



KIRKHAM GRAMMAR SCHOOL

PHYSICAL EDUCATION

PARENT/PUPIL INFORMATION

STAFF DETAILS

1. Head of Boys' Sport: Mr J P Roddam
PE/Games staff: Mr J R Lyon/Mr J P Roddam/Mr A E Trenhaile/
Mr J E Unsworth

Head of Girls' Sport: Mrs L D Osborne
PE/Games staff: Mrs J M Glover/Mrs L D Osborne/Miss G R Reddy/
Miss L Hilton/Miss D Harrison
2. PE staff are available to meet pupils/parents to discuss any problems about recreational activities. Meetings will be arranged during school hours, if possible.
3. Parents should contact members of the PE staff through the Headmaster or through the school office. Pupils in school should approach staff directly.
4. Staff are available to advise on any question concerning PE as a career and pupils who anticipate entering into any aspect of PE are urged to discuss their plans with the PE staff.

PE KIT

For the sake of safety, cleanliness and appearance, correct kit **must** be worn for each activity. All items of PE kit must be clearly labelled with pupil's name.

All PE activities:

1st – 3rd Years: School tracksuit
School White polo
School Athletics vest
School Navy shorts/Skort
Running trainers
White socks
Shower towel
Mouth guard compulsory for Hockey

4th – 6th Form: Blue polo
Blue shorts/Skort
Blue fleece/Hooded sweatshirt
Blue track pant
(Must be purchased from the School Shop)

Rugby:
(outdoor games) School tracksuit
School Navy blue shirt (reversible white band)
Navy rugby shorts (swimming trunks or sports underwear underneath)
School rugby socks
Long-studded rugby boots
Towel
Gum shield (compulsory)

Tennis:	<p>School White polo White socks School Navy skort/shorts (white tennis skort optional) Training shoes School tracksuit Towel Tennis racket</p>
Cricket:	<p>School White cricket shirt Cricket whites White socks Training shoes or cricket boots Towel Pupils bringing their own cricket equipment for lessons/practices must leave it in secure storage areas outside lesson/practice time.</p>
Netball/Rounders:	<p>School White PE polo Training shoes White ankle socks Navy blue School skort School tracksuit (hooded sweatshirt and track pants) Towel</p>
Hockey:	<p>School White PE polo Navy blue School shorts/skort School tracksuit (hooded sweatshirt and track pants) School hockey socks Astroturf shoes (compulsory) Hockey stick (compulsory) Shin pads (compulsory) Gum shield (compulsory) Towel</p>
Cross Country:	<p>School Athletics vest – white with two blue bands School Navy blue shorts Old training shoes School tracksuit (hooded sweatshirt and track pants) Towel White ankle socks</p>
Athletics:	<p>School Athletics vest - white with two blue bands School Navy blue shorts Spikes/training shoes White ankle socks School tracksuit (hooded sweatshirt and track pants) Towel</p>

Swimming: Navy blue costume, trunks/jammers (**not** leisure shorts) and white swim cap
Towel
Goggles (not compulsory)
Squad swimmers require school swim cap

Navy school leggings are optional for all pupils and can be worn under other items of kit

HOUSE COLOURS

School : Red
Fylde : Green
Kirkham : Yellow
Preston : Pale blue

CHANGING FACILITIES

The school's changing facilities are used by outside agencies in the evening, and are accessible for various PE groups during the day. PE kit must therefore not be left in the changing rooms, other than during their lesson time.

LOST PROPERTY

Items of kit left in the changing rooms are normally taken into the PE Office. If it is named it can be returned to the pupil. If all items of clothing and kit are clearly labelled, as is the rule, the recovery of lost property is facilitated. If kit is misplaced in another part of the school and can not be found at the PE changing rooms, it might have been taken either to the Caretakers' rooms or the School Shop. Under no circumstances should pupils lend items of kit to other pupils.

DEPARTMENT DISCIPLINE

Pupils should change quickly at the start of the lesson and wait quietly in the changing room for the member of staff. Boys' changing rooms are locked during teaching periods except when practices are being held at lunchtime and 4.00 pm. Pupils should place valuables in their lockers or hand valuables to the PE or Games staff during practices at lunchtime or after school. Rings, necklaces, etc, **must not be worn** during lessons.

No equipment/apparatus is to be used without **specific permission** of one of the members of the PE Department staff.

No-one should enter or use any sports facility without the presence of a member of staff.

Long hair must be fastened back **firmly** by either:

- a. Elastic bands
- b. White or navy blue ribbon
- c. Bobbles

EXCUSED PE

Notes to excuse pupils from PE/Games should be taken to the Head of Girls'/Boys' Sport before the lesson. They will be passed to the PE Department.

If pupils are to be excused for a length of time (more than a week) a doctor's note should be obtained stating the injury/complaint and the length of time.

SWIMMING

Kirkham Baths are used for swimming lessons from 9.00 – 9.30 am. Pupils should line up quietly by the Lodge steps at 8.50 am. If wet weather, pupils should have a navy waterproof. Return from the Baths will be made quickly.

SCHOOL REPRESENTATIVE SPORT

All pupils are expected to play for school teams, if selected. Games are played on a Saturday morning or afternoon, occasional Sunday or weekend tournaments, sometimes mid-week and some Senior Games on Wednesday afternoons.

Adequate notice is always given to pupils, if chosen, and it is expected that they inform parents accordingly, together with the time the event is expected to finish. The Boys' PE Office can be contacted on 01772 688117 and the Girls' PE Office on 01772 688106 to confirm details of fixtures.

School fixtures are in the calendar. Any additional fixtures will be posted on school noticeboards. Information about the various school teams can be found on the school website. The school fields the following teams:

BOYS

- | | | |
|----|----------------|---------------------------------------|
| a. | Athletics: | U12, U13, U14, U15 |
| b. | Cricket: | U12 XI to 1st XI |
| c. | Rugby: | U12, U13, U14, U15, U16, 2nd/1st XV's |
| d. | Swimming: | All ages |
| e. | Tennis: | U13, U15 |
| f. | Cross Country: | U12, U13, U14, U15 |
| g. | Basketball: | U13, U15 |
| h. | Volleyball: | Years 4/5 and Senior |
| i. | Badminton | U13, U15 |

GIRLS

- | | | |
|----|----------------|---------------------------------------------------|
| a. | Athletics: | U12, U13, U14, U15 |
| b. | Hockey: | U12, U13, U14, U15, U16, 1st XI and Senior 2nd XI |
| c. | Netball: | U12, U13 VII |
| d. | Swimming: | All ages |
| e. | Tennis: | U12, U13, U14, U15, U18 |
| f. | Cross Country: | All ages |
| g. | Rounders | U12, U13 |

Coaching/training sessions are held during lunchtimes and after school. Day and times are posted in the school calendar and on the PE noticeboards.

PRACTICES

All pupils, selected to practise for a particular team, must attend practices. Pupils who are unable to do so must excuse themselves well in advance of the practice.

Teams and instructions for travel, etc, are displayed on team noticeboards and online fixture system prior to matches which can be accessed via Twitter or directly through the school website.

Travel is by coach, minibus or school car and pupils should wear school uniform/full school tracksuit.

SCHOOL REPRESENTATIVE GAMES KIT

- a. School tracksuits are needed for all sports.
- b. Junior rugby teams play in navy shirts, navy shorts and school rugby socks. Team shirts are supplied for 1st and 2nd XV's who play in white shorts. All players must wear a mouth guard for matches **and** practices.
- c. Cricket teams play in all white.
- d. Tennis – white polo, navy skort/shorts.
- e. Athletics – junior teams Athletics vest.
- f. Swimming – navy blue costume and trunks/jammers.
- g. Rounders/Netball – school tracksuit, white PE polo, navy skort, white socks and trainers.
- h. Netball – school tracksuit, white PE polo, navy blue skort, white socks, white training shoes.
- i. Athletics – white and blue striped vests, navy blue athletics shorts, white socks and trainers/spikes, school tracksuit.
- j. Hockey – school tracksuit, white PE polo/Navy team shirt, navy blue skort, navy socks, gum shields and shin pads.
All squads in school hockey kit.

All pupils, unless instructed otherwise, must travel to all fixtures, home and away, in school uniform. They must also shower and wear uniform after fixtures.

REFRESHMENTS

Refreshments are normally served on Saturdays after fixtures. Rugby players are expected to attend formal refreshments in uniform. Pupils who need to leave early must seek permission from a member of staff.

MEDICAL

1. Members of the PE staff must be kept up to date on any problems affecting pupils' health. Please inform staff in writing of any problems, ie asthma, verruca, heart complaints, travel sickness, etc.
2. The PE staff are qualified to deal with minor injuries. More serious injuries will be referred to the Surgery Manager. If the injury warrants referral to Blackpool Victoria or Preston hospitals, then parents will be informed. In most cases parents will be telephoned and asked to take their child to the hospital - to this end, please ensure a telephone number is left with the school indicating where you may be contacted during the day. If the injury is such to warrant immediate despatch by ambulance to hospital, then parents will be informed by telephone and are asked to arrive at the hospital as soon as possible.

In case of injuries needing physiotherapy, the PE staff have established contacts and can recommend qualified physiotherapists.

3. The PE Staff must be notified **immediately** of any injury sustained in games or the gym. Any health or first aid problem may be referred to a member of the PE staff.
4. All pupils are advised to undergo a course of anti-tetanus injections and to obtain booster injections when appropriate.
5. Please consult the PE staff in the recovery period after an injury. The PE staff can give valuable advice on recuperative exercises and rehabilitation.

April 2022