



EST. 1916

SCOTS COLLEGE
Learning. For Life

SCOTS COLLEGE PREP SCHOOL

Physical Education &
Sports 2019

Physical Education Year 1-6

PE at Scots Prep offers a varied, balanced and differentiated curriculum that gives all pupils the opportunity to experience a diverse range of activities. It is our aim that through pupil's exposure to the Scots PE curriculum, interest and enthusiasm will be generated, and skills/techniques will be learned. These attributes will form a foundation for building upon in the future and encourage all pupils' to engage in an active, healthy lifestyle as adults.

PYP Curriculum focus

Term 1

Small and large Ball Skills (striking/passing/spatial awareness), Athletics, Fitness Testing,

Term 2

Fitness Testing, Cross Country, Gymnastics, Large Ball Skills (Football), Portfolio inclusion
Cross Country

Term 3

Fitness Testing, Floorball, Large Ball Skills (touch), Exception, Portfolio inclusion

Term 4

Badminton, Volleyball, Small Ball Skills, Athletics

Fitness

Scots recognize that the development of boy's fitness is always a priority. There are many sports and activities on offer at Scots. By developing and monitoring the boy's fitness we believe boys perform and enjoy both games School House Sports at a higher level.

Sickness / Injury

Boys who are recovering from sickness or injury and are unable to partake in the physical education programme are required to have a note from his parent. This must be handed to the PE teacher before the lesson begins.

Uniform

During PE lessons and House sports the boys must wear their House shirt, black shorts, white socks, predominately white trainers. In Term 1 and 4 boys must also wear the school sun hat. Tracksuits are able to be worn if the weather is inclement. In all Inter School Fixtures, Zone and Regional Sports the boys must wear their black and red t-shirt. No boy will be permitted to take to the field unless they are wearing the correct uniform. Items of uniform that are not provided are available from the College uniform shop.

Sport Introduction

The boys at Scots are able to play competitive sport for the school in a number of sporting codes as well as participating non-competitively in a school based games. A commitment is absolutely essential once a decision has been made as to which activities your son wishes to undertake.

General

Scots Sports Policy Statement

In our school all boys, regardless of ability, ethnic background, gender or disability, have the right to participate in sport.

Teams will be trialed and ability-grouped when appropriate.

All boys playing for school teams are required to sign a player contract outlining expected behaviour. The player contract is included in this booklet and must be returned to the school on enrolment.

Coaching / Managing/ Umpiring

All sports played outside school hours are reliant on teachers to coach, manage and umpire teams. Scots Prep School is very grateful to staff and any **parent support** who are willing to give up time to assist:

- assisting where possible on game days
- giving supportive comments on sideline to all players
- having children arrive at games and practices at the correct time
- Notifying management if child is unable to attend games.
- assisting with duties when needed

It is our policy to have a coach and manager/s for each team to spread the workload and full assistance is given by clubs (where applicable) and the School Sports Coordinator. However we are always in need of officials. If you are able to assist with this task please indicate on the registration form. If we are unable to supply a coach for any team, the children will be encouraged to join a club.

Cancellations

Cancellations Zone or Inter-Zone events will be announced over Newstalk ZB (10.35) every half hour from 7:00am. Never assume that the games will be cancelled because of bad weather. Cancellations will also be posted on the School website and College APP

Drink Bottles

We encourage children to take their own plastic drink bottles, filled with water, to the games. Winter codes teams have drink bottle containers.

Codes of Conduct

Codes of Behaviour

This code does not set out to provide a detailed prescription, but rather the broad principles of acceptable behaviour in sport. Breaches could lead to disciplinary action by Schools or Regional Sports Bodies.

Players CODE:

While I am playing for Scots Preparatory School, I will

- Play to the best of your ability, but within the rules of the game.
- Recognise & respect the abilities & disabilities of others - both team mates & opponents
- Accept the officials' decision without gesture or argument.
- Represent your school with pride and privilege.
- Be humble in victory and gracious in defeat.
- Support the coaches and their requests of you.
- Thank the coach, officials, opponents and supporters.

COACHES / MANAGERS CODE:

- Set affirmative and appropriate guidelines and behavioural standards for yourself and your athletes both on and off the playing arena.
- Give all players the same opportunity to play.
- Assume responsibility for your players' conduct both on and off the playing arena.
- Instil a sense of pride and respect in players' performance.
- Treat all players, including the opposition, with dignity and respect and demonstrate positive examples of sportsmanship at all times.
- Respect and accept the judgement and decisions of officials without remonstrations.

Parents or Guardians CODE:

When my child is playing for Scots Preparatory School, I agree to:

- Positively encourage and support the efforts of all players.
- Make an effort to understand the rules of the game.
- Refrain from any criticism or abuse directed at officials.
- Put an emphasis on genuine effort ahead of victory and encourage players to accept the outcomes of all games, irrespective of the result.
- Recognise good play by either team and never ridicule an individual player in either team.
- Ensure the use of any form of violence is actively discouraged.

Extra-Curricular

In addition to the six major games, as part of the Scots Prep School PE & Sport curriculum all children gain knowledge of the skills involved in a wide range of activities including: Athletics, Swimming, Cross Country, Mini ball, Badminton, Gymnastics, Floorball, Softball and Tennis. The large games fields, multi-sport astro Turf area, School Hall and gym, make it possible to deliver all these activities to the highest possible standard.

Touch Rugby

- General:** Inter-School event played at McAllister Park. Wednesday evening.
- Age:** Years 4- 6
- Competition:** Term 1 and Term 4
- Uniform:** Black and Red sports top, black PE shorts, white school sports socks, plus suitable sports shoes.

Floorball

- Age:** Years 2-6
- Competition:** Term 1 and Term 4
- Uniform:** Black and Red sports top, black PE shorts, white school sports socks, plus suitable sports shoes.

Flippaball (Waterpolo)

- Played:** Terms 1 and 4. The number of terms played will depend upon the level of student interest
- Age:** Years 4 – 6
- Competition:** Games are played on Friday evenings from 4pm – 7pm
A separate competition is run each term
- Venue:** Wellington Regional Aquatic Centre in Kilbirnie

Skiing

General: Mt Ruapehu, Whakapapa Ski Fields

Date: Early September.

Age: Years 5-6

Competition Not more than 2 teams, of not more than 5 skiers per team.

Mini ball

General: Played in the Kilbirnie Recreation Centre: Monday Year 5/6
Wednesday Year 3/4

Age: Years 3 – 6

Competition: Term 2 and Term 3

Uniform: Black and Red sports top, black PE shorts, white school sports socks, plus suitable shoes.



Interschool Summer Fixtures

Senior Syndicate Boys Only (Years 4 - Year 6)

Interschool fixtures will be held on Thursdays several times a term. Fixtures will be on a 'Home' or 'Away' basis and will alternate annually. Trials for either summer or winter codes will be held pre-season. Traditional fixtures include Hereworth, Huntley, Wellesley and Hadlow.

Cricket

Teams: Colts

Training: TBA
Practice will be held on the Scots College grounds and College cricket nets. This will be subject to weather and ground availability.

Cost: Fixture transport costs.

Uniform: Black and Red Sports top, Cricket Whites and blazer.

Trials: Term 1 & 4

Tennis

Team: Tennis Colts

Training: TBA
Practice will be held on the Scots College tennis (astro) courts.

Cost: Fixture transport costs.

Uniform: Black and Red Sports top, white tennis shorts and blazer

Trials: Term 1 & 4



Interschool Winter Fixtures

Senior Syndicate Boys Only (Years 4 - Year 6)

Rugby

- Training:** Tuesdays and Thursdays Lunchtime (Term 2) TBC
- Cost:** Fixture transport costs.
- Uniform:** Scots Grey Rugby Jersey (Provided), Black Shorts, Scots Rugby Socks, Mouth Guard, Clean Boots
- Trials:** End of Term 1

Football

- Training:** Tuesdays and Thursdays Lunchtime (Term 2) TBC
- Cost:** Fixture transport costs.
- Uniform:** Black and Red Sports top, Black Shorts, Black Socks, Tracksuit, and Clean Boots.
- Trials:** End of Term 1

Hockey

- Training:** Tuesdays and Thursdays Lunchtime (Term 2). TBC
- Cost:** Fixture transport costs.
- Uniform:** Black and Red Sports top, Black Shorts, Canterbury Red Socks with white turnover, College Tracksuit, Turf Shoes (or good quality off road running shoes), Mouth Guard, Shin Pads, (Optional - Knuckle Glove, White Polyprop.Skin Top).
- Trials:** End of Term 1



Scots Inter-House Sports and Zone Sports

Athletics Sports

Date: Friday 1 March

Age: Years 1 – 6

Time: 9.00am – 2.30pm



Cross Country Sports

Date: Thursday 29 March

Age: Years 1 – 8

Time: 9.00am – 12.30pm



Swimming Sports

Date: Tuesday 2 July

Age: Years 1 – 6

Time: 9.00am – 11.30pm



Tug of War & Relays

Date: Friday 22 November

Age: Years 1 – 8

Time: 1.00pm – 3.00pm

Below dates are indicative. If your son is involved in the events below a separate communication will be sent outlining the timings etc

Eastern Zone

Swimming: Tuesday 22 August

Cross Country: Wednesday 29 May – postponement 5 June

Athletics: Wednesday 6 November – postponement 13 November

Coordinator: Mr A Hamilton

Wellington Inter- Zone

Swimming: Tuesday 15 May

Cross Country: 16 June – postponement 19 June

Athletics: 24 Nov – postponement 4 Dec

Coordinator: Mr A Hamilton

Wellington Regional

Cross Country: 30 June – postponement 3 July

Coordinator: Mr A Hamilton

NZ Championships

Cross Country: 25 Sept

Coordinator: Mr A Hamilton

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