



ST PETER'S
GIRLS PREP SCHOOL

PHYSICAL EDUCATION AND SPORT AT ST PETER'S GIRLS PREP SCHOOL

GENERAL PHILOSOPHY

In many schools around the world, the concept of physical education and playing sport is often divorced from the educational process. Schools often rely on clubs to satisfy this element of a child's developmental needs.

At St Peter's Girls School, we believe physical education or physical literacy has a significant impact on the learning process and, therefore, is a vital part of preparing girls for high school and indeed life in general.

It also needs to be understood that physical education is not just about playing sport. It involves personal development, balanced nutrition, physical fitness, movement skills, co-ordination and developing core strength. This is achieved through hopping, hitting, balancing, dancing, skipping, jumping, throwing and catching.

Sport is the opportunity to put physical fitness and movement skills to the test in the form of a game. In so doing, it teaches a vast array of life lessons, namely: collaboration, preparation, determination, hard work, resilience, reliance, responsibility, manners, sportsmanship, camaraderie, spirit and character. This is why, unlike many schools, we make physical education and sport compulsory.

The physical education process starts in Grade 0 and continues through to Grade 7. In the Junior Prep (Grade 0 – 2), the focus is around process and participation and not on winning. The girls are, however, always encouraged to do their best.

In Junior Prep we believe that every girl has the right to participate in every sporting event. Hence we will never participate in Junior Prep Festivals that dictate a need for the school to decide who gets to play and who does not.

The competitive sports programme starts in Grade 3. This is when girls are divided into ability groups.

SPORTS ON OFFER IN THE SENIOR PREP (GR 3 – 7)

Easter Term	-	Swimming and Tennis
Trinity Term	-	Netball, Tennis and Hockey
Advent Term	-	Athletics, Tennis and Cross Country

SELECTIONS

Swimming, Athletics and Tennis

A girl's time determines whether or not they swim or run in the A, B or C teams. In tennis, if they challenge and beat a girl in the team, they are automatically in the team.

There are, however, processes involved in timing in swimming and athletics and a process for tennis challenges. This can be found in Appendix B, at the end of this policy.

Netball and Hockey

The sports teachers and coaches select teams to represent the school in weekly inter-school's fixtures or festivals.

Trials are held at the beginning of every netball and hockey season. After the first round of trials, teachers and coaches watch all the girls and divide them into initial ability groupings. In the second round, the girls are observed again – to double check that no girl is out of place.

Coaches then check on each girls' team in the previous year, to ensure that no girl moves down more than one team or ability grouping, per session. It is also an expectation that girls receive feedback as to why they are no longer selected for a certain team.

The girls are reminded that though there are initial trials at the start of every new sporting season, this only forms one element of the selection process for the first match, everything they do at practices and matches is taken into consideration to ensure continuous movement through the season. However, we should never create an environment where girls cannot make mistakes in fear of being 'dropped' at every practice. Also, a coach would find it difficult to develop a functional sports team, with well-drilled moves and strategies, if their team changes week in and week out.

COMMUNICATION

Fixtures are publicised in the weekly newsletter, on the School Communicator and displayed on notice boards. Detailed afternoon timetables are issued at each change of season and the requirements, in terms of: participation, dress code and necessary equipment. Team lists are communicated at least three days ahead of the scheduled fixture. All teams will include one extra player, who is not referred to as a reserve.

Concerns or queries should be directed to the staff member involved.

Junior Prep

Head of JP Physical Education	Mrs Leanne Fleming	lfleming@stpeters.co.za
JP Master Coach	Miss Tshego Mashabela	tmashabela@stpeters.co.za

Senior Prep

SP Sports Teacher	Mrs Toni Clarke-Buchanan	tclarke@stpeters.co.za
SP Sports Teacher	Mrs Keitumetse Makola	kmakola@stpeters.co.za

The next step would be to consult with the Director of Sport, Mr Andrew Steyn, asteyn@stpeters.co.za

If an issue is still not resolved, parents are welcome to contact the Headmaster, Mr Darrel Webb, dwebb@stpeters.co.za

MATCHES

The Sports Governing Body determines all fixtures and festivals, since most schools field only A and B sides. Our greatest challenge is to arrange fixtures for our lower sides. In these cases, internal games will be arranged.

When a girl is part of a team, all members of the team are expected to stay until the end of the match to support their team. Parents may, therefore, take their daughter home after a netball or hockey match and at the end of a gala or athletics meeting.

The Sports Governing Bodies stipulates that all sporting fixtures must have a scheduled start of 14:30. However, if the opposition arrive early and have had a chance to warm up and get ready, the fixture will commence. Parents are, therefore, advised to arrive 30 minutes earlier than the scheduled time, in order to avoid the disappointment of missing their daughter play, run or swim.

St Peter's Girls School does not believe in extensive pre-season training. We believe this puts unnecessary pressure on our girls and begins to establish a win at all costs attitude.

COACHING AND COACHES

Teachers and coaches regularly attend courses and seminars to improve their own coaching skills and, in certain sports, a number of 'outside' coaches are employed by the school. All coaches are suitably qualified; they have undergone the required sexual offender's clearance process and attend the staff induction programme in terms of the way things are done at St Peter's. Where possible, coaches are rotated between ability teams in different age groups.

St Peter's Girls School has the luxury of a qualified biokineticist. This member of staff does a full physical assessment of each girl in Grade 4 and reports are distributed to parents accordingly. Parents are welcome to make use of this service at school but will also be given a choice of other practitioners in the area.

POSITION ROTATION

It is believed that in netball and hockey, girls should be exposed to playing in different positions even during the course of a match. Specialisation of positions should only be considered in Grade 6 and 7 teams. The extra player will not be a reserve but rather rotated in a way that everyone gets an equal opportunity to play. However, there are certain leagues which have certain rules and conditions to which teams must abide, in order to participate.

CAPTAINS

A Grade 7 vice-captain and captain are selected for each sport. Girls in the A Team vote for their preferred candidate. Girls are made aware of the difference between voting for a friend and voting for someone who shows true leadership potential. The best player may not be the best captain. Sports staff and coaches also vote. Should the votes be tied the 1st team coach will have the final casting vote. The Girls School Manco ratifies the final selection. Captains will be elected in the first two weeks of the respective season.

For all other teams, captains (if required) will be rotated to give as many girls as possible an opportunity to display their leadership ability.

PARENTS ROLE AND RESPONSIBILITY

Parental pressures and demands can often have a negative effect on the sporting process at schools. Parents are requested not to speak to coaches during practices or matches, but rather to make a time to meet with them at a mutually convenient time. If the matter is not resolved amicably, parents may contact the Director of Sport or the Headmaster.

Parents are asked to please:

- be positive in your support
- applaud the performance of both teams
- let players play their own game, not your game
- acknowledge the efforts of the referee
- praise efforts, not only results

Parents are requested not to:

- walk up and down the lines of the field while a game is in progress
- direct negative comments at referees, umpires, any other officials, players or opposition supporters
- enter areas where the players and officials are seated
- interfere with the coaches' team selection at any time

HOSTING

When St Peter's host a sporting fixture, all St Peter's Prep parents should act as hosts.

INCLEMENT WEATHER

On days where the sports programme is interrupted by inclement weather or rain, the wet weather policy comes into effect. Girls will be taught in the hall if it is available. If the hall is unavailable, the girls will be supervised in a classroom for the duration of the session. Girls may not phone home to ask to be collected, but should a parent arrive early, he/she may take their daughter home, provided they do not have choir or marimbas or any other school activity later in the afternoon.

TRANSPORT

Transport will be provided for every away fixture during the week. Indemnity for these trips is in place as the result of the initial contract parents signed with the school when they enrolled their daughter at St Peter's. If parents are unable to fetch their daughters from a fixture, the girls will return home on the bus with a coach or teacher.

AGE GROUPS

Girls participate in their respective grades. If, however, a girl competes in any major Prestige or outside ('Provincial or National') competition, she is compelled to compete in the age group specified by the sporting code.

INTER-HOUSE COMPETITIONS

Inter-House competition is the school's forum for 'competition for all'. Every child is afforded the opportunity to participate regardless of ability. It is, therefore, an expectation that every child takes part.

PROVINCIAL SELECTIONS

A Sports Department meeting is held to discuss and nominate girls for trials. Official documentation is to be sent to the school, stating that the player has been selected to represent at an inter-provincial level, which will then be celebrated with the school at an appropriate time.

Girls will be allowed to be absent from school in order to play in Inter-Provincial matches. If practices clash with school commitments, this should be discussed and negotiated with the school.

For all other sports, parents are expected to enter their daughters for trials.

COLOURS

Only girls in Grade 7 are eligible to be awarded Colours, as per the School's Colours Policy. See Appendix C attached.

OTHER SPORTS

Waterpolo and Girls' Soccer: These are growing sports, in most high schools. Unfortunately, the current compulsory sports programme does not allow enough hours in the day to include these sports in the current programme. Girls are however, exposed to these sports and taught basic skills, when possible.

Equestrian: There is a St Peter's Prep Equestrian School team. Horse-riding is, however, not an official school sport.

Clubs: A number of girls play club sport. A reminder to all parents that school sport should always take preference over club sport.

DRESS CODE

Dress codes for each sport played at the School are clearly defined and coaches enforce these at all times. The school shop supplies the required items, as laid down in the dress code. The dress code can be found in Appendix A.

TOURS

Every attempt is made to organise a tour for netball, hockey and tennis every year. Separate trials are held for these tours. Should there be a choice between a Grade 6 and 7 girl, preference will be given to the Grade 7 pupil.

CONCLUSION

St Peter's parents are asked to recognise that the sports staff and coaches always have the girls' best interests at heart and would never, intentionally, discourage a girl's attitude towards sport. It is with this in mind, that we ask parents to address all issues with the Sports Department in a calm and constructive manner.

APPENDIX A - Dress Code

Please mark all items clearly

SPORTS CODE	PRACTICES	INTER-HOUSE CHAMPIONSHIPS	INTER-SCHOOL MATCHES AND MEETINGS
Athletics/Cross Country	St Peter's, red sports shirt, navy skorts, white socks, predominantly white takkies or running shoes (tracksuit if cold)	House T-shirt, navy skorts, white socks, predominantly white takkies or running shoes. (tracksuit if cold)	St Peter's, red sports shirt, navy skorts, white socks, predominantly white takkies or running shoes (tracksuit if cold)
Netball	St Peter's, red sports shirt, navy skorts, white socks, predominantly white takkies (tracksuit if cold)	House T-shirt, navy skorts, white socks, predominantly white takkies. (tracksuit if cold)	St Peter's, red sports shirt, navy skorts, white socks, predominantly white takkies. School blazer/Tracksuit (optional when cold)
Tennis	St Peter's, red sports shirt, navy skorts, white socks, predominantly white takkies	House T-shirt, navy skorts, white socks, predominantly white takkies. (tracksuit if cold)	St Peter's, red sports shirt, navy skorts, white socks, predominantly white takkies.
Hockey	St Peter's, red sports shirt, navy skorts, navy hockey socks (from school shop), Compulsory shin pads and gum guard. (tracksuit if cold)	House T-shirt and navy blue skorts, hockey socks (from school shop), Compulsory shin pads and gum guard. (tracksuit if cold)	St Peter's, red sports shirt, navy skorts, navy hockey socks (from school shop) Compulsory shin pads and gum guard. School blazer/Tracksuit (optional when cold)
Swimming	Black speedo swimming costume/School costume and school towel, red school cap or plain red cap.	Black speedo swimming costume/School costume and school towel. House caps provided.	School swimming costume (A50m) optional other teams or black speedo costume and red school cap, school towel and sports kit or tracksuit if cold, St Peter's slip-slops.
NB: The official school sports bags must be used at all times.			

APPENDIX B – Selection Criteria

Swimming

At the beginning of the swimming season, all girls are timed over 25 meters for Freestyle, Backstroke, Breaststroke and Butterfly (optional for Gr3s). This serves as trials for the Grade 3 A Team swimmers as well as the Grade 4-7 B and C teams. In order to be selected for the Grade 4-7 A Team girls need to volunteer for the 50 metre events of Freestyle, Backstroke, Breaststroke and Butterfly. The girls with the top four times in each 50 metre event will make up the A swimming team. The girls timed over 25 meters from Grade 4-7 will make the B and C teams. The Grade 3 girls timed over 25 meters will make the A-C teams. This will serve as the first of three timed trials.

Once the swimming team has been selected, girls are then able to challenge for a place in the respective teams for two or three weeks - after the first round of timed trials, on a specified day determined by the Head of Swimming. The first round of challenges will serve as the second round of timed trials.

Towards the latter part of the swimming season a second round of challenges are held four to six weeks after the initial trials. This will serve as the third round of timed trials, just before the Prestige Swimming Gala.

Performance in swimming galas will also be taken into consideration regarding team selection.

Athletics

At the start of the Athletics season all girls are timed and measured over the following events:

	High Jump	Long Jump	Hurdles 70m	800m	200m	150m	100m	80m	60m
Grade 3		✓					✓		✓
Grade 4		✓				✓		✓	
Grade 5		✓		✓		✓		✓	
Grade 6		✓	✓	✓	✓		✓		
Grade 7	✓		✓	✓	✓		✓		

The girls with the top four times and top four measurements in each event will form part of the A Team Athletics. The next best athletes in terms of times and measurements, will form part of the B Team. This will serve as the first of three timed and measured trials.

Once the athletics team has been selected, girls are then entitled to challenge for a place in the team two to three weeks after the first round of timed trials, on a specified day set out by the Head of Athletics. The first round of challenges will serve as the second round of timed and measured trials. Towards the latter part of the athletics season, there will be a second round of challenges four to six weeks after the initial trials. This will serve as the third round of timed and measured trials for those girls wishing to challenge just before the Prestige Athletics Meeting.

All performances in athletics meetings will also be taken into consideration.

The coaches reserve the right to time or measure the performance of the girls, in swimming and athletics, for their particular event at any stage during the course of the season.

Tennis

Team selection is based on an objective ladder system. The top six girls on the ladder make up the A Team and the next best 6 players make up the B Team & so on.

The Championship is the pinnacle of the Advent Term tennis calendar. The ladder determines ranking positions in the Championships. Any matches during The Championships where upsets occur will affect standings on the ladder. The standings at the end of The Championships will determine the ladder for the start of the New Year.

Challenge rules

These Rules are to provide for a system regarding which players may challenge one another for purposes of establishing a fair tennis ladder ranking.

- At the end of a 'tennis term', the existing tennis ladder ranking will be transferred to the following 'tennis term'.
- A player may challenge another player, who is ranked no more than two places on the tennis ranking ladder above the challenger. Each player is entitled to one open challenge per tennis season term, whereby a player may challenge any other player irrespective of her ranking on the tennis ladder.
- If a player is challenged and is then not able to meet the challenge by a second scheduled date, the challenger shall automatically advance to the position, which was challenged. All challenges must go through the coach or a teacher.
- A challenger may not challenge the same player in two successive weeks.
- Tennis challenges shall take place during scheduled practice sessions or during break-time sessions and will be supervised by the tennis coach or by a teacher in charge.
- An updated tennis ladder will always be visible on the tennis board.

APPENDIX C - Colours

Only for Girls in Grade 7

Individual Sport Colours (Swimming, Athletics and Cross Country)

These awards are handed out at the end of the respective sports seasons.

There are Four criteria, which must be met, to achieve this award:

- Must participate in 75% of Inter-school Meetings, for the A Team.
- Positive attitude towards, and attendance at, training.
- Positive behaviour around school - must display St Peter's values.
- Must finish in the top ten of the St Peter's Girls Prep finishers in 75% of meetings for Cross Country; must finish in top three for an Inter-house swimming/athletics event OR must be selected for the Inter-schools Prestige Swimming/Athletics Team.

Criteria for Team Sport Colours (Netball, Tennis, Hockey)

These awards are handed out at the end of the respective seasons.

There are Three criteria to this award; all of which must be met:

- Participate in 75% of the first team matches.
- Positive attitude to, and attendance at, training.
- Positive behaviour around school – must display St Peter's values.

Colours will be awarded at a Chapel Service and parents will be notified at least three days in advance.