

Dear Parents and Students,

It was great seeing old and new faces at pre-season the past couple of weeks. Things are understandably going to be a little different for a while on the sporting front, so we thought it would be helpful to give you a little bit more information on what our plans are for curricular and extra-curricular sport so students can be prepared, and most importantly, get involved. Now more than ever the importance of physical exercise and activity is paramount for both physical and mental health and we hope to engage as many students as possible through our offering.

### **Curricular Games, PE and swimming**

On the day students have Games they are to come into school in their sports kit. They must wear tracksuit bottoms during lessons and at lunchtime. We are aware that some students might not have received their sports kit yet, if that is the case please write a note in their planner so we are aware and ensure that they wear plain sport kit preferably in the school colours of black or white. It is important that students are prepared for all weather conditions as we will be primarily outside. In Years 7 – 10, boys will be starting the term on cricket, and girls will be starting on hockey. It would be helpful if students who have their own cricket equipment/hockey sticks bring them in, as this will minimise the need to share equipment. As usual in Year 11-13, students will be given options for Senior Games. However, as students need to be taught in year group bubbles, and some external facilities are not accessible at present, the options will be slightly limited and mainly based on site. For all year groups we will be reviewing Games options at half term as guidelines for various sports and activities are changing all the time.

For PE and swimming, students will get changed as normal. In PE students will primarily be outside so they need to come prepared with warm clothes if the weather is inclement. At some point in the term they will be doing tennis. Again, if they have their own tennis racket please can they bring it in to use. Swimming will operate as normal, but we will be using other changing rooms as well as the swimming changing rooms, so students might feel more comfortable wearing their PE top or a towel onto the pool side. If your child does not have a school swimming hat, they will be able to buy one from Sports Reception or at the start of the first swimming lesson.

### **Extra-curricular sports practices and activities**

We will be running a full programme of extra-curricular clubs which will start on Monday 14<sup>th</sup> September. Practices will primarily run after school, but we will be adding some morning and lunch time activities as the students get used to the new timings of the school day. The practice schedule is in the process of being finalised and will be published on the school website as soon as all the activities are confirmed, and students will be emailed it. We will not be running any fixtures for the first three weeks of term, but with Government and sport National Governing Body (NGB) guidelines changing all the time, we will re-assess the situation after this time to see if local fixtures might be possible.

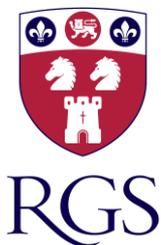
This year we will be asking students to sign up to extra-curricular clubs via SOCs, and students will be briefed in their Games lessons on how to do this. As usual, clubs are open to students of any ability and we hope to see many students taking part.

### **Saturday Programme**

The Autumn term would usually have seen a busy Saturday programme of inter-school fixtures of boys' rugby and girls' hockey, for all year groups, right across North

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England. However, this will not be possible for obvious reasons. In order to continue the sporting tradition and ethos that is so well established here at RGS, a comprehensive sports programme will run in-house instead, across all year groups. This will work within Government and NGB guidelines for each sport, to ensure the safety of students and staff, and will run in your child's year group bubble.

Every Saturday, starting on 12<sup>th</sup> September, each student will have the opportunity to sign up for designated sports for a four-week block, which will rotate around four major sports across the Autumn term. In addition to this, a further three sports will be available for those not immediately engaged by these major sports. Each group will be allocated a consistent hour slot in the morning to enjoy engaging and competitive intra-school team fixtures. Please see the attached form with details on how to sign up to the Saturday programme. Students need to sign up by the end of the school day on Thursday, please. We would really appreciate your help in making sure students have signed up to help our planning.

We strongly encourage all students to get involve, regardless of experience. Whilst each option will aim to provide competition, this will not be at the detriment of those new to certain sports, with staff ensuring proper support for those who sign up. To help you plan your weekends the following timings will apply to various year groups:

**Years 11 to 13:** 8.30-9.30am

**Years 8 to 10:** 10-11am

**Year 7:** 11.30am-12.30pm

The sports that are going to be offered are:

**Boys:** football, cricket, rugby, hockey, swimming, basketball, badminton

**Girls:** netball, hockey, football, cricket, swimming, basketball, badminton

We hope this email has given you the relevant information that you need to understand how the sports programme is going to run for the near future. As mentioned earlier, we will be reviewing the programme at half term and will communicate any changes that we are going to make in good time. We will of course be closely following any changes that the Department for Education or sporting NGBs make and adjust our planning accordingly.

Yours in sport,

**Angela Ponton**

Director of Sport