in September.

In February half term 2018 we will be running a Ski trip which is open to Y7+. The cost will be £850 and more information can be sought from myself.

In October 2018 we will be returning to Noordwijk in Holland to play Hockey and this trip will be open to all Y7-10.

Wednesday afternoon activities

All pupils get the chance to choose what sports activity to do on a Wednesday afternoon.

As a department we offer Rugby, Hockey, Netball, Tennis, Rounders and Cricket. These sports compete against other schools every Wednesday afternoon.

We also offer Table Tennis, Fencing, Cross Country and many more sports at a competitive level.

I look forward to welcoming your child to Abbotsholme school and to the Sports Department.

If I can be of help please do not hesitate to contact me on laura.askew@abbotsholme.co.uk.

Kind regards

Laura Askew
Head of Sport