



Junior Sport



Parent
Handbook.

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Vision, values and approach

- Our goal is for every pupil to develop their skills, confidence, and understanding of physical activity while striving for their personal best. We support pupils in discovering their interests, building positive attitudes to being active, and developing the fitness needed for lifelong health.
- We encourage pupils to come prepared, take part enthusiastically, and enjoy being active. Lessons challenge them physically and mentally while building knowledge of rules, techniques, safety, and appropriate behaviour across a wide range of activities.
- Through varied individual, team, creative, and competitive experiences, pupils develop teamwork, resilience, and positive attitudes. They learn to handle success and setbacks with fairness and respect, building courage, determination, perseverance, and appreciation of others' achievements.
- Through practice, planning, creativity, and evaluation, pupils strengthen their physical competence, tactical awareness, and problem-solving skills. Lessons promote spatial awareness, organisation, communication, cooperation, and leadership, and are adapted so all pupils feel supported and able to achieve.
- We also aim to develop initiative, self-discipline, independence, and the confidence to take appropriate risks. Pupils learn how to manage equipment safely, assess risks, and make informed decisions about their participation

Extra-curricular clubs are available before school, at lunchtime, and after school, offering additional opportunities for pupils to enjoy physical activity, deepen their learning, and explore areas of physical activity that interest them. These sessions help pupils build competence, confidence, and motivation beyond timetabled lessons.

Through our sports teams, we aim to nurture:

- Independent thinkers focused on personal improvement
- Coachable athletes open to feedback
- Resilient individuals willing to take appropriate risks
- Self-motivated learners who show initiative and discipline
- Active problem-solvers who view challenges as opportunities
- Respectful pupils who value others, their environment, and sportsmanship
- Team players who communicate effectively and work towards shared goals

Above all, we want every pupil to take responsibility for their own journey, develop a positive relationship with physical activity, and embrace a lifelong desire to learn, grow, and stay active.

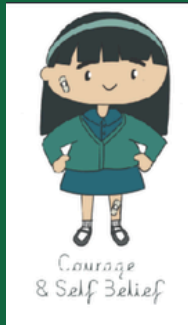
“This is Me” in PE



We show **adaptability** by handling unexpected changes during games. We learn to stay positive, adjust our attitude, and show good sportsmanship whether we win or lose.

We show **cooperation and kindness** by cheering on our teammates, helping others, and playing fairly.

We learn to be empathetic and support others,



We show **courage and self-belief** by trying new skills. We believe we can improve, and we do not giving up even when something feels challenging.

We show **creativity** by thinking of new ways to move, solve problems, or create routines.



We show **independence and initiative** by organising ourselves, using our time wisely, and staying committed to improving our skills.

We show **curiosity** by asking questions, exploring equipment, and trying out different techniques to see what works best.



We show **risk taking** by stepping outside our comfort zone, trying new skills, and challenging ourselves safely.

We show **respect and responsibility** by looking after equipment, following rules, and treating others fairly and kindly during activities through good sportsmanship.



We show **reflectiveness** by thinking about what went well, what we found tricky, and how we can improve next time

We show **resilience and perseverance** by trying again when something doesn't work and staying positive even when we feel frustrated. We accept losing, and show grace in victory.



Meet Our Team



Annaleece Feeney

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Anna Butler

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Harry Jarvis

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Lindsey Sinclair

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Justine Frost

Swimming specialist
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Our PE department works closely with Senior School specialists to enrich lessons, provide high-level sports expertise, and ensure a smooth, confident transition for every pupil moving up through the school.

Senior School Specialists Supporting PE

Catriona Coutts – Director of Sport
Annabel Smith – Deputy Director of Sport

Jess Fowler – Head of Netball
James Price – Head of Hockey
Dan Creesey – Head of Cricket
Kitty Lewis – PE teacher
Anthony Rawlinson – Pe Teacher
Imogen Creig Connor – PE Teacher
Jess Salt – PE Teacher

Our PE department is further strengthened by specialist coaching support that enhances the quality of our games lessons and enriches our swimming provision. This includes expert input from the Nautilus swim coaching team, who play a key role in developing pupils' confidence, technique and progression in the pool.

PE Kit

All girls are required to wear their PE kit for sports lessons and fixtures. With the exception of swimming, pupils come to school in their PE kit on lesson days. Pupils may wear their swimming costumes on the bottom half with a jumper on top.

Any girls without the correct kit will be given a kit mark. Three kit marks in the same term will result in a phone call home to support organisation.

Please visit www.schoolblazer.com to order.

Other sports kit

Other sports kit items available on Schoolblazer or any other retailer:

- Sports trainers: any style, as long as they are comfortable (Compulsory)
- Mouthguard, hockey stick and shin pads (Compulsory)

Reminders

- All clothing and equipment **MUST** be clearly marked with the student's name. Schoolblazer provide a free name tape service to assist with this
- Unnamed or unclaimed lost property will be donated to the Second Hand Uniform Shop.



Junior House t-shirt (Compulsory)



PE shorts (Compulsory)



Jogging bottoms (Compulsory)



Swim suit (Compulsory)



Swimming bag (Compulsory)



Swim cap (Compulsory)

Reception-Year 2 Sportswear

Item	
Junior House T-shirt Red, Yellow, Green or Blue – crested & reverse print	Compulsory
PE Shorts Navy	Compulsory
Jogging Bottoms Navy	Compulsory
Speedo Swim Suit ** Navy	Compulsory
Swimming Bag Navy with crest	Compulsory
Swim Cap White, crested	Compulsory

** Please note, we understand that it may not be possible to order the school Speedo swimsuits in a small enough size from Schoolblazer. Any plain navy swimsuit is acceptable and we believe Asda sell one, in the smaller sizes, if you need to source one!

Year 3-Year 6 Sportswear

Item	
Junior House T-shirt – Red, Yellow, Green & Blue - crested & reverse print	Compulsory
Fitted Games Shirt – Sublimated – white, girls fit, crested	Compulsory
Baselayer Top – Climaskin – navy, decorated on arm	Optional
Midlayer – Thermotex – green, crested	Compulsory
Lightweight Puffer Jacket – Stormtex Lite – navy, crested	Optional
Training Tracksuit Pants – ¾ leg zip, girls fit - navy, crested	Compulsory
Baselayer Leggings – Climaskin – navy, undecorated	Optional
Skort – Hydrocool Lite with undershort - navy, crested	Compulsory
Athletics Shorts – Climaskin - navy, uncrested	Optional
Small Games Bag – Navy holdall games bag, crested	Optional
Speedo Swim Suit - Navy	Compulsory
Games Socks - Stormtex Lite - navy, bespoke design	Compulsory
Swim Cap - White, crested	Compulsory

Y3-Y6 - Sports Kit



Maximising safe participation

Non-participants:

If your daughter is unable to take part in PE lessons, please email the class teacher and PE department on the first occasion, followed by a doctor's note if the absence is due to be longer than one week. Where physically able, non-participants should wear kit, attend the lesson and act as a coach or umpire. Please advise the PE department if the nature of your daughter's injury or illness affects her ability to change into kit.

Notes for swimming:

Notes should only be provided where the specific activity is affected by your daughter's condition. The PE department recognises that some medical conditions may be specific to swimming without affecting other sports (skin conditions and ear infections). If your daughter misses more than one swimming lesson, we will require a doctor's note for our medical records.

Jewellery

Before lessons, all jewellery must be removed before taking part. Girls must be able to do this independently. Jewellery worn for religious reasons should be covered for sport to ensure maximum safety.

If your daughter would like to get her ears pierced, we strongly recommend doing this at the beginning of the summer holidays. This allows enough time for the piercings to heal ready to be removed safely for PE.

If a girl forgets her PE kit, she may not be able to take part practically in the lesson but will be involved in some other capacity. She may be able to join in if she has her trainers in school. All instances of forgotten kit will be recorded; this is to encourage independence and forward planning.

Enrichment and support

The purpose of assessment in our lessons is twofold:

1. Pupils should be aware of the level they are currently working at.
2. Pupils should understand what they need to do to improve and reach the next level.

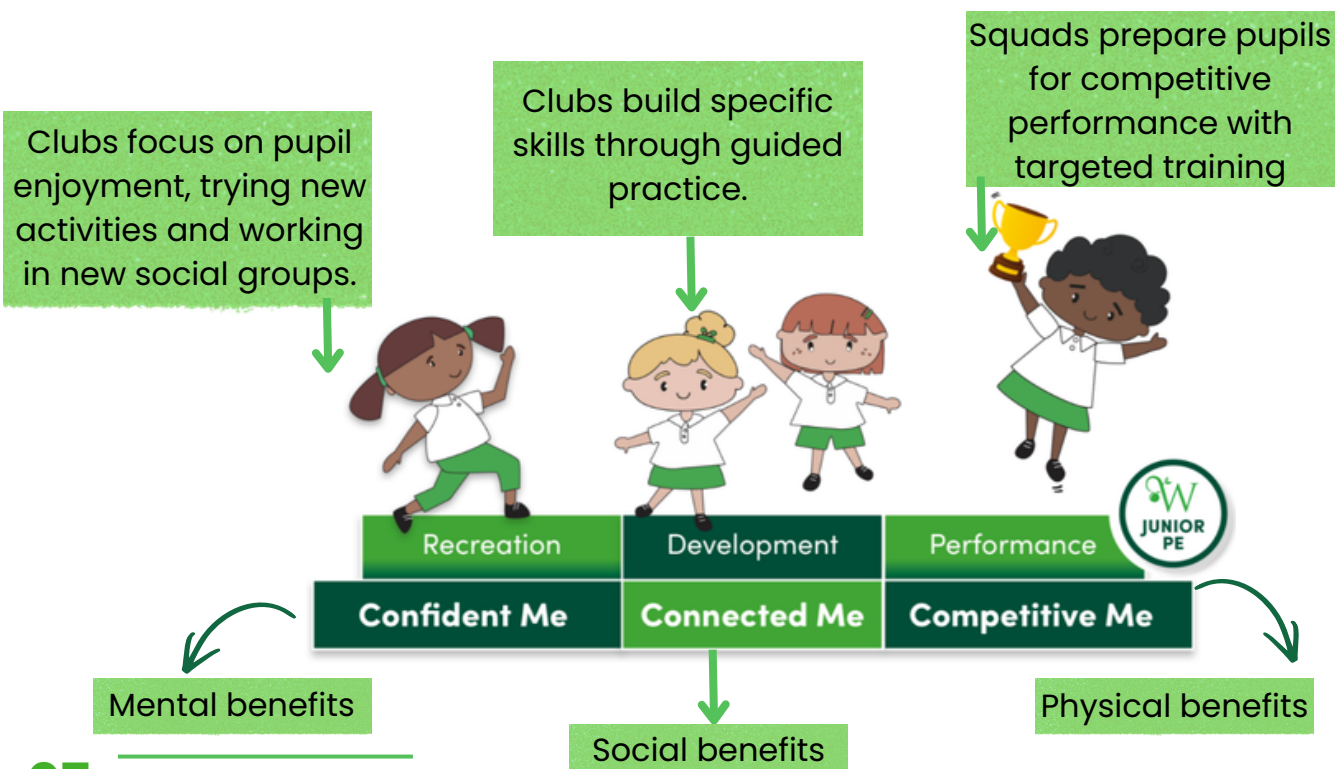
Identification of talented pupils and pupils requiring support

In activities with tangible evidence, pupils are base line tested at the beginning of each term and tracked over a variety of activities each term. The PE department will then analyse this data and identify pupils who require extension and support.

All pupils have access to a wide range of extra-curricular activities to improve their performance. Pupils are also provided with a link of external clubs which they can join.

Co-curricular Sport

The PE Podium of Success encourages girls to think about their own motivations for taking part in PE and school sport, helping them recognise the many benefits and pathways available to them. Built around three strands—recreation (confident me), development (connected me) and performance (competitive me)—the podium supports pupils in understanding that success can look different for everyone. Our PE and Sport programme is designed to offer meaningful opportunities at every level of intention, while also signposting wider avenues and building strong links within the community to help each girl pursue the path that inspires her most.



Gym Run

At WHS Juniors, we are committed to supporting every aspect of your child's development, including the vital role physical fitness plays in learning and wellbeing. We have now introduced a renewed focus on fitness within our PE curriculum, including the launch of the Gymrun Programme for all pupils in Key Stage 2 (Years 3–6). This structured and inclusive programme monitors fitness and celebrates progress through an engaging badge system.

Gymrun 5 Challenges

Each child completes five fitness challenges—speed, stability, strength, power and stamina—twice a year, in September and June. This allows us to track progress and recognise improvement. Developing these core skills builds confidence, motivation and resilience, all of which support pupils' overall wellbeing and readiness to learn.

Monitoring Fitness

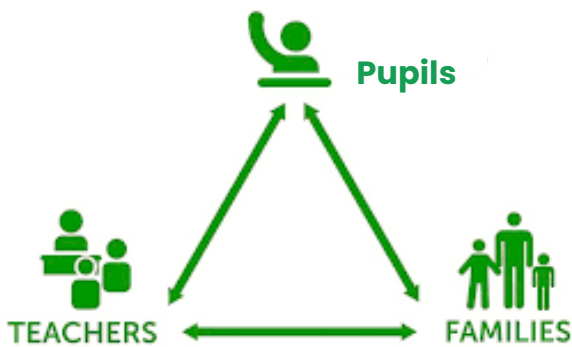
Through the Gymrun Tracker lesson, pupils gain a clear understanding of their own fitness levels. The programme encourages resilience, cooperation and a positive attitude to both achievement and setbacks, with a strong emphasis on personal progress rather than comparison. It also nurtures key values such as communication, empathy and honesty.

Celebrating Achievement

The Gymrun badge system recognises pupils' development across eight colour levels, from Red (entry) to Pink (highest). Every badge marks meaningful progress and helps us identify where additional support or challenge may be beneficial. Gymrun data also informs targeted interventions and supports team and talent selection.



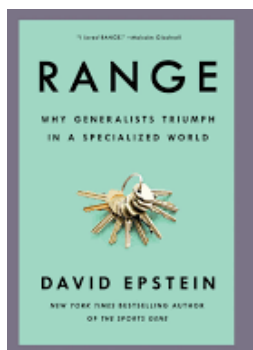
We encourage families to continue supporting their child's fitness journey through active play, walking or cycling to school, joining sports clubs and taking part in regular physical activity beyond the school day.



How to help at home (including selection)

The Importance of Being Immersed in Sport

- Doing, watching, and talking about sport helps children grow, building teamwork, resilience, creativity, and fair play.
- Trying a wide range of sports keeps things fun and helps children discover what they enjoy and where they feel confident.
- Watching sport together brings learning to life—children see real examples of teamwork, effort, and respect.
- Check our termly “What to Watch” lists, which share free and paid events across many men’s and women’s sports.
- Positive role models matter. Seeing diverse athletes helps every child feel represented and inspired.
- Talking about sport builds life skills such as handling wins and losses and celebrating effort.
- Sport connects families. Playing, watching, or chatting about sport together creates shared moments that motivate and support children.



Parent homework?
We recommend these books
(you are welcome to borrow
Miss Feeney’s copies)



A Note on Supporting Selection Decisions

Selection decisions are always made with the best interests of the girls in mind. We work hard to create well-balanced teams that are matched appropriately to the opposition so that every player has a positive and safe experience.

While we aim to provide opportunities for all, not every fixture is suitable for every girl at every stage. This is part of ensuring fairness, appropriate challenge, and meaningful development.

If your daughter is disappointed, please allow a cooling-off period, support her in processing her feelings, and then feel free to contact the PE department. We are always happy to talk through the selection process and discuss next steps for your daughter’s progress.