



Glendower Preparatory School
ESTABLISHED IN 1895

Glendower 130: Shaping the Future One Girl at a Time

PHYSICAL EDUCATION & SPORT PARENT HANDBOOK 2025-26





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Welcome

Welcome to the Physical Education and Sport Handbook for Glendower Prep

At Glendower we believe sport and physical activity play a vital role in every child's development. Through our PE and Sport provision, we aim to inspire confidence, build character, and promote physical and emotional wellbeing in a supportive, inclusive environment.

This handbook is designed to give you a clear understanding of our approach to PE and Sport, including our vision, expectations, curriculum structure, and opportunities for competition and participation. You'll also find practical information to help your child get the most out of their sporting experience at school.



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Our Vision for Sport at Glendower

At Glendower we believe in the power of sport to shape confident, resilient, and well-rounded individuals.

It is important to us that our vision evolves; that we keep reflecting what went well, what challenged our values and what we need to change.

We aim to place the girls at the heart of everything we do. Through sport at Glendower we aim to build character, champion inclusivity and strive for excellence. We aim to blend performance with participation, valuing that success looks different for every pupil.



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Physical Education is used as a vehicle to embed the school's core values: Compassion, Curiosity, Courage, and Candour

COMPASSION

We are committed to fostering **compassion** by creating an inclusive sporting environment where pupils actively listen, reflect on both individual performance and team dynamics, and grow both on and off the field.

CURIOSITY

We foster **curiosity** in sport by prioritising fun and encouraging risk-taking, learning from mistakes, and growth without fear of judgement. Constructive feedback creates a supportive space that boosts motivation and performance.

COURAGE

We aim to cultivate **courage** through sport by emphasising the process rather than solely focusing on the outcome. We will help the girls understand that setbacks are a natural part of growth and that perseverance is essential in achieving their long-term goals.

CANDOUR

We will foster **candour** in our pupils by offering leadership roles in sport. The girls will be encouraged to reflect, analyse, and provide open, honest feedback.

Through we sport we Develop:

- **Friendships**
- **Fairness**
- **Perseverance**
- **Determination**
- **Collaboration**
- **Respect**
- **Integrity**
- **Organisation**
- **Optimism**
- **Commitment**



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PE & Games Curriculum

Reception, Year 1 and Year 2, Yearly Overview

The year-round focus is on developing the fundamental skills of agility, coordination, and balance through gymnastics, ball skills, and invasion games.

In Reception and Year 1 each child receives:

- 1 x 45-minute PE lesson
- 1 x 45-minute Games lesson

In Year 2, each child receives:

- 1 x 60-minute Games lesson developing the skills and understanding of rules, to play netball, football and cricket.
- 1 x 45-minute PE lesson
- 1 x 30-minute swimming lesson

These lessons are taught weekly by subject specialists for the duration of the academic year.



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Assessment

ASSESSMENT **Reception, Year 1 and Year 2**

Gymnastics	Fundamental movement	Coordination	Agility	Ball Skills	Physical confidence
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All pupils are assessed throughout the academic year using the above criteria



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PE & Games Curriculum Year 3- 6 Overview

The focus of our Year 3-6 sports program is to develop core fundamental movement skills while building game understanding and teamwork through sports such as netball, football, and cricket.

In Year 3 and 4 each child receives:

- 1 x 45-minute PE lesson, HRF, Functional Movement Skills (FMS), gymnastics, athletics
- 1 x 80 -minute games lesson; netball, football, cricket
- 1 x 30-minute swimming lesson

In Year 5 each child receives

- 1 x 30-minute swimming lesson (athletics in the Summer term)
- 1 x 80 -minute games lesson, netball, football, cricket

• In Year 6 each child receives:

- 2 x 80 -minute games lessons; netball, football, cricket

These lessons are taught weekly by subject specialists for the duration of the academic year.



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Assessment

ASSESSMENT

Year 3 - 6

Technical & Tactical	Psychological	Physical	Social
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All pupils are assessed throughout the academic year using the above criteria which translate to all sports they participate in.



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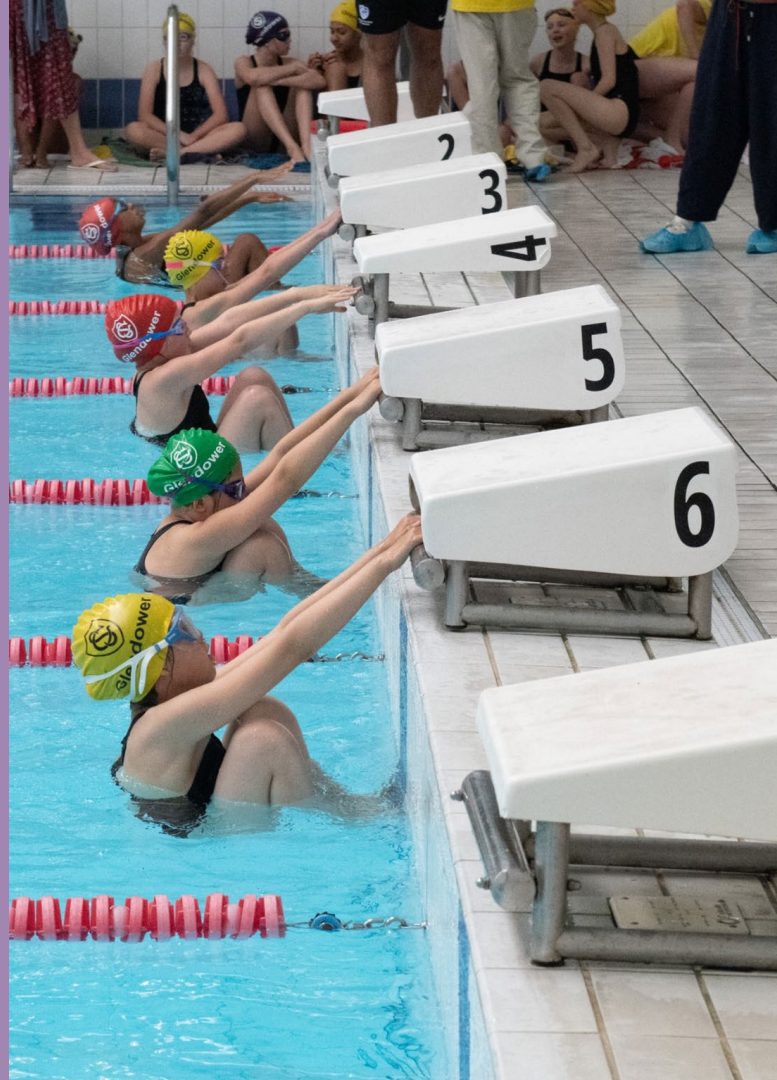
Participation in PE & Games Lessons

At Glendower, we value the importance of physical activity and the many benefits it brings to our pupils' wellbeing, confidence, and development. We ask for parents' support in encouraging active participation in all PE and Games lessons.

If your daughter is unwell but is well enough to attend school, we encourage her to inform her PE or Games teacher so that she may take part in the lesson at a reduced intensity. This ensures she remains engaged while respecting her current state of health.

All pupils are expected to participate in sport unless a written request is provided by a parent. Naturally, we understand that there will be occasions when a pupil is genuinely unwell and unable to take part. In such instances, we ask that parents contact their daughter's Form Teacher with a brief explanation.

Even when not actively participating, pupils will still be involved in the lesson through roles such as umpiring, coaching, or supporting their peers. As such, they should still arrive in appropriate PE kit and footwear.





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Team Selection Policy

At Glendower, team selection is based on fairness, continuous assessment, and alignment with our school values. When selecting teams by ability, we use our **Four Corner Assessment Model**, which evaluates:

- Technical skills and tactical understanding
- Physical fitness
- Psychological readiness
- Social behaviour

Selection is a **fluid process**, with pupils moving between teams as they develop. A high level of skill does not guarantee selection if attitude, behaviour or commitment is not in line with our expectations.

Pupils are encouraged to take ownership of their development by seeking feedback from staff on how to improve and progress to higher squads.





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Team Selection

Midweek Fixtures – Inclusive Opportunities for All

At Glendower, we are committed to ensuring that every pupil has the opportunity to represent the school in sporting fixtures.

Midweek 'block' fixtures scheduled during the school week are all inclusive. Teams may be formed based on either mixed ability or ability grouping, depending on what the teaching staff deem most appropriate for the development and experience of the players involved.

Please note that there may be exceptions to this inclusive approach with 'one-off' midweek tournaments and weekend fixtures, where selection is limited to 'A' Teams only.





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School Sports Kit

Pupils are required to come into school in their sports kit on the days they have Games or PE.

PE and Games lessons will proceed in all weather conditions, so it is essential that your daughter is equipped with suitable clothing to stay comfortable and make the most of every lesson. We also ask that a set of spare kit be available at school should they need to change after a wet weather lesson.

Year 3 - 6 Games

Autumn - white polo shirt, navy skort or shorts, white sports socks, navy tracksuit bottoms, midlayer fleece, waterproof tracksuit top, sports trainers.

Spring term – additional kit; football boots suitable for grass, football shin pads, Glendower football socks

Summer term – no additional kit required

Form Class PE Lessons:

- Pupils to wear their white PE top, shorts, white socks and mid layer fleece, waterproof tracksuit top, sports trainers

Swimming Lessons:

- Black speedo swim costume, House swim hat, goggles, purple Glendower swim bag

Reception, Year 1 and Year 2

Form class PE and games lessons: white polo shirt, navy shorts, white sports socks, sports trainers, navy tracksuit bottoms, midlayer fleece, waterproof jacket.

Swimming lessons Year 2: Black speedo swim costume, House swim hat, goggles, purple Glendower swim bag



PE & Games Venues

Due to our desire to provide the very best learning environment, we will be travelling to a number of venues around the borough via coach or minibus.

Games venues

- Home games venue, Barn Elms Sports Trust (BEST) - SW13 9SA
- Netball Club venue, Battersea Park , Chelsea Car Park, SW11 4BE
- Millennium Arena, SW11 4NJ
- Holland Park, W8 6LU

PE & Gymnastics

- Hyde Park, (Will to Win), South Carriage Drive, W2 2UH
- Beit Hall, Ethos Sports Hall, SW7 2EU

Swimming

- Chelsea Sports Centre, Chelsea Manor Street, SW3 5PL
- Ethos, 17 Prince's Gardens, Imperial College
- Fulham Pools, Lillie Rd, SW6 7ST (club only)



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Clubs

Clubs will be offered on a termly basis and are offered as an extension to the curriculum.

Autumn Term 2025 clubs

Open Clubs

Monday Netball, Year 3-6, Battersea Park, 1600-1730, Miss Ravenhall

Tuesday Running Club, Year 3-6, 7.55-8.45am, Miss Greensted and Miss Sookrah

Wednesday Netball, Year 6, Will2Win Hyde Park, 7.55-8.45am, Miss Ravenhall & Mrs Labonne

Thursday Netball, Year 5, Will2Win Hyde Park, 7.55 - 8.45am , Miss Ravenhall

Friday Football, Year 3 & 4, Will2Win, Hyde Park, 7.55-8.45am, Mr Russell & Mr Brillante

Invitation Clubs

Cross Country Running, Thursday, Year 4-6 by Invitation, Mrs Labonne

Swimming; Year 3 – 6, by Invitation, takes place at Fulham Pools on a Tuesday, Thursday and Friday.

Selection is based on qualifying times and stroke technique. Pupils are assessed continuously throughout the year by qualified and experienced coaches, Mr Brillante



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External Clubs

To support your daughters progress we can recommend the following external clubs;

SWIMMING [Nautilus Swimming](#), [Brompton Swimming Club](#)

NETBALL <https://netballcoachuk.com/> [Ealing Trailfinders Netball](#)

FOOTBALL CLUBS [Barnes Eagles Girls Section](#)

ISFA Affiliation; The Independent Schools Football Association Ltd. (ISFA) is affiliated to The Football Association and is recognised by The FA as the body responsible for the development of the game in the independent sector.

CRICKET [Barnes Cricket Club](#) [Chiswick Cricket Club](#)

GYMNASTICS [London Prestige Gymnastics](#)

HOCKEY [Barnes Hockey Club](#) [Richmond Hockey Club](#) [Hampstead & Westminster HC](#)



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Parent Communication

Fixtures. All fixtures will be in the diary from the beginning of term with the start time of the match and venue listed. Unless stated otherwise, *all* girls will be involved in the fixture afternoon. At the beginning of each term we will share a fixture list and who to contact should you have any queries for upcoming matches.

All matches unless stated, will start at 1415, pupils will be expected to return to school for dismissal at 1600.

Changes to fixtures listed; should there be a change to any fixtures listed in the diary then the relevant year group will be notified. Otherwise there will be no further communication.

For a 'one off' tournament (out of the usual games afternoon hours), parents will be notified directly via Evolve.

Further communication; We are always happy to discuss your child with you, in the first instance, we request that an email be sent. We will always endeavour to respond within 48 hours. Should a face to face or phone call follow up be required then please do communicate this with us.



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Parent support at matches

Whilst we welcome parent support at matches we encourage you to let your child play their best game and make their own mistakes, without added pressure.



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Your Support

Parental support in school sport plays a vital role in building a strong sense of community and offering pupils the encouragement they need to thrive. However, balancing both our children's expectations and our own can be a significant challenge.

How can you help?

- Avoid comparisons
- Expect ups and downs, help your daughter manage disappointment
- What do you want from their sporting journey
- Focus on what is important, is it developing their self esteem, being fit, confident, being a good teammate or is it winning at all costs?
- Ask questions that reflect the values you believe in. Not did you win but how did you play, did you have fun?
- And remember, children progress at different rates. Sport and development is a long-term investment and success is not necessarily in the here and now.

A reminder that the Sporting Journey is NEVER a straight line



During all the ups and downs it is the **KEY CHARACTER TRAITS** that keep your child going

Gordon Maclelland, Sports Performance

Parenting



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Staffing Structure

At Glendower

GEORGINA RAVENHALL Head of Sport

JOSIE LABONNE – PE and Games Teacher, Athletics and Cross Country Lead

DYLAN BRILLANTE PE and Games Teacher, Swimming Lead

KIERAN RUSSELL Assistant Sports Teacher

Emma Beaumont Netball UK coach, assisting Year 5 & 6

Milan Kantor specialist swimming coach

Hilary Nevjel specialist swimming coach

Claudia specialist swimming coach

Sports Society coaches used for specialist coaching where required

Glendower 130: Shaping the Future One Girl at a Time



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