

Dear Parents and carers,

Michaelmas Term – Physical Education and Sport

Please find below information regarding the Michaelmas plans for Sport and Physical Education at St Dunstan's College.

Whilst the future of sport both at the College and on a global level are uncertain, we have been following Government, Department for Education and National Governing Body guidance very closely and are ecstatic to be able to offer such an ambitious, forward-thinking programme to our students.

We will continue to watch the guidance very carefully and will be flexible in our approach to both teaching and coaching, however please do rest assured that we will be running all of our sporting provision under strict government and sporting body guidance.

Curriculum PE

Whilst we are under strict guidance regarding the use of our facilities, we have adapted our curriculum in order to ensure that it is safe but still broad, inclusive and most importantly fun for all. Please see below an activity breakdown for Curriculum PE.

KS3 PE	7.1	7.2	8.1	8.2	9.1	9.2
7-Sep	Funs	Funs	Athletics	Athletics	Athletics	Athletics
5-Oct	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion
16-Nov	Gymnastics	Gymnastics	S&C	S&C	Leadership	Leadership
7-Dec	ASSESSMENT POINT		ASSESSMENT POINT		ASSESSMENT POINT	
4-Jan						
1-Feb						
8-Mar	ASSESSMENT POINT		ASSESSMENT POINT		ASSESSMENT POINT	

KS4	10/11.1	10/11.2	10/11.3	10/11.4
7-Sep	Athletics	Athletics	Athletics	Athletics
5-Oct	OG	OG	IG	IG
16-Nov	S&C	S&C	S&C	S&C
7-Dec	ASSESSMENT POINT		ASSESSMENT POINT	
4-Jan				
1-Feb				
8-Mar	ASSESSMENT POINT		ASSESSMENT POINT	

In usual circumstances Swimming would feature heavily in the curriculum. Whilst we can still offer this in a reduced capacity during Forder and on a Friday after school, we will be adding it to the Curriculum in the Lent Term.

Games, Training and Saturday Sport

Games sessions will take place in year groups, generally with Boys playing rugby and Girls playing hockey. Age group training nights for rugby and hockey differ, allowing both boys and

girls to attend both rugby and hockey sessions if they wish. These will commence from the 14 September Football and Netball will be played in the Lent term. We have also included an age group session on Saturday mornings for all students who wish to attend. These sessions will be a pre-season session in the hope that fixtures return after half-term. This will be reviewed and decisions made in due course. All students are welcome to attend, with attendance from A and B team players expected.

Monday	Tuesday	Wednesday	Thursday	Friday
Games				
Year 9	Year 8	Year 11-13	Year 10	Year 7
After School Training				
Year 7 Rugby	Year 11-13 Rugby	Year 10 Rugby	Year 8/9 Rugby	
Year 8 Hockey	Year 9/10 Hockey	Year 7 Hockey	Year 11-13 Hockey	
Saturday Sport				
Year 7 0900-1000	Year 8/9 1015-1115		Year 10-13 1130-1245	

Forder

The Forder programme continues to offer a broad range of exciting activities to choose from. All activities will be run by a member of the PE department under strict Governing Body guidance.

Monday	Tuesday	Thursday	Friday
Y7 Swim Clinic	Y9 Swim Clinic	Y7 Girls Football	Year 11 S+C
Y8 Taekwondo	Y10 S+C	Y8 Swim Clinic	Y8 Badminton
	Y7 HIIT	Y9 S+C	Swim squad (4pm)
	GCSE PE Clinic	Y11 Yoga	
	Y7 Badminton		

We will also be opening up the gym afterschool as part of the Forder programme for Sixth Form students. This creates regular opportunity for our students to be physically active and will work on a sign up basis. The gym will also be open during Senior Games.

PE Staff

See below a list of the Senior and Junior School PE Staff for the 2020-2021 Academic Year. All staff will be teaching and coaching across both age groups.

Senior School

Miss R Watkins – Director of Sport and PE

Mr M McClune – Head of Academic PE

Mr D Gower – PE Teacher

Mr Grant Armstrong – PE Teacher (Head of Football)

Mr G Hart – PE Teacher (Rugby Specialist)

Miss F Margaroli – Head of Swimming

Miss R McKay-Pryce – Head of Netball

Mr L Corbin O'Grady – Head of Hockey

Mr J Galbraith – Head of Strength and Conditioning

Junior School

Mr J Macklin – Head of Junior School PE and Sport

Miss H Morris – Teacher of Junior School PE

Miss A Shaw – Sports Assistant

Miss P Franklin – Graduate Sports Assistant

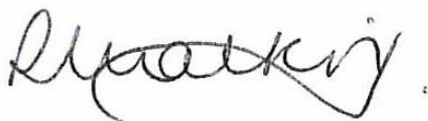
Kit

As you are aware we have decided as a College to allow students to wear sports kit on any day where they are participating in PE, Games, Forder or a training session after school. In usual circumstances students would wear specific kit for specific sporting activities however we understand that in these circumstances this might not be possible. We have therefore loosened our Department Kit Policy and will allow students to wear any of the sports kit available on Tacklebag. Please be aware of the additional rules below that apply to all students:

- Students must wear full St Dunstan's College kit. No other kit will be permitted.
- All students must wear tracksuit bottoms or leggings around the school buildings and in the refectory. Students can wear shorts or skorts during PE lessons.
- Students should bring spare St Dunstan's College kit to change into should there be any inclement weather. The changing rooms will only be opened and managed accordingly, following social distancing and leisure centre guidance, if there is adverse weather.
- Students should bring in Rugby or Astroturf boots to change into should they wish. They should wear sport specific trainers at all other times.
- Students must have shin pads and gum shields for hockey.

We are very much looking forward to welcoming back all students in the St Dunstan's College community and thank you in advance with your cooperation during these challenging times. Please do stay up to date with Sport and PE at the College via our Instagram page @stdunstanssport.

Sincerely,



Miss R L Watkins

Director of Sport and Physical Education