



WELCOME TO THE PE & GAMES DEPARTMENT

I very much hope that the following information is useful to both parents and children. The places to access information each week are our school web site and the two Games boards, in the lobbies outside the kitchen and the Music room.

This information pack includes:

1. A list of all the teachers, staff and parents involved in teaching and/or coaching the children at The Paragon, from Nursery to Year 6.
2. Helpful information about PE and Games lessons
3. Kit and equipment
4. The complete swimming programme for the year.
5. Fixtures (matches against other schools, either Home or Away)
6. Poor weather procedures regarding fixtures
7. Collection procedures after Games lessons.
8. The Wednesday and Friday Year 5 and 6 PE/Games Programme
9. Fixtures and Clubs

The PE and Games Department staff at The Paragon are:

| | |
|--------------------|--|
| Brenda Brian | - Head of Department - Pre Prep and Prep PE and Games |
| Toby Goodman | - Prep Games |
| Kate Allenby | - Prep Games |
| Chris Guest | - Year 5 and 6 PE and Games |
| Craig Boyce | - Prep Games |
| Elin Rowlands | - Pre Prep and Prep PE and Games / Pre Prep Swimming |
| Natasha Lovell | - Pre Prep and Prep PE and Games / Pre Prep Swimming |
| Mr Rhidian McGuire | - Master i/c Rugby at Prior - Prep Games - Autumn Term only |
| Mr Liam St. John | - Gap Student at Prior - Prep Games - Autumn Term only |
| Mr Alan Hall | - Master i/c Hockey at Prior - Prep Games - Spring Term only |
| Jaime Ormshaw | - Pre Prep Swimming |
| Tom Baker | - Cricket coach |
| Jonathan Green | - Cricket coach |
| Guy Woods | - Cross country |
| Titus Mills | - Football |
| Claire Barrett | - Dance |
| Suzy Granger | - Swimming coach |



Helpful information from the Games/PE Department



PE lessons - at The Paragon

One lesson each week from Nursery to Year 4.

Kit - red school polo top, lightweight navy shorts (with red strip for girls)

Games lessons - Pre Prep at The Paragon

One session each week from Nursery to Year 2.

Kit - as for PE, plus navy school hoodie, joggers and trainers.

Games lessons - Prep at The Paragon and Prior

Year 3 and 4 - Monday afternoons

Year 5 and 6 - Wednesday afternoons = Games, PE & swimming

- Friday afternoons = Games

Kit - please refer to information on the top of the current fixture lists, either on the Games board or click "What's on' then 'Sports News' on web site.

Mouth guards are essential for Hockey and Rugby.

Shin pads are essential for Hockey and Football.

*** Please note that Pre Prep children do not need mouth guards. ***

Water -

We encourage the children in Years 3 to 6 to have their own, named and reusable water bottle to take to all Games lessons and fixtures. This is especially important when the weather is warm, but also essential throughout the year.

Collection info -

Yr. 5 & 6 PE/Games -

Wednesdays - pick up from school at 4pm, unless at a fixture.

Fridays - pick up from Prior at 3:45pm or 4:45pm after a club, unless at a fixture.

A school minibus will return to The Paragon at 3:45pm and again at 4:45pm for those children needing to go to the Late Room.

Yr. 3 & 4 Games -

Mondays - pick up at school at 3:45pm unless at a fixture.

If a child is not collected after Games, a fixture or club, whether at school, Prior or other venue, they will be taken to the Late Room. Children will not be allowed to go home with, or be supervised by, another parent, unless the latter has that child's parents permission.



SWIMMING PROGRAMME 2009 / 2010

All swimming lessons take place in the teaching pool at Prior.

| AUTUMN TERM | YEAR GROUP | TIME | DATES (no. of sessions) | STAFF | EXTRA DETAILS |
|--------------------|-----------------------|--|---|--------------|---|
| TUESDAY | 2G 2L | 1 to 2:15pm 2 to 3:15pm | 8th Sept. to 1st Dec. '09 (11) | JO, NL, ER | Yr. 2 - No swimming on 20th Oct. KIT: * All children to wear the school navy and red trunks or costumes. * PLEASE NAME ALL KIT * Caps are compulsory for both boys and girls. * Please send swim kit to school in a separate, NAMED bag. School swim bags are available at John More Sports. * There are showers at the pool, but our timings limits to just a quick rinse if needed. * If required, arm bands will be available at the pool. * Goggles may be worn. <u>Please ensure they fit your child properly.</u> * It is much easier for the girls to wear socks, not tights, on swim days. * School hats and scarves are great for after cold swim days. * Children will travel to and from Prior by minibus, accompanied by a member of the Games staff * Mrs Brian will organise a rota for any parents wishing to help with changing during Reception sessions. |
| WEDNESDAY | 4B 4H | 8:45 - 10am 9:30 - 10:45 | 9th Sept. to 9th Dec. '09 (13) | BB, KA, TG | |
| THURSDAY | 1J 1G | 1 to 2:15pm 2 to 3:15pm | 10th Sept. to 3rd Dec. '09 (11) | JO, NL, ER | |
| SPRING TERM | YEAR GROUP | TIME | DATES (no. of sessions) | STAFF | |
| TUESDAY | 2G 2L | 1 to 2:15pm 2 to 3:15pm | 12th Jan. to 23rd March '10 (10) | JO, NL, ER | * It is much easier for the girls to wear socks, not tights, on swim days. * School hats and scarves are great for after cold swim days. * Children will travel to and from Prior by minibus, accompanied by a member of the Games staff * Mrs Brian will organise a rota for any parents wishing to help with changing during Reception sessions. |
| WEDNESDAY | 4B 4H 3M 3GH | 8:45 - 10am 9:30 - 10:45 8:45 - 10am 9:30 - 10:45 | 13th to 27th Jan. '10 (3) 3rd Feb. to 24th March '10 (7) | BB, KA, TG | |
| THURSDAY | 1J 1G | 1 to 2:15pm 2 to 3:15pm | 14th Jan. to 25th March '10 (10) | JO, ER, NL | |
| SUMMER TERM | YEAR GROUP | TIME | DATES (no. of sessions) | STAFF | |
| TUESDAY | Reception H | 1 to 2:15pm 2 to 3:15pm | 27th April to 29th June '10 (9) | JO, ER, NL | * Mrs Brian will organise a rota for any parents wishing to help with changing during Reception sessions. |
| WEDNESDAY | 3M 3GH | 8:45 - 10am 9:30 - 10:45 | 28th April to 30th June '10 (9) | BB, KA, TG | |
| THURSDAY | Reception W/L | 1 to 2:15pm 2 to 3:15pm | 29th April to 1st July '10 (9) | JO, ER, NL | |

*** Year 5 and 6:**

Some swimming sessions will be arranged as a part of the Wednesday PE/Games programme. Dates and details will be given in advance. Includes synchro for girls!

*** Galas:**

- **Inter-House** - all Yr. 3 to 6 children compete for their House, in races appropriate to ability.

** Wednesday 9th Dec. - Yr. 5 and 6 Inter-House Gala at Prior during PE/Games.

** Wednesday 26th May - Yr. 3 and 4 Inter-House Gala at Prior - am

Unfortunately, there is no room for spectators in the pool at Prior.

- **Inter-Schools** - teams will be selected. Yr. 3 to 6 children will have a time trial.

There are galas where we compete against other independent schools:

** Thursday 8th Oct. - Under 10 and 11 (Yrs. 5 & 6) - Monkton - 6 to 8pm **Spectators welcome.**
 ** Summer Term (date TBC) - Under 8 and 9 (Yrs. 3 & 4) - Monkton - 5 to 7pm

Other galas will be arranged during the year - dates TBA.

*** Aquathons (swim followed by a run):**

Years 3 to 6 compete each term. Children volunteer and can be selected. Those children who would like to compete are encouraged to attend cross country club.

** Saturday 21st November - Under 8, 9, 10 and 11 - Paragon Championships at Prior.

*** Water Safety:**

All children attending swimming lessons at The Paragon are taught water safety rules.

Years 3 and 4 will complete a specific water safety course.



PLAN FOR YR. 5 & 6 WEDNESDAY AND FRIDAY PE & GAMES



Fridays -

The children have Games or fixtures at Prior or an away venue, in their Year groups as follows:

Autumn Term - Boys - **rugby**

Girls - **hockey**

Spring Term - Boys - **hockey**

Girls - **netball**

Summer Term - **lawn tennis, cricket, athletics and rounders** taught in co-ed groups.

Each term there are extra sports/events/fixtures to the above in cross country, aquathlon, swimming, football, inter-house competitions, festivals and tournaments.

Wednesdays -

The new Wednesday afternoon PE and Games sessions continue this year. We hope that this new structure, new groupings, introduction of new activities and sports will enhance what we already do.

Across the Friday and Wednesday sessions we have retained what we feel works well and what we, as a school, are good at, restructured **Gym and Dance** lessons and introduced the following:

On Wednesdays in the Autumn and Spring Terms:

* **Swimming - water safety and water polo**

* **Fitness / aerobics**

* **Korfball**

** **Initiative activities**

** **Adventurous activities**

** **Orienteering**

Plus, in the Summer Term:

* **Baseball and Lacrosse**

* **Rounders**

* **Cricket/Kwik Cricket**

* **Athletics - in & outdoors**

* **Tennis skills**

*** PLEASE NOTE THAT EACH WEEK'S OPTION CHART WILL BE POSTED IN ADVANCE ON THE NEW GAMES BOARD IN THE LOBBY OUTSIDE THE MUSIC ROOM. ***

The three ** activities will take place in the school grounds, whatever the weather. Gym and Dance lessons remain but as 'stand alone' lessons and will be a part of the plan but across all three terms.

Swimming, in the form of water safety skills, stroke and stamina training plus competitive galas and an introduction to water polo, will take place throughout the year.

The children have been split alphabetically into four groups consisting of a mixture of Years 5 and 6, girls and boys. Each group has a name commemorating a recent Olympic hero.

Each Wednesday a different option will take place according to how many children are participating, the Games staff, fixtures and the venues available.

Wednesday PE and Games options have been very popular and will continue next year. We have questioned why we teach certain sports, how we are teaching and coaching Years 5 and 6 and what we are preparing them for beyond the age of 11.

"We looked at what we did. We asked the question, 'Does it work?'

If the answer was, 'Well, not too sure,' we stopped doing it. Everything needs to have its purpose which is aimed at achieving the best an individual can. It may be hard at times but must always be fun."

Chris Boardman - Director of coaching GB Cycling Team.

Groups for Wednesday afternoon PE and Games

| | |
|---|--|
| <p><u>Hoy</u></p> <p>Sam Honey Eve Baker Katie Blane Fin Dewar Georgia Howes Dinwoodie Rory Georgina Borton Deasy Gabriel Lettice Armitt -Goddard Lambert Ieuan Lucy Duckett Mallon John Mitali Atkins Cameron Anderson Sophia Hamling James Cox Mapi Granger Tobin Leigh Amelia Poole Angus Murray Holly Sanderson Milo McCarthy Joshua South Luke Dearling</p> | <p><u>Pendleton</u></p> <p>Still Oliver Hazel Chapman Turner Harry Flossie Ure Warren Arthur Amy Rhodes Thomas Clark Lizzie Scott Joseph Bullman Esther Tapsfield Angus Fender Kate Mosely Max Lowrie Molly Jones Barnaby Row Martha Handel Dylan Bunn Fabian Sutch-Daggett Will Gibbs Max Bradshaw George Cromack</p> |
| <p><u>Adlington</u></p> <p>Hawes Joseph Katie Buurman May Benedict Celeste Coury Oliphant Oscar Georgia Webb Parry Max Francesca Padget Raftery Jake Rebecca Dowty Jack Bunn Sophie Murphy-O'Connor Charles Gage Philippa Matthews Natasha Taylor George Redstone Jude Samuel Henry Carr Gabriel Heard Francesca Small</p> | <p><u>Ainslie</u></p> <p>Rupert Carr Isabella de las Casas Cheung Daniel Marina Smith Wainwright Matthew Rosalie Wright Young Milo Olivia Harden Willson James Evelyn Heavens Woods Cosmo Lucy Stone Fabian Moayed Rosie Granger Harry Thompson Venetia Bell Charlie Lyons Oliver Lewis Patrick Akbar Felix Robertson Thomas de Glanville</p> |



YR. 5 & 6 PE/GAMES PROGRAMME 2009 / 2010



Please note that venues/activities can change. Check website Newsflash for last minute alterations due to adverse weather and cancellations.

DATES

WEDNESDAYS

FRIDAYS

| | | |
|---|---|---|
| Week 1 - Fri. 23rd April | ***** | Girls - Rounders Boys - Cricket At Prior. Clubs start. |
| Week 2 - Wed. 28th April Fri. 30th | OPTION 2 - * All girls to Rounders match * Some Yr. 5 boys to Cricket match * All Yr. 6 boys to Cricket match * Some Yr. 5 boys - CRICKET AND BASEBALL AT SCHOOL | Girls and Boys - Athletics At Prior |
| Week 3 - Wed. 5th May Fri. 7th | NO OPTION 3 - Yr. 5 and 6 girls to Rounders match. Yr. 5 and 6 boys to Cricket match. | Girls - Tennis Boys - Cricket At Prior Some boys to cricket fixture |
| Week 4 - Wed. 12th May Fri. 14th | OPTION 4 - * Year 5 away all week * All Year 6 - AQUATHON - swim and run at Prior | Year 6 Girls and Boys - Athletics At Prior |
| Week 5 - Wed. 19th May Fri. 21st | OPTION 5 - * All Yr. 5 girls to Rounders festival * Some Yr. 6 girls to Rounders Tourn * All 5 boys - AQUATHON at Prior * All Yr. 6 boys & rest of girls - CRICKET & ADVENTUROUS ACTIVITIES | Girls - Rounders Boys - Tennis At Prior Some girls to Rounders fixture |
| Week 6 - Wed. 26th May Fri. 28th | OPTION 6 - * Year 6 away from Tuesday * Some Yr. 5 boys at Cricket festival * Some Yr. 5 girls to Aquathon event * Rest of Yr. 5 - WATER POLO at PRIOR | Year 5 Girls and Boys - Athletics At Prior |
| Week 7 - HALF TERM | ***** | ***** |
| Week 8 - Wed. 9th June Fri. 11th | OPTION 8 - * Some girls to Athletics event * Some boys to Athletics event * Rest of Yr. 5 & 6 - MULTI SKILLS EVENT at school | Girls - Tennis Boys - Tennis Some boys to cricket practice. At Prior Some boys to cricket fixture. |
| Week 9 - Wed. 16th June Fri. 18th | OPTION 9 - * All girls to Rounders match. * Some boys to Cricket match * Rest of boys - CRICKET AND BASEBALL at school | The Paragon Sports Day Pre Prep - am Prep - pm NO CLUBS AFTER SCHOOL |
| Week 10-Wed. 23rd June Fri. 25th | OPTION 10 - * Some Yr. 6 to Prior Taster Day * All girls to Rounders match * Boys - KWIK CRICKET TOURNAMENT at school | Girls - Rounders followed by match Boys - Inter-House Cricket At Prior. |
| Week 11-Wed. 30th June Res. date for Sports Day Fri. 2nd July. | OPTION 11 - * All/some boys to Cricket match * All girls and poss. some boys - LACROSSE AND AD. ACT. at school | Girls - Inter-House Rounders Boys - Athletics and/or Tennis At Prior NO TENNIS CLUB. |



FIXTURES AND SPORTS CLUBS

We very much hope that all the children at The Paragon will thoroughly enjoy all their PE and Games lessons throughout their time with us. A very important part of our provision of sport are the numerous matches against other schools and sports clubs, both at lunchtimes and after school.

Clubs -

Clubs are open to all children, regardless of ability. Only the Wednesday cricket nets at Prior from 6:45 to 7:30pm are by invitation only.

Club time is important, as it allows the children and staff to further the performance and understanding of each sport, however, the emphasis is, as always, to have fun and learn to work together as a team.

The clubs programme changes each term and can be downloaded from our web site. It is also posted on the Games boards and is in the back of the school diary.

Fixtures -

Each term's fixtures are included in the **school diary**, are displayed on the **Games board outside the kitchen** and can be downloaded from **our web site**.

'All' indicates every child is involved in that fixture.

Under 8, 9, 10 or 11 indicates the teams have been selected and can be a combination of appropriate ages.

Alterations and additions occur. Team lists have the up to date details.

Team lists, with full details, are posted on the **Games board and our web site**.

The weekly '**News from the Games Dept.**' newsletter is also posted on the web site each Friday and a copy is placed on the Games board outside the kitchen.

* The Games Department will presume that all children required for a weekday fixture have permission to attend, **even if the return time is beyond the normal end of school**.

If your child is unable to attend please email Mrs Brian at:

bbrian@paragon.priorpark.co.uk

* Weekend fixtures require a compulsory email to myself to confirm if your child is available or not.

* There is a **Multimap link** to the venues we travel to on the Sports Fixture page of our web site.

* The Games Dept. **carries all contacts as given by parents** to the school office. If any contact numbers change, it is extremely important the office are told in order to update this information. This includes home, work and mobile numbers.

Poor weather -

* If the weather is poor please **telephone school by 1pm** to confirm whether the matches are on or off. We will also post information on the **Newsflash section of the school website**.

If your child is unable to participate in their PE or Games lessons please contact their class teacher or myself.

Brenda Brian - Head of Games/PE - Updated Summer Term 2010

