

WELCOME TO PHYSICAL EDUCATION AT RGS AO

We would like to give you a little bit of information about what you can expect from our Physical Education department and let you know what your Physical Education Department expects from you.

The Physical Education Department is made up of 7 full-time members of staff:

Miss Duckworth - Head of Physical Education and Girls' Games
Mr Moffatt - Head of Boys' Games
Mrs Fitch
Mr Hughes
Miss Partridge
Mr Taylor
Mr Davis

There will also be a number of additional staff and coaches that you will come across in Physical Education.

Throughout your time at RGS AO there will be a large number of extra-curricular clubs and activities that you can take part in such as:

Athletics	Badminton	Basketball
Cricket	Cross-Country	Dance
Fencing	Football	Gymnastics
HRE	Hockey	Lacrosse
Netball	Rounders	Rugby
Swimming	Tennis	Trampolining
Volleyball		

All details of extra-curricular activities can be found on the Games notice boards, opposite the PE Office, at the start of term.

What can you expect from your Physical education Department?

- To be treated with respect and fairness
- To be provided with a broad and balanced curriculum
- To be able to represent your House in a sporting activity
- To be kept up to date with all the opportunities available in the PE department
- To be given the opportunity to represent your school
- To be given feedback on the best ways to improve in your physical activities
- To be given quality coaching and education
- To be given plenty of time to organise arrangements for fixtures

Expectations of Team Players

We hope that every pupil will represent the school in a sporting activity throughout their time at RGS AO. In order to do this there are a number of things of which you need to be aware:

1. School matches take priority over club matches, parties, day trips etc.
2. If you are selected for the team you will be expected to play.
3. It is your responsibility to check the appropriate notice boards daily for any changes or updates.
4. If there are any problems with fixtures you must let the appropriate member of staff know, **in writing**, as soon as possible.
5. You must turn up to all matches in the appropriate kit. No non-school uniform to be worn on any occasion.
6. Cancellation procedures vary from sport to sport. You must make sure you are aware of the necessary procedure for your sport.
7. Refreshments must be handed to opposing teams before RGS AO players have access.
8. All team members must remember to thank the referees or umpires.
9. When a visiting team plays at RGS AO, no member of the team can leave before the visiting team.
10. It is RGS AO pupils' responsibility to ensure all equipment and rubbish is cleared away before they leave at the end of a match.

What we expect from you:

1. You are punctual and ready for your lessons/training with the correct equipment/kit at all times.
2. If you do not have your full kit you will be given a Kit Mark. Two Kit Marks = a detention.
3. If you are unable to take part in a PE or Games lesson due to sickness or injury you must bring in a letter from your parents/guardians and hand it to the appropriate member of staff. For anyone who is required to be off games for a substantial period of time, only one letter will be necessary which will be kept on file.
4. If you are physically unable to take part in your PE lesson or Games due to injury or illness, you still need to change into your PE kit and will take part in the lesson in another way e.g. referee or scorekeeper.
5. There is to be no jewellery worn in PE lessons at all, which includes earrings. It is not sufficient protection to cover your earrings with tape and you will therefore be asked to remove them. *** If you are thinking of having your ears pierced, please ensure that you do so over the summer holidays to ensure sufficient time for them to heal. ***
6. If you are found wearing jewellery during your PE lesson it will be confiscated. PLEASE DO NOT WEAR ANY JEWELLERY!
7. All hair must be tied off the face whilst taking part in a PE or sporting activity.
8. Your PE and Games lessons are part of your curriculum and will not be an opportunity for you to catch up on coursework or homework.
9. All pupils are responsible for their own PE kit and must either keep it locked on a locker or in their possession. ALL PE KIT MUST BE NAMED!
10. Make the most of every opportunity offered.

The RGSAO
Physical Education Department
2008 – 2009

Rules, Regulations and Information