

Sports and Club Expectations 1st Term 2024

Athletics - House athletics is compulsory for Grades 3-7. In the first week of house practices girls will be selected to attend further trials for Team athletics.

Cross-Country - The Cross-Country team is by invitation. Girls will be notified in the first week of school if they are required to attend Team Cross Country. Once the team has been selected girls are expected to attend early morning team training on Mondays and Wednesdays from 6:45am - 7:15am. In addition there are early morning voluntary runs for grades 3-7 on a Monday, Wednesday and Friday. Parents are welcome to join the girls during their morning run, and girls are encouraged to be in groups of 3 in case any assistance is needed.

Hockey - Please may all Grade 1, 2 & 3 pupils taking part in hockey have their own sticks, shin pads and gum guards.

Swimming - Advanced Swimming: any squad swimmers are allowed to attend these sessions.

Development and Intermediate Swimming Grade 4 – 7: any swimmer is allowed to attend this session.

Grade 3 Swimming: every Grade 3 has to attend a Development or Advanced swimming session. Girls will be notified as to which session in the first week of term.

Grade 1 & 2 Development Swimming: over the course of the first two weeks of PE lessons, Mrs Milner will assess who should come to these sessions and these girls will be notified to do so.

Tennis - Due to only having 5 courts available there are limited spaces available for girls at each session. Therefore, numbers will be limited in some areas to ensure that girls are getting the necessary attention at the sessions. Girls must attend the tennis sessions that meets their ability level. If they were in a tennis team this year (2023), they are required to continue in team tennis next year.

Cardio Tennis - Cardio Tennis is a new initiative to add variety and a new dimension to our tennis program. This will be open to Fillies A, B, 1st and 2nd team tennis girls on a voluntary basis.

Mini Tennis - Please may all Grade 1 & 2 pupils taking part in Mini Tennis have their own tennis racquets.

Soccer and Tag Rugby – These are new and exciting initiatives for girls who do not attend a team sport. They will be exposed to team skills and disciplines.

Playball - Playball will continue for the Grades 1 & 2 on their morning timetables at no extra cost to you. Grade 1 & 2 girls will have a 40-minute Playball session every Friday during school hours.

CLUBS - A few clubs have been added to the co-curricular timetable in red font. Clubs are optional. At the beginning of first term girls will be given the opportunity to sign up for clubs they wish to attend. There are limited spaces and will be on a first come first serve basis. If your daughter is not able to do a club in first term, she will be given preference for the club in 2nd and 3rd term. Our intention is for every pupil to get an opportunity to participate in a club of their choice at some stage during the year.

Choir and Marimbas - This term girls may attend Junior (Grades 3 & 4) and Senior Choir (Grades 5 - 7) on either Monday or Wednesday or both days. As we will be entering the Eisteddfod, please may they come consistently on the day/s of their choice so that we are thoroughly prepared.