

# Ringwood PE Department FAQs

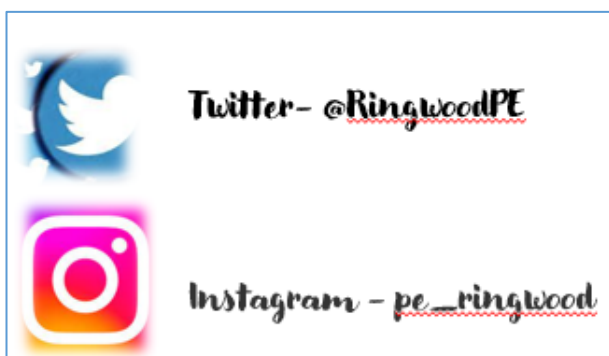
September 2024



## PE Department Vision Statement:

As a result of the **positive experiences**, confidence, skills and knowledge **gained in PE**, Ringwood School **students leave inspired** and **engaged** to continue to have **lifelong participation** in physical activity.

Teachers in Ringwood School PE **department** ensure this happens by **creating** an **environment** and **culture** where students **embed** the **T.R.E.D.S values** (Teamwork, Respect, Enjoyment, Discipline and Sportsmanship) into everything they do.



Dream **Big**  
Be **Curious**  
Be **Determined**  
Make **No Excuses**  
Embrace **Opportunities**

# Curriculum PE FAQs

1. **What activities are taught in lessons?** At the end of this document is our curriculum. This shows what we teach and when that will happen over the school year.
2. **How many lessons a week will my child have?** Each lesson is 1 hour long and over 2 weeks Year 7,8 & 9 have 4x lessons; Yr10 x3 and Yr11 x2. 6<sup>th</sup> Form have 1 hr each week as part of their enrichment programme
3. **Are these lessons inside?** Sports such as gymnastics, trampolining, table tennis & badminton will be taught inside. All other sports will be taught outside whenever possible.
4. **How many PE lessons are there on at a time?** As a minimum we have 5 practical lessons on each hour. We also deliver GCSE PE & OCR Cambridge National Sport Studies at KS4 and A Level PE and Cambridge Technical Sport & Physical Activity at KS5; these lessons take place throughout the week alongside the core PE lessons.
5. **Does my child need their own hockey stick, table tennis bat, badminton racket or Tennis racket?** No. We will provide these for lessons and clubs. Students are welcome to bring their own to clubs, if it is named and they can look after it during the school day.
6. **Will my child have the same PE teacher for each lesson?** We do our best to keep the same teacher with the same class across Week A and Week B, however we have part-time staff in PE, so students may well benefit from a number of PE teachers.
7. **Will the groups remain the same for the whole year?** Over the academic year, groups may change.
8. **Is there a gender split for certain sports?** Sports are taught either mixed genders or single sex, this is reviewed regularly.
9. **Is there any choice in the activities students have in lessons?** Students will cover a range of 'team' and 'individual' sports at KS3. At KS4, students will have an options process to allow them to personalise their PE programme.
10. **My child in year 10 or 11 already has a membership to the Fitness Suite in the leisure centre, may they use it in PE lessons?** As part of our KS4 offer, we pay for access to the Fitness Suite as part of our programme. Students do not need their own membership.
11. **My child is in yr10 or 11 and did not get their first choice for PE this block. Why might that be?** This can be down to group sizes, previous activity options or poor behaviour in a previous block.
12. **Will my child do Cross Country?** Yes, as an Inter-house competition onsite at KS3. Students may be asked to represent the school in competitions.
13. **Do you have special events in PE beyond the usual curriculum?** Yes, we have regular Inter-House sporting competitions that all students will take part in their PE lessons every few months. These may include cross country, rugby, netball, fitness challenges.
14. **How are students' strengths recognised in PE?** Students are awarded house points in lessons and for representing the school. We actively encourage students to approach their physical activity with TREDs values. Students' performances during extra-curricular activities are celebrated in tutor time via the tutor time 'dailies'. This can be also shared on our official school social media. Annually we host our Sports Awards Evening where we celebrate the sporting events and highlights of the year.

# PE LESSONS FAQs



1. **What is the PE kit?** Please see page 12 of the planner:

**Essential Kit :**

Ringwood games shirt  
Ringwood sports House polo shirt  
Plain black shorts or skorts or  
sports leggings  
Ringwood green sports socks or  
white sport socks  
Sports trainers  
Football boots – moulded studs  
Shin pads

**Optional Kit:**

Plain black tracksuit bottoms (can be worn over  
shorts or skort but not instead of)  
Ringwood ¼ zip midlayer  
Plain black base layer (can be worn under polo  
shirt but not instead of)  
Mouthguard  
Boot bag

2. **Where do we buy the PE kit?** Our school supplier is Stevensons. Items can be purchased via their website or in the local branch 148-150 Seabourne Rd, Southbourne, Bournemouth, BH5 2JA. You can also ring [01425 475000](tel:01425475000) or email the school office [reception@ringwood.hants.sch.uk](mailto:reception@ringwood.hants.sch.uk) for discounted 2<sup>nd</sup> hand uniform. This is called the New to You programme.
3. **Does my child need their PE kit on the first day?** Yes. Each item of PE kit AND School uniform needs to be labelled with their name & surname, in a named bag. (Do also remember to do the same with all other items of school uniform please).
4. **What items of kit are needed and when?** In each changing room, on the notice board, there is an overview for each year group. The different sporting activities will rotate throughout the year. Your child will be informed in lessons in advance as to which activity they will be doing next. This information will be published on your child's class Team on Microsoft Teams.
5. **What happens if my child forgets an item of kit?** They will receive a 'formal warning' and be lent items that they will be required to wear. Refusal to wear the PE kit they are given will result in the student being removed from the lesson, sent to the buddy room to work and issued with a leadership detention.
6. **Where does my child store their kit?** Most students carry their kit in a PE bag on the days they have PE. Some students hire a locker (a link will be sent to you in the first two/three weeks of term, to order and pay for a locker).
7. **My child has lost their PE Kit, what should they do?** Ask your child, in advance of their next PE lesson, to retrace their steps looking in their classrooms, the PE changing room, lost property and at Reception. Do send a note to the PE teacher in the student planner if you need a few days to look or to inform us when they will have replacement kit; that way your child will not receive a formal warning. Your child should bring in alternative kit to wear, alongside the note from you, to ensure they can still take part in the lesson.

## 8. PE Jewellery policy.

- a. Whole-school policy on jewellery, is that students are only permitted to wear one pair of plain sleepers or studs with their school uniform; no other visible piercings are permitted (e.g. rings/bracelets/nose studs) and neither are plastic retainers. False or acrylic nails are also not permitted in school. This is explained clearly in the student planner.
- b. PE Jewellery policy is based on national guidance issued to us by the Association for Physical Education (AfPE) and has the best interests of our students at heart. "The Association for Physical Education (AfPE) strongly recommends the practice of **removing all personal effects at the commencement of every lesson to establish a safe working environment. This applies to all ear and body piercings**, including retainer and expander earrings".
- c. It has been stated in our policy for several years that students should not participate in any form of physical activity whilst wearing earrings or jewellery (including activity trackers) or with long or false nails. **Long hair must be tied back.** This helps ensure all students and teachers are safe.
  - i. We accept that piercings take time to heal. We would therefore always advise that if a pupil is considering piercing their ears, this is undertaken at the beginning of the summer holidays to maximise healing time. Any piercing that cannot be taken out will ultimately be detrimental to your child's learning, as it detracts from the start of every PE lesson and them taking a full and active role. **Taping ears to cover piercings is not permitted**
    1. If a student arrives to a PE lesson wearing earrings, watch or small religious symbol and chain, they should take them out and place them safely with their belongings.
    2. If a student is unable to remove a piercing, they must provide their PE teacher with a note in their diary signed by their parents/carers that states when the piercing took place and a date as to when they can be safely removed.
    3. Students will take on a leadership role during these lessons until the piercing can be safely removed
    4. If a student refuses to take their earrings out; including after the designated healing time, this is considered defiance and students will be sanctioned accordingly, in line with the school's behaviour policy.
- d. For consistency, this policy applies to all practical PE lessons, fixtures, and extra-curricular sports activities.

9. **My child is too unwell/injured to take part for a lesson or two, what do we do?** All students are expected to take part in PE. Students that are unwell or injured must provide a note in their planner, with a reason explaining why they are unable to participate in the sporting activity. These students are still expected to change into their PE kit and will be given a leadership or analysis task. Please include a date that your child will be returning to full PE.
10. **My child has a long term injury/illness, what should I do?** Students will stay in the PE lesson, with their PE group & teacher. Please email your child's tutor, Head of Year, medical and PE teacher with details. Do write a note in the diary of what your child can take part in safely. Do send your child in with their kit, as they will be leading or coaching others. The risk assessment from medical will direct what will happen in lessons and, depending on the injury, if they will change into PE kit.
11. **Where does my child keep their asthma inhalers/ epipen in PE lessons/clubs?** Students keep their inhaler/epipen with them. Their teacher will advise for it to be placed by their water bottle, so it is nearby if needed. Teachers have medical conditions on the registers.
12. **Where shall my child put their phone and valuables at the start of a PE lesson or club?** Students are encouraged to hand in their valuables to a PE teacher in the changing rooms at the start of the lesson and they will be locked away for the lesson. Students are responsible for any valuable items they choose to bring onto school site.
13. **Are shin pads essential?** Yes. Shin pads offer protection to the lower leg. It is a mandatory requirement by the FA that students wear shin pads that involve game play. At Ringwood School every football PE lesson, involves game play. Please name the shin pads with your child's name. They are also needed for hockey.
14. **Is a mouth guard recommended?** Yes for hockey and contact rugby. The safety benefits of wearing mouth guards for competitive play have been widely recognised for a considerable amount of time. This is an essential piece of personal protective equipment for hockey and rugby. These are readily available from sports shops. Please follow the instructions and mould as directed in advance of the first lesson. Please label the box. Prices start from £5.

- 15. What type of studs are allowed on boots?** It is recommended that specifically designed rugby/football type boots are worn. Replaceable studs/blades are usually made from metal, nylon plastic or a combination of both. Full plastic replaceable studs/blades are not suitable as they tend to burr more easily. Studs/blades made of metal or a metal/plastic combination are acceptable, however they should be regularly checked as they can become sharp/burred. (See Appendix pg.9)
- 16. Does my child need a water bottle? How many water fountains are there in school?** Yes, all students need their own water bottle. We have several water fountains in school that can be used at break, lunchtime and after school
- 17. What trainers are suitable?** We recommend sports trainers with laces. Skate or fashion trainers such as Vans/Converse are not appropriate and not part of the school uniform. Do label the trainers with your child's name.
- 18. Does my child change their socks for PE? Can they wear tights for PE?** For hygiene reasons students must change their school socks to the Ringwood green sports socks or white sports socks for PE & sport. Tights must not be worn in PE lessons.
- 19. Which deodorant is permitted?** Roll on deodorant only. Aerosol sprays are not allowed in school & pose a risk to our students and staff with asthma.
- 20. My child is on their period, how can we prepare them for taking part in lessons, as expected?** Moderate-intensity physical activity reduces bloating & the pain of cramping. Students usually use pads or tampons and change them at break & lunchtimes. We have a toilet in the changing room. (Please see the swimming FAQ for the swimming block)
- 21. Can my child wear leggings all year round?** We encourage shorts or skorts for heat regulation & always to be worn in the warmer months. PLAIN Black leggings may be worn.
- 22. My child would like the old green Ringwood hoody. Is this available?** There is no longer an option to buy this item. It was brought in as part of the Covid response, as there was a supply issue with our usual kit. The long sleeve Ringwood games shirt, is an essential item on uniform that will keep our students warm. Students also have the option to wear black base layers and the Ringwood ¼ zip midlayer top.
- 23. Can coats be worn in PE lessons?** Coats may not be worn in PE lessons due to safety and hygiene reasons.
- 24. Can my child wear a cap?** Students may wear a cap when the weather is very sunny. Students may not wear caps inside of the school building. Caps must not have any political or offensive logos or wording.
- 25. My child has a SEND need. How will my child be supported?** Our programme is inclusive and accessible to all. SEND information is shared with teachers via our Arbor registers. We have regular SEND training and all staff have access to an extensive directory of strategies to support all learners. HOYs and our SENDCO regularly contact teachers with updates.
- 26. My child identifies as non binary or does not identify as the gender they were born. How can we prepare them for PE?** You will have made contact with the Head of Year, who will sensitively complete an individual needs plan with the student, where choices will be made relevant to changing spaces and sports. This will be shared with PE staff.
- 27. Do you provide sunscreen & do you apply to my child?** No. Do provide sunscreen for your child's PE bag and encourage your child to apply before school and again when necessary.
- 28. My child hasn't played or is nervous to play contact rugby, how can we help prepare them?** Students gradually progress through tag rugby, touch rugby, 'hugby' and contact rugby with PE staff. Grouping is a reflection of student's confidence levels. We also identify students who would be more suited to 'hugby' rather than contact rugby and group accordingly.

# Swimming & Personal Survival/Lifesaving FAQs

As a department and wider school community, we consider ourselves to be very fortunate to have access to the pool onsite and place great emphasis on ensuring that every individual develops an understanding of water safety, alongside key water-based survival and swimming skills that best equip them for lifelong participation in water-based activities.

- 1. What equipment is needed for swimming?** Either a) One piece swimsuit; (No bikinis) or b) Swimming shorts (not Bermuda style) with goggles, towel, a bag for wet clothes.
- 2. Which year groups have swimming lessons?** All year 7 & 8s will have swimming lessons. If your son/daughter is a non-swimmer please encourage him/her to get some safe experience in the shallow end of your local pool before the lessons start. We do sometimes offer blocks to older year groups in our options programme.
- 3. Where does my child change for swimming?** Students are expected to use the group changing facility. Please do get in touch with your child's PE teacher via email, well in advance of the activity, if your child feels over anxious so we can work with them to find a solution before the block starts to ensure it doesn't prevent them from taking part.
- 4. My child has their period, how do we prepare them for swimming lessons? My child does not use tampons yet, do they still swim? How do we communicate that with the PE teacher?** If students are unable to swim due to their menstrual cycle please send them into school with a note that is both signed and dated from a parent/guardian. They will assume a secondary role in the lesson as leader or coach and as such, will be required to change into their green PE Kit (shorts and t-shirt only) in order to both include them in the lesson and facilitate their coaching role (they are likely to be splashed and so a change of clothes is essential)
- 5. My child hasn't swum for ages, how can we help prepare them in advance of your lessons?** Do take them swimming to the Ringwood leisure centre in advance of the lessons to help them practice changing and to get familiar with the pool and the water.
- 6. My child can't swim, what shall we do?** If your child is a non-swimmer please be assured that they will be well supported in the shallow end to develop their water confidence before learning basics of floating and movement in the water. There are always lifeguards monitoring the pool during lessons as well as the PE teacher. You may want to contact local pools who offer weekly swimming lessons after school and at the weekend.
- 7. My child has not developed strong body confidence yet, how can PE help for swimming?** Do take them swimming to the Ringwood leisure centre in advance of the lessons to help them practice changing and to get familiar with the pool and the water. Some students wear a thin rash vest. Do send a written note to your child's PE teacher about this. Cotton & other material t-shirts absorb water and can make swimming more difficult, so we do not recommend these.
- 8. My child has acne & feels uncomfortable wearing a swim suit, what can we do?** Do take them swimming in advance of the lessons in school, to help them prepare. Some students wear a thin rash vest. Do send a written note to your child's PE teacher about this Cotton t-shirts absorb water and can make swimming more difficult, so we do not recommend these.
- 9. My child swims outside school, do they have to complete swimming lessons?** Yes, swimming is an important part of our curriculum to teach lifelong and safe participation in exercise. If your child already swims outside of school they are still required to participate in the sessions and we endeavour to stretch and challenge them in a way that will best support their participation outside of school.
- 10. My child feels uncomfortable changing for swimming, what shall we do?** Do take them swimming to the Ringwood leisure centre a few times in advance of the lessons to help them practice changing in the group change space, so they can become familiar with this. If there is still a concern, do contact their PE teacher directly via email.

# Rugby & Hockey PPE

The RFU strongly recommends that mouth guards (also referred to as gum shields) are worn for any contact rugby activity (both training and matches). The use of mouthguards can help to protect the teeth and face. If your son/daughter plays and represents the school in a competitive fixture the use of a mouthguard is mandatory.

England Hockey strongly recommends wearing shin, ankle and mouth protection whilst playing hockey. If your son/daughter plays and represents the school in a competitive fixture the use of a mouthguard and shin pads are mandatory.

## Extra -curricular FAQs

The government recommends 60 minutes of physical activity per day and so all clubs are free, and open to all abilities so we can encourage lifelong love of sport and physical activity! We do have some invite only clubs for targeted students. These are also free. We encourage students to commit to training weekly, so they can benefit from the coaching and represent our school in the New forest and county leagues and competitions

1. **What clubs are available?** A full list of clubs and when they are held will be published on the school website and outside the PE office and in the school changing rooms. This will also be shared in Tutor time on the 'daily', in PE lessons and via teams & the school's school social media.
2. **What clubs can my child go to?** All clubs are open to all abilities and free.
3. **When are the clubs?** Clubs run from 15:00 until 16:00 each day
4. **How do I sign up my child?** Students just turn up at the changing rooms at the end of the day with kit.
5. **Do we have to pay for clubs?** No; the majority of clubs are FREE. We sometimes have opportunities for students to take part in clubs that we bring in external coaches to lead the sessions. These have a small charge to take part in. Please check the PE clubs list for more details
6. **Do I have to give written permission each time my child leave site for match?** As part of the admissions process consent is requested which covers all PE fixtures and core PE activities (some exceptions apply and you will be emailed a letter requesting permission)
7. **How do I find out the information about pick up time & what equipment is needed?** All PE clubs run until 16:00. Fixtures may run later; it is the student's responsibility to check the fixtures noticeboard (outside the PE office) which will give these details and share them with you. We provide all equipment for clubs; except PPE (e.g. mouthguards and shin pads). Students are encouraged to bring in personal equipment if they would like.
8. **How will I find out if clubs or fixtures are cancelled?** We will endeavour to inform students at the earliest opportunity that fixtures or clubs have been cancelled. Students will then inform home.
9. **Why might clubs or fixtures be cancelled?** Several reasons; opponents withdraw from the fixture, severe weather, staffing issues.
10. **I have a coaching qualification & would like to help with a sports team, what shall I do?** Please email Jonathan Owen (Head of PE) on [jonathan.owen@ringwood.hants.sch.uk](mailto:jonathan.owen@ringwood.hants.sch.uk)
11. **I would like my company to sponsor a Ringwood School kit, what shall I do?** Please email Jonathan Owen (Head of PE) on [jonathan.owen@ringwood.hants.sch.uk](mailto:jonathan.owen@ringwood.hants.sch.uk). We would be able to promote on our various Social Media posts and at our annual Sports Awards Evening.
12. **My child already plays/performs at a high level outside of school. Can they still join clubs?** Absolutely; ALL students are encouraged to join clubs

13. **Is there a PE trip?** We always seek out opportunities for trips & visits. We have a Sports Tour to Millfield, trip to Wimbledon and various other professional games that students will be invited to attend throughout school life at Ringwood.
14. **How do we celebrate Sporting Success?** We celebrate success' regularly via our Social Media channels, our half termly MVP awards and our annual Sports Awards Evening which celebrates all the sporting achievements over the academic year.

#### Contact Details

Mr Owen (Head of PE) i/c Boys Football [jonathan.owen@ringwood.hants.sch.uk](mailto:jonathan.owen@ringwood.hants.sch.uk)

Mr Camp (Assistant Head of PE; Exam lead KS5) i/c Basketball [pete.camp@ringwood.hants.sch.uk](mailto:pete.camp@ringwood.hants.sch.uk)

Mrs Elvin (Assistant Head of PE; Exam lead KS4) i/c Athletics [joanne.elvin@ringwood.hants.sch.uk](mailto:joanne.elvin@ringwood.hants.sch.uk)

Mrs Barker Garrod (Assistant Headteacher) i/c Girls Football [michelle.barker-garrod@ringwood.hants.sch.uk](mailto:michelle.barker-garrod@ringwood.hants.sch.uk)

Mrs Duffy-Jones i/c Badminton [reception@ringwood.hants.sch.uk](mailto:reception@ringwood.hants.sch.uk)

Miss Jolly (Assistant Headteacher) i/c Hockey [heather.jolly@ringwood.hants.sch.uk](mailto:heather.jolly@ringwood.hants.sch.uk)

Mrs Long (SSCO) i/c Netball [joanne.long@ringwood.hants.sch.uk](mailto:joanne.long@ringwood.hants.sch.uk)

Mr Massimino (Head of Yr7) i/c Rugby [mario.massimino@ringwood.hants.sch.uk](mailto:mario.massimino@ringwood.hants.sch.uk)

Mr Roe i/c Cricket [nick.roe@ringwood.hants.sch.uk](mailto:nick.roe@ringwood.hants.sch.uk)

Appendix:

[https://www.englandrugby.com/dxdam/c5/c5165a8d-66cd-4da4-99f6-407e306d912e/RugbySafe%20Essential%20Guides%20and%20Templates%20\(FINAL\).pdf](https://www.englandrugby.com/dxdam/c5/c5165a8d-66cd-4da4-99f6-407e306d912e/RugbySafe%20Essential%20Guides%20and%20Templates%20(FINAL).pdf)

<https://www.englandhockey.co.uk/faqs/duty-of-care/faqs-health-and-safety/faqs-are-gum-shields-shinpads-or-face-masks-mandatory-for-under-18s-or-others>