



**PGS SPORT**  
**EST. 1732**

**PARENTS' GUIDE**

**TO**

**PGS SPORT**

**“Aiming to be the best sporting co-educational  
day school in the country”**

The Portsmouth Grammar School believes that physical activity plays an important role in every pupil’s life. Sport for all is a central part of the school’s philosophy as is the desire for every pupil to enjoy sport and achieve their own personal best. The purpose of the Physical Education and Games department is

**“To instill a love of sport in our pupils so that they  
continue to take part in physical activity beyond PGS”**

Whilst our curriculum distinguishes between Physical Education and Games, the notion of excellence permeates throughout. Excellence will be measured by improvements in pupil, teacher and team performances; rather than simply by results. The whole experience is an integral part of the school curriculum and the Department has to react to the needs of each pupil and the aims of the School. The expectations of the school, as well as its reputation in the outside community, are that the school delivers a premium sporting experience, within an atmosphere of enjoyment, endeavor and success.

### **GAMES Lessons**

Our games programme gives every pupil in the Senior School an afternoon (2 periods) of organised, structured, teacher-led games activities. Our aim is that every group is taught by a specialist in that sport, not just the A teams. The school has sufficient playing fields and hard court surfaces to sustain the majority of activities located some 4 miles from the main school campus at Hilsea.

The Department aims to provide all pupils with expert coaching through their games activities in year 7-11. In Years 12 and 13 the majority of pupils are coached to a high standard in an area of their choice, although there is scope for pupils to explore a recreational route. The Department aims to encourage as many pupils as possible to represent the school at an appropriate level by fielding A, B, C and occasionally D teams. The department is particularly proud of the percentage of pupils who represent the school and this process gathers momentum annually.

### **Games Lessons**

Monday Afternoon	Year 8
Tuesday Morning	Year 7
Tuesday Afternoon	Year 10
Wednesday Afternoon	Sixth
Form Thursday Afternoon	Year 11
Friday Afternoon	Year 9

All pupils in Years 7-11 travel by bus which is supervised by a member of staff to Hilsea. Sixth Formers can travel by bus at 1.25pm or can make their own way to their games option by public transport.

## Commitment to School Fixtures

**It is expected that all pupils will be available to represent the school if selected. We try to post all our fixtures in the yellow book and [www.pgssport.uk](http://www.pgssport.uk). Any requests for absence from school fixtures should be made in writing to the Director of Sport, giving at least two weeks' notice. The Portsmouth Grammar School has a very strong fixture list and it is expected that school matches and training sessions will be put before any club commitments.**

Teachers and coaches invest in all pupils in all age groups, boys and girls, with an aim of developing senior teams which are competitive at County, Regional and National level. Pupils are actively encouraged to represent Regional or National team.

The quality of opposition in inter-school fixtures is continually reviewed. All individuals and teams are encouraged to improve performances rather than focusing solely on the outcome of the event. Pride and an understanding of the importance of representing the school in a mature and dignified manner are benchmarks of success for the Department.

### Games Options

#### Years 7, 8 & 9

Year 7 and 8 have the same Games programme.

	Autumn	Spring	Summer
Year 7/8 Boys	Rugby	Hockey	Cricket, Athletics and Tennis
Year 9 Boys	Rugby and/or Hockey		Cricket, Athletics and Tennis
Year 7/8/9Girls	Hockey	Netball	Athletics, Cricket and Tennis

All boys in Year 7 and 8 will play rugby in the Autumn Term and hockey in the Spring Term.

In the Winter Terms Year 9 boys can choose to play two terms of hockey or rugby or one term of each. Girls play hockey in the Autumn Term and Netball in the Spring Term due to lower numbers in each year group.

The Summer Term Tennis option will be for 8-12 boys and 8-12 girls only in each year group. These will be pupils selected to represent the school tennis teams.

Year 10, 11 and the sixth form will have a slightly wider choice of games option but it is expected than A and B team players will continue to play rugby, hockey, netball, cricket, tennis and athletics.

**Year 10 Boys:**

Autumn/ Spring Terms: Rugby (Hilsea)  
 Hockey (Hilsea/Temeraire)  
 Squash (Sports Hall)  
 Fitness (Sports Hall)

Summer Term: Cricket (Hilsea)  
 Tennis (Hilsea and Dome)  
 Athletics(MountbattenCentre)  
 Fitness (Sports Hall)  
 Squash (Sports Hall)  
 Cycling (Road)  
 Rounders (Hilsea)

**Year 10 Girls:**

Autumn/Spring Terms: Hockey (Hilsea)AutumnTerm  
 Netball (Hilsea) Spring Term  
 In the second half term girls in the hockey and netball teams will continue to play whilst other girls may choose another option if they wish to.

Summer Term: Athletics (Mountbatten Centre)  
 Rounders (Hilsea)  
 Tennis (Dome and Hilsea)  
 Fitness  
 Squash  
 Cricket

**Year 11 Boys:**

Autumn/Spring Terms:	Rugby (Hilsea) Football (Hilsea) Tennis (Dome) Table Tennis Volleyball	Hockey (Hilsea/Temeraire) Squash (Sports Hall) Fitness (Sports Hall) Climbing Badminton
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Summer Term:	Cricket (Hilsea) Tennis (Dome and Hilsea) Squash (Sports Hall)	Athletics (Mountbatten Centre) Fitness (SportsHall)
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**Year 11 Girls:**

Autumn/Spring Terms:	Hockey (Hilsea) in Autumn Term Tennis (Dome) Dance	Netball (Hilsea) in Spring Term Aerobics Volleyball
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Summer:	Athletics (Mountbatten Centre) Rounder's (Hilsea)	Tennis (Dome and Hilsea) Fitness (Sports Hall)
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## TRANSPORT TO HILSEA PLAYING FIELDS

All pupils in are taken to Hilsea on buses supervised by Physical Education staff. Sixth Formers can catch a school bus to Hilsea at 1315 or can make their own travel arrangements to their games venue. Sixth formers are not allowed to park their own cars on site.

## DISPERSAL FROM HILSEA PLAYING FIELDS AND MOUNTBATTEN CENTRE

As a separate site some distance from the main school pupils are dismissed from Hilsea by the staff in attendance. Pupils should leave Games in full school uniform.

Following games sessions:

All pupils from Years 8-11 will be dismissed from Hilsea at 1545.

Pupils in Years 8,9 & 10 wishing to return to school will do so on a Lucketts' coach with a member of PGS staff. Older pupils wishing to return to school can be provided with a taxi if necessary or on occasions will be transported by school minibus, although we encourage pupils to make their own way home from Hilsea. Pupils will always travel in groups of at least two pupils per taxi. (The school currently employs Citywide for all school transfers).

Pupils may wish to be collected from Hilsea and parents are welcome to wait in the car park from 1545 on the games afternoon.

Pupils wishing to travel from Hilsea train station are expected to notify a member of the games staff and are expected to walk in groups of no less than two.

Pupils wishing to catch a public bus can do so from Hilsea Bus stop which is adjacent to the playing fields.

Following after school training sessions:

**The school makes no provision to take pupils back to school after training sessions. Due to the later finishing times of these sessions the school ensures that no pupil leaves the site unless the pupil is clear as to how they are getting home.**

Pupils are made aware at the start of each term that they should not leave the Hilsea car park until their parents collect them or they are walking with friends to connect with a bus or train.

Staff will always ensure that there are no pupils left at Hilsea playing fields before leaving the site. If pupils have not been picked up 30 minutes after a practice then the member of staff will arrange for them to be transported back to school.

## **Following fixtures:**

Following home fixtures the same principles apply as to dispersal after a games session.

Following away fixtures pupils will be dropped at either Hilsea or at the main school site. A member of staff or coach will always ensure that the pupil is clear as to who and when they are being collected if they alight from the coach at Hilsea. An adult will always remain at school until all pupils have been collected or have made their way home.

## **FIXTURES**

- **What do we play?**

The Portsmouth Grammar School fields teams in Rugby, Hockey, Netball, Tennis, Cross Country, Cricket, Squash, Athletics and Rounders on a regular basis. Our aim is for A teams to get one fixture a week and B and C teams a game every two / three weeks.

- **Where do we play?**

Our main games are played at Hilsea. We have 4 rugby pitches, an astroturf pitch for hockey and tennis, 5 netball courts, 2 first class cricket squares and numerous rounders pitches. There is no parking for parents at Hilsea and it is important that pupils are dropped off at Hilsea Lido rather than driving up the lane to the playing fields causing traffic congestion.

- **Who do we play?**

We play most of the top schools in the South of England including Bryanston, Canford, Millfield and Brighton College. We often travel to London to play Hampton, Whitgift, Guildford High School and Kingston Grammar School. We also enter a number of national competitions that may result in us travelling further. When playing local school teams pupils may be asked to meet at the venue rather than taking school transport.

- **Cancellation of Fixtures**

Pupils are informed of cancellations at school or by messages on the boards by the main entrance. If fixtures are cancelled updates are made on [www.pgssport.uk](http://www.pgssport.uk)

## **MEDICAL PROVISION**

All Physical Education and Games staff are First Aid trained. In addition, PGS employs Sports Therapists on Saturdays to provide additional medical cover. The current providers are Up and Running who are a Nuffield accredited Physiotherapy Centre. Hilsea has a designated treatment room that is fully equipped. All sports staff will have access to a First Aid Kit.

During away fixtures injuries are handled in accordance with the guidance of the hosting team.

During a Saturday fixture the decision of the Sports therapists is final. We ask that parents do not approach injuries unless invited. The coach is responsible for managing any situation that may arise during the course of the game.

## TEAMS

### Commitment to School Fixtures

**It is expected that all pupils will be available to represent the school if selected. We try to post all our fixtures in the yellow book and [www.pgssport.uk](http://www.pgssport.uk). Any requests for absence from school fixtures should be made in writing to the Director of Sport, giving at least two weeks' notice. The Portsmouth Grammar School has a very strong fixture list and it is expected that school matches and training sessions will be put before any club commitments.**

### What teams are there?

There are teams in every year group for our major games and most sports also field B, C and some D teams.

### When are pupils selected?

For weekend fixtures our aim is to have all teams posted on the notice board and [www.pgssport.uk](http://www.pgssport.uk) by Thursday morning. Team sheets give details of venue, kick off times, meeting times, drop off times. It is important that pupils arrive at Hilsea or the bus collection points on time. A member of staff will always be present.

### Who is eligible?

Any pupil can be selected to represent the school. There are occasions that pupils will be selected to represent an older year group but this is normally only in cup competitions.

### Parking at Hilsea

There is not enough space at Hilsea to allow supporters to park on site. Supporters are requested to park at the Lido and walk to the playing fields. Traffic congestion is avoided if parents drop pupils at the Lido rather than driving all the way up the lane and having to turn round in a small space

### After School Clubs

All teams will have at least one after school practice a week. These sessions are open to all pupils but it is expected that all team players will attend. Clubs are listed in the Yellow Book

### Kit

All PGS pupils are expected to look smart when travelling to and playing in fixtures. On most occasions pupils will travel in school uniform to and from matches. There are occasions when pupils will travel to matches in kit, it is expected that they will wear their PGS SPORT tracksuits. Pupils are also expected to wear school games kit during afternoon lessons at Hilsea. There is a slight variation between hockey and rugby for the boys. Parents can check the school kit list on the school website for clarification. When pupils are selected to play for the school they will wear their games kit. Pupils selected to represent teams in the sixth form they will be issued with senior kit that will be charged to their termly bill.

## **Teas**

The Portsmouth Grammar School has a fantastic reputation for the quality of our teas after fixtures. All pupils are expected to attend teas after fixtures in school uniform or PGS Sport tracksuit.

## **Tours**

We have a touring strategy in place whereby every pupil will get the opportunity to take part in a major overseas tour in Year 11 or the sixth form. We also aim to take other year groups away on mini tours for overnight stops, a weekend visit or a half term trip.

### **Some examples of our tours:**

2019: Senior Girls & Boys Hockey to Amsterdam

2019: Senior Girls and Boys Rugby & Netball to South Africa

2017: Senior Girls and Boys Rugby, Hockey and Netball to Hong Kong and Australia

2015: Senior Girls and Boys Rugby, Hockey and Netball to South Africa

2014: Girls' Tennis Tour to La Manga, Spain

2013: Senior Girls and Boys Rugby, Hockey and Netball to Singapore, Malaysia and Indonesia

2011: Senior Girls and Boys Rugby, Hockey and Netball to South Africa

## **Valuables**

Lockers are available at Hilsea and in the Sports Hall for pupils to put their valuables; a blank coin is required to use lockers. These can be requested from sports staff or the grounds staff on arrival at Hilsea. The changing rooms at Hilsea are also locked during the games sessions. The school expects pupils to take responsibility for securing valuables. If an item is lost it should be reported to a member of the Physical Education department and the pupil's tutor.

## **Lost Property**

Lost property found at Hilsea is kept there for a couple of weeks. It is then returned to the school site and stored by the marshal.

## **Off Games**

Should a pupil be injured or ill they must bring a note to the sports office before break on the day of their games session. Pupils may get permission to go to Hilsea for the games session if the teacher feels they would benefit from helping their team in the afternoon by analysing performance, videoing sessions or learning new strategies to be implemented in the next fixture. Other pupils will be expected to attend the off games room. They must bring sufficient work for the two hour games session. Pupils should not expect to miss games in order to finish schoolwork during off games. Pupils will be expected to stay in the off games room for the duration of the session.

We will communicate to parents via [www.pgssport.uk](http://www.pgssport.uk), social media, Twitter @PGSSport & @PGS\_DOS, school news and at fixtures. The Director of Sport plans to talk to parents at the start of each academic year to outline what we are trying to achieve with our pupils.

We encourage all our pupils, coaches and parents to adopt a Growth Mindset when playing sport:

<b>FIXED MINDSET</b>		<b>GROWTH MINDSET</b>
<ul style="list-style-type: none"> <li>• SOMETHING YOU'RE BORN WITH</li> <li>• FIXED</li> </ul>	<b>SKILLS</b>	<ul style="list-style-type: none"> <li>• COME FROM HARD WORK.</li> <li>• CAN ALWAYS IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>• SOMETHING TO AVOID</li> <li>• COULD REVEAL LACK OF SKILL</li> <li>• TEND TO GIVE UP EASILY</li> </ul>	<b>CHALLENGES</b>	<ul style="list-style-type: none"> <li>• SHOULD BE EMBRACED</li> <li>• AN OPPORTUNITY TO GROW.</li> <li>• MORE PERSISTANT</li> </ul>
<ul style="list-style-type: none"> <li>• UNNECESSARY</li> <li>• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH</li> </ul>	<b>EFFORT</b>	<ul style="list-style-type: none"> <li>• ESSENTIAL</li> <li>• A PATH TO MASTERY</li> </ul>
<ul style="list-style-type: none"> <li>• GET DEFENSIVE</li> <li>• TAKE IT PERSONAL</li> </ul>	<b>FEEDBACK</b>	<ul style="list-style-type: none"> <li>• USEFUL</li> <li>• SOMETHING TO LEARN FROM</li> <li>• IDENTIFY AREAS TO IMPROVE</li> </ul>
<ul style="list-style-type: none"> <li>• BLAME OTHERS</li> <li>• GET DISCOURAGED</li> </ul>	<b>SETBACKS</b>	<ul style="list-style-type: none"> <li>• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.</li> </ul>

We also encourage parents to ask their children the following questions about sport:

1. Are you enjoying yourself?
2. What do coaches/parents do that makes sport more enjoyable for you?  
Or less enjoyable for you?
3. How would you like me to cheer for you in Games? Should I say nothing, cheer positively, cheer equally for everyone?
4. In the coach/car on the way home do you like to talk about the game or would you rather wait until the next day?
5. What other sports do you want to play?
6. What are your individual goals for the season?
7. How do you plan to achieve those goals?
8. What are your goals for your team this season?
9. How do you plan to achieve your team goals?
10. What is your role in the team? Are you happy with it?

The best piece of advice I have been given as a coach or a parent is to tell your children "I love watching you play". I genuinely enjoy watching all our pupils play Sport-I will be making the effort to make sure I tell as many as them as possible this year.

# 10 THINGS THAT REQUIRE ZERO TALENT

1. BEING ON TIME
2. WORK ETHIC
3. EFFORT
4. BODY LANGUAGE
5. ENERGY
6. ATTITUDE
7. PASSION
8. BEING COACHABLE
9. DOING EXTRA
10. BEING PREPARED



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# SPORT CONTACTS

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Athletics	Amy Chaplin	Head of Athletics	<a href="mailto:a.chaplin@pgs.org.uk">a.chaplin@pgs.org.uk</a>	-
Cricket	Scott Curwood	Head of Cricket	<a href="mailto:s.curwod@pgs.org.uk">s.curwod@pgs.org.uk</a>	-
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Hockey	Alex Leach	Head of Hockey	<a href="mailto:a.leach@pgs.org.uk">a.leach@pgs.org.uk</a>	-
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Rugby Union	David Lyons	Head of Rugby	<a href="mailto:d.lyons@pgs.org.uk">d.lyons@pgs.org.uk</a>	-
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Follow twitter for updates throughout the week –



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For the most up to date sports news and fixtures visit – <https://www.pgssport.uk/>