



ORWELL PARK SCHOOL

Sport at Orwell Park (Years 3 – 8)

Information and details about
everything Sport at Orwell Park



ORWELL PARK SCHOOL

Orwell Park School
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www.orwellpark.co.uk



Our philosophy at Orwell Park is centred around a **Sport for All** ethos whereby it is our aim to ensure there are opportunities for all pupils to play, enjoy and develop in a range of sports to provide a basis from which future participation may flourish.

At Orwell Park pupils have access to sport in three different formats. Pupils have one double lesson of PE per week, four games sessions, which include a comprehensive fixture programme and the opportunity to participate in other sports as part of the activity programme. This provides competitive sport and an environment to embed values which are paramount in school sport, including character, fairness and respect.

All sport at Orwell Park is run in accordance with the guidelines and dispensations set out by IAPS in accordance with NGB (National Governing Bodies).

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Monday Night Sport (MNS)

We run additional sessions (known as MNS) on Monday evenings from 6.45pm – 7.45pm for pupils in Years 7 and 8, focusing the sessions on the sport for the following term e.g. Monday nights in the Autumn will focus on netball for the girls and hockey for the boys.

MNS only takes place during the Autumn and Spring terms due to the number of other commitments for both pupils and staff during the Summer term.



If you have any questions about anything related to sport at Orwell Park, please contact Alex Brunt, Director of Sport – alexbrunt@orwellpark.org

Additional/Individual Coaching

We offer individual coaching in tennis, hockey and cricket.

The tennis programme is run by our Head Coach, Lee Tweed, who leads a team of fully licensed and qualified coaches who work to fulfil the lesson commitments at Orwell Park. The hockey programme is coordinated by Craig Wiid and the cricket programme is organised and run by Adam Mansfield.

All individual lessons take place before the start of school, during morning break, lunch break and PE lessons, depending on the timetable and pupils' other commitment. Lessons are generally for ½ hour to fit in with the school timetable but can be for an hour if the timetable allows.

All individual/1 to 1 lessons are charged at a cost of £15 for a ½ hour lesson or £30 for a 1 hour lesson. For tennis lessons, invoices are sent out towards the end of each term, separate to the school bill, and for hockey and cricket the charge is placed on the end of term bill.

If lessons are missed due to trips, illness or injury then every effort will be made to reschedule these lessons. Coaches must be given 24 hours' notice for any lessons that may be missed for any other reason, otherwise lessons will be charged in full. Contact details can be seen below:

Tennis - Lee Tweed - leetweed@hotmail.com;

Hockey - Mr. Wiid – craigwiid@orwellpark.org;

Cricket - Mr. Mansfield – adammansfield@orwellpark.org.

Group Tennis Sessions

We also run tennis squad sessions which are aimed at potential team players and consists of a games-based approach with both singles and doubles drills and match play. This is a valuable addition to the individual lesson programme as it gives the children a weekly session to practise the skills they are learning in their individual lessons and training and competing with their peers. The cost of squad training is £5 per session which is paid for on a termly basis.

All squads will take place between 1pm and 1.50pm (lunchtime) throughout the week.

When putting the programmes together, we make every effort to fulfil all requests for 1:1 and group coaching sessions and confirm all details with individual families.

If your child would like to be involved in any of the above, please contact the relevant member of staff by email (please see addresses above).

Games

The Games programme is a compulsory part of the curriculum at Orwell Park and focuses primarily on team sports. It is comprised of twice weekly, one hour practice sessions as well as inter-school matches on Wednesdays and Saturdays for U11s and U13s, and on Fridays for U9s. Generally, boys and girls will undertake Games separately; however, mixed sessions may be used to provide a varied and enhanced learning environment.

Year groups are joined together for Games, with Years 3 and 4 playing together to form the U9s, Years 5 and 6 join to form the U11s and Years 7 and 8 join to form the U13s. (Due to the strict rules around rugby, year groups train and play separately.)

Throughout the year, the boys' programme offers rugby, hockey and cricket, whilst the girls are taught hockey, netball and cricket.

	Autumn	Spring	Summer
U13, U12, U11 & U10 Boys (age groups for rugby only)	Rugby	Hockey	Cricket
U9 Boys (and U8 Boys for rugby only)	Hockey	Rugby	Cricket
U13 Girls	Hockey	Netball	Cricket
U11 Girls	Hockey	Netball	Cricket
U9 Girls	Hi 5s Netball	Hockey	Cricket

Team Names

The team names take the form of the age group followed by the level of the team e.g. Under 9A or U9A. Exceptions to this are that senior team names take the form of 1st, 2nd, 3rd etc and the U11 boys' teams are called 'Colts A', 'Colts B' etc.

Team Selection

We aim to provide weekly fixtures for as many teams and pupils as possible. (Details of these can be seen in the Blue Book and the sports pages of the website – more details about the website can be seen in later pages.) When selecting teams for matches, we generally use performance levels to decide which pupils play in which teams; however, we do sometimes employ a rotation policy to ensure opportunities to play are as fair as possible.

No team selection is ever set in stone with staff reviewing these before any team lists are published. Performance, form and confidence can fluctuate throughout the term, which can lead to changes in team selection. If pupils do move teams for any reason, we aim to discuss any changes with the pupils concerned before any team lists are published. This is to not only to explain why the decision has been made but also to help pupils understand as well as knowing where improvements can be made for the future. This can sometimes lead to disappointment for pupils; however, with the situation being explained, we see it as part of the learning journey and developing resilience and determination for the future.

We aim to select and publish teams on the website and on the team list board (outside the staff room in the main corridor) at least 24 hours prior to the match or fixture taking place.

Match Days

Match days are an important part of school life and are a source of much excitement amongst pupils! Whether it be the coach journey, the match itself match tea or being part of the team, pupils embrace and enjoy the whole experience. When representing Orwell Park, we expect pupils to behave impeccably, be respectful of opponents, staff, coaches and their own and others' belongings. We expect pupils to try their hardest at all times and whether the match ends in a win, loss or draw, Orwell Park teams should respond with dignity and respect.

Tournaments

Orwell Park regularly enters teams into National IAPS and county and regional competitions. These competitions are primarily for the A teams at U11 and U13 level.

Kit Requirements

A full and comprehensive kit list is attached to this booklet, available on the school website and from the Registrar.

The School will provide navy shorts and a navy polo shirt for all pupils to use. Rugby training tops (boys only) as well as skorts for match days (girls only) are also provided. All match shirts are handed out to pupils on match days and should be returned to the laundry trolleys within 24 hours of the match finishing so the shirts can be cleaned ready for the next match.

We ask that all other kit is provided by parents (please see kit list). It is imperative that all kit is named. All kit should be the branded/crested (Orwell Park) versions, where available. This is to ensure all pupils are smart/uniform when representing the School. Staff should be informed as soon as possible if there are any problems with kit prior to a match.

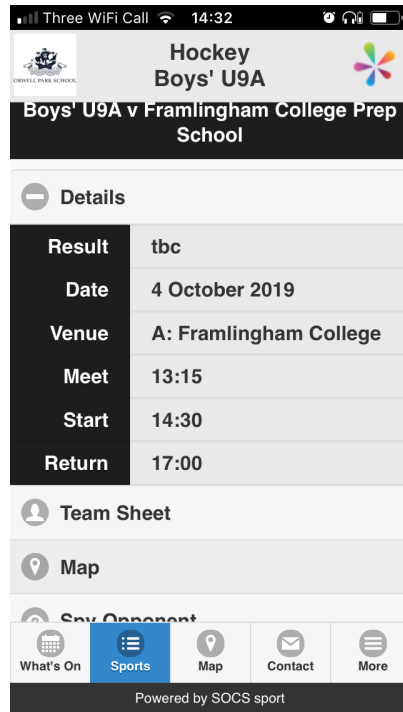
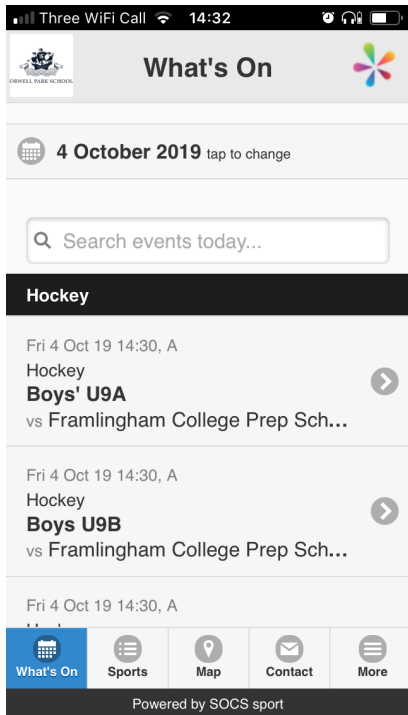
All kit is available from Coes and the second-hand shop maybe able to help with some items as well.

Each pupil has a designated locker and boot locker in the changing rooms where all kit, footwear and equipment is kept. Pupils are asked to bring in a combination pad-lock to use on their changing room locker to help keep belongings safe and secure.

The School provides a laundry service which ensures pupils' kit is kept clean throughout term time. Pupils will bring all their kit home at the end of each term.



Please see some images below.



The password to view team sheets is:

NactonPI0

House Matches

Inter House fixtures are also played throughout the year to support the games and fixture programme and provide the school community with the opportunity to support their House and play in a competitive but respectful environment against other Houses.

Staffing

We have a fantastic group of coaches at Orwell Park, many of whom are very experienced in the sports they coach. A number of academic teachers are involved with Games and with their many years of sporting experience and knowledge, are invaluable to how the programme operates. We also have an experienced and highly qualified team of specialist coaches who support academic staff and lead and plan the sessions to help ensure all pupils are developing in the sports they play. Our Gap students, who bring new and modern techniques to Games sessions, are, where appropriate, tasked with assisting in taking charge of teams as well.

Off Games

If, for any reason, pupils are unable to take part in Games or matches, Mrs Rawson (School Nurse) and Mr Brunt should be informed as soon as possible.

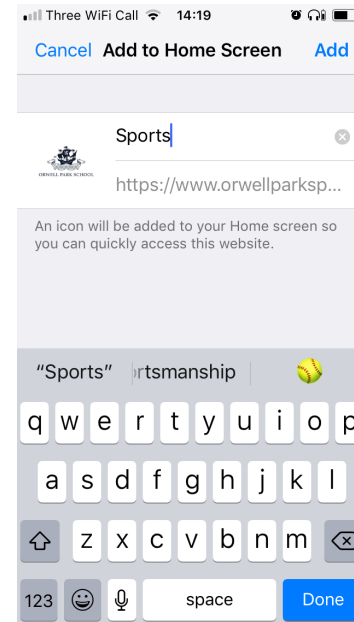


PE Lessons

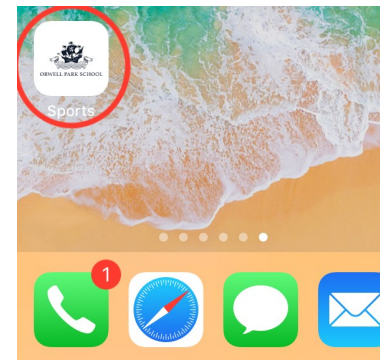
PE lessons are part of the academic timetable and all pupils in Years 3 to 8 will undertake one double lesson of PE each week. The timing of this will be determined by the timetable at the beginning of the academic year.

PE lessons are used to develop pupils' physical confidence and skills, using a range of different sports to achieve this. These sports include: Assault Course; Badminton; Basketball; Dance; Fitness Testing; Gymnastics; Handball; Orienteering; Teambuilding.

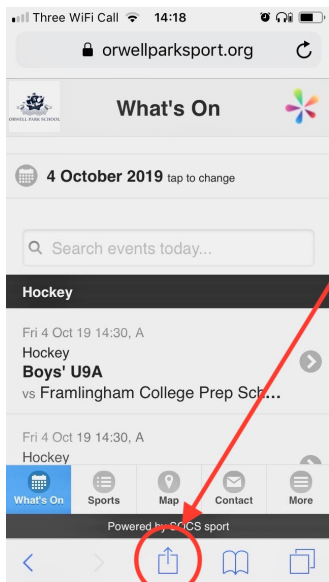
PE lessons are also used to introduce, prepare and develop pupils' understanding and confidence in Swimming, Athletics and Cross Country. For these three areas, an end of term House event takes place for the pupils to perform in a competitive environment. These take the form of a Gala, Sports Day and the Inter-House Cross Country. The dates and times of these events can be seen in the Blue Book and on the sports pages of the website. The performances in these competitions may be used as a basis to form selection for inter school competitions, at a later date.



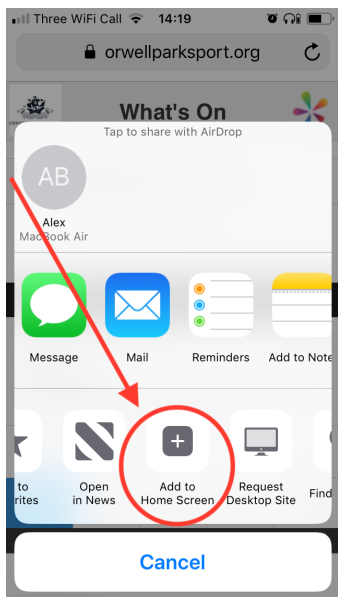
5. You will now have an icon on your home page which looks just like an app



6. By tapping this icon, you should have access to the webapp. From here you can look at fixtures for different dates (just change the date at the top) and by tapping on individual fixtures you can see team sheets for that match as well as locations for where the match is being played (this relates to both home – showing which pitch the match is being played on - and away matches), details of timings as well as results, if the match has finished, and a match report.



3. Scroll across to, and tap, the icon which says Add to Home Screen.



4. Type in the name you'd like to call the app icon and tap Add.



Other Sports

As well as the sports covered in the main Games programme, fixtures are also arranged in Clay Pigeon Shooting, Cross Country, Equestrian, Golf, Sailing, Skiing, Squash, Swimming and Tennis. These are used to develop and provide a competitive environment for pupils who undertake these sports during activity time and/or PE lessons. Details of fixtures/events for these sports can also be found on the sports pages of the website.

Tennis and squash fixtures are organised and run in a similar way to the Games programme, with teams being published on the website and on the tennis board, including fixture details.

Whilst details of the other sports/events are also published on the website, due to the multi-year group/unique nature of these events we will also email directly the parents of those pupils involved. Details will also be available on the white boards in the main corridor for pupils to see. As we try to encourage the pupils to find out as much as they can from the notice boards, we don't email all parents, just those whose child(ren) are involved.

Captaincy

Captains are chosen for each team, for every match. At A team/1st team level in U11 and U13 age groups, captains are normally named for the whole term and will only be captain once throughout the year. If it is deemed appropriate, captaincy maybe shared. We try to ensure the captain will be from the older year group within the Games group, where possible.

The captaincy in all the U9 teams and at B team/2nd team level and below in all other age groups is rotated around all pupils in the team who are from the older year group.

Pupil of the Week

Each week, a pupil will be nominated from each age group as Pupil of the Week. This pupil will have shown and demonstrated the following values during Games sessions which are traits all pupils should be aiming to show at Orwell Park:

- *Being on time*
- *Work ethic*
- *Effort*
- *Body language*
- *Effort*
- *Attitude*
- *Passion*
- *Coachability*
- *Doing extra*
- *Being prepared*

The nominated pupils will be named in Headmaster's Assembly and will be given a pair of unique socks to be worn in Games sessions and matches throughout the following week to highlight their achievement.

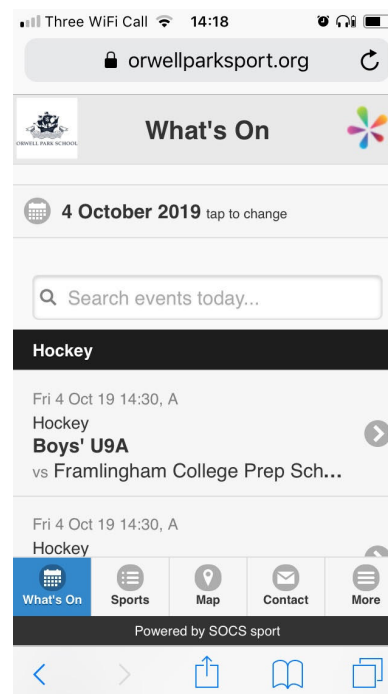


Sports Website

The system we use to run the sports pages of the website is called SOCS. It is this system which holds all the sports information including dates, times, venues, teamsheets, results, match reports etc and is kept up to date with any changes. It should be the first port of call when needing to know anything about fixtures. The web address to access the sports pages is: <https://www.orwellparksport.org/>

We also have access to the SOCS webapp; however, this is not available in any app store, it is created through visiting the School's sports website on a mobile device. Please find detailed instructions below on how to install and use it (these instructions and pictures are from an Apple iPhone; however, this can also be done, in a similar fashion, on an Android or Blackberry device)

1. In your phone's web browser e.g. Safari, Firefox, Chrome etc. address bar, type **orwellparksport.org** and tap enter/return. This should take you to the school's sports home page and should look like this:



2. Click the 'share' icon at the bottom of the screen: