

Sports Department Lesson Expectations

All girls should ensure they follow the rules and guidelines below for their Physical Education and Sports lessons as well as fixtures

Arrive at lessons on time with your hair tied up, all jewellery removed (including Fitbits) and correctly equipped for the lesson:

Hockey	Lacrosse	Netball	PE Lessons	Swimming
Maroon polo top Black skirt Maroon rugby socks QM sports hoodie (when required) Hockey stick Mouthguard Shin pads AstroTurf shoes/trainers In colder weather girls may wear a QM tracksuit or black plain leggings and a QM rain jacket.	Maroon polo top Black skirt Maroon rugby socks QM sports hoodie (when required) Lacrosse stick Mouthguard Football/studded boots for field Trainers for AstroTurf/indoor sessions In colder weather girls may wear a QM tracksuit or black plain leggings and a QM rain jacket.	White polo top Black skirt White socks QM sports hoodie (when required) Trainers In colder weather girls may wear a QM tracksuit or black plain leggings and a QM rain jacket.	White polo top Black skirt White socks QM sports hoodie (when required) Trainers In colder weather girls may wear a QM tracksuit or black plain leggings and a QM rain jacket.	Towel Swimming costume Goggles Swimming hat Girls must ensure they are covered when leaving the pool area. Girls will not be allowed to leave in just a towel and costume. Girls unable to take part in the water must still participate in the lesson and be changed into PE kit.

- Water bottles, inhalers and autoinjectors must be brought to every lesson
- Be focused during lessons and try your best - that is all we ask
- Work with all members of the group equally
- If you're unsure of anything please ask
- Lateness to lessons by 10 minutes will occur a mark. 3 marks = 1 order mark
- Those late to a lesson will be kept behind at the end of the lesson for the number of minutes they were late
- Failure to meet expectations = 1 mark. 3 marks = 1 order mark
- Non-adherence to dress code = 1 uniform mark
- If you are unable to participate in the lesson a note from the Health and Wellbeing Centre or your Housemistress is required to be presented in person at the start of the lesson. You are still required to get changed into your PE kit (QM sports hoodie and tracksuit) as you will undertake a non-participant role within the lesson
- If a lesson is to be missed please politely inform the member of staff of your absence in advance.

These expectations are for each and every member of the QM Family to enhance learning, to develop our understanding of how to lead a healthy and active lifestyle, and to bring enjoyment to lessons and all sporting activities.



Sports Department Fixture Expectations

All girls should be proud to represent Queen Margaret's - it is an honour to be a part of a team. No matter who or where you are playing, we expect the following from you:

Prior to the fixture

- If you are aware that you are unable to play please inform the Sports Department, giving **at least 10 days' notice**. If you are missing lessons due to absence, permission must be sought from the Head. Please inform us of any known absences throughout the season as soon as you can as it helps with our planning
- Attend practices/squad training throughout the season
- Check team sheet information prior to the match - in house/on notice boards/on the portal.

On match day

- Demonstrate high standards of appearance and behaviour with all jewellery removed and hair tied up - only QM kit should be worn - including outer layers
- Tracksuits should be worn/with you for all matches, home and away
- Have full water bottle(s) and any medical equipment you require with you
- Be on time and organised with all the equipment you require
- Warm up as a team and be physically ready for the start of the match - pulse raiser, stretches, skill practice and a small game prior to the start (this may have to be team lead)
- Understand that there is no "I" in team and it is a group performance - positive attitude, encouragement and teamwork is required
- Be prepared to be a substitute - not everyone will play every minute of the game/match
- Excellent sportsmanship should be displayed throughout and teams should end matches with "Three Cheers" and thanking the opposition/teacher/umpire with them.

After the match

- All girls are required to attend team teas with the opposition - parents are very welcome too
- Each team is responsible for taking their opposition to the Dining Room (home matches) and should sit with them during the meal
- QM are responsible for tidying up after their team and only once the opposition have left - then permission will be given from a QM staff member
- Should your parent/guardian wish to take you (and others) home from the fixture venue, prior permission must be obtained from the Housemistress (and the parent/guardian of other students, if applicable). House staff will pass all knowledge onto the Sports Department/member of staff in charge of the team before departing on match day.



**Queen Margaret's
School for Girls**

Escrick Park, York