



<<<<<< 2024 >>>>>>

SUMMER

SPORT

PROGRAMME

SUMMER SPORTS

CO-CURRICULUM PROGRAMME

APRIL – JUNE

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AIMS OF OUR SUMMER PROGRAMME



**OFFER A VARIETY
OF SPORTS**



**ALL SPORTS TO BE
ACCESSIBLE TO ALL**



**CREATE OPPORTUNITIES
FOR INDIVIDUALS TO DEVELOP
SKILLS**



**INTRODUCTION OF NEW CLUBS
TO INCREASE PARTICIPATION**

ALL ON SOCS

All our Clubs, Fixture and Team information are available on SOCS.

The address for SOCS is:

<https://www.socscms.com/login/3724>

PLEASE TAKE NOTE:

- Refer to the Calendar for fixture details
- You can sync the calendar for 'updated' info
- Clubs are starting week of 15 April. **some w/c 22 April
- Clubs are finishing week of 17 June 2024

CONTACT US



Director of Sport:
Christine Fourie



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SPORTS WEBSITE

<https://sport.stge.org.uk>



MAIN LANDLINE:
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0131 311 8060



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Stgeorgesedin



St George's School, Edinburgh



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IMPORTANT DATES

7 JUNE

10:00 - 11:00

**NURSERY
SPORTS
EVENT**

5 JUNE

13:30 - 15:00

**JUNIOR
SCHOOL
SPORTS
EVENT**

13 JUNE

12:00 - 15:45

**LOWER
SCHOOL
SPORTS
EVENT**

25 JUNE

13:15 - 15:50

**UPPER
SCHOOL
SPORTS
EVENT**

25 JUNE

18:00 - 20:00

**SPORTS
CELEBRATION
EVENING**

SPORT TOURS

**SENIOR
HOCKEY & NETBALL**

1-11 Aug 2024

SOUTH AFRICA

2024 SUMMER SPORTS

SNAP SHOT

	MON	TUE	WED	THU	FRI
Nursery			RUGBYTOTS		
P1 / P2		JUDO	RUGBYTOTS		
P3	JUDO	'FUN'-DAMENTALS	RUGBYTOTS		FENCING
P4 / P5	TENNIS JUDO	CRICKET	ATHLETICS	NETBALL	FENCING
P6	ATHLETICS JUDO	CRICKET	TENNIS	NETBALL	FENCING
REMOVE	ATHLETICS JUDO	CRICKET	TENNIS	NETBALL	FENCING
L4	TENNIS JUDO	STRENGTH AND CONDITIONING PERFORMANCE TENNIS	ATHLETICS	CRICKET	FENCING
U4	STRENGTH AND CONDITIONING TENNIS JUDO	PERFORMANCE TENNIS	ATHLETICS	CRICKET	FENCING
L5-U6	CRICKET JUDO	STRENGTH AND CONDITIONING PERFORMANCE TENNIS	STRENGTH AND CONDITIONING ATHLETICS	TENNIS	FENCING



JUNIOR SCHOOL SPORT CLUBS



YEAR GROUP	DAY	SPORT	TIME & WHERE
NURSERY	WEDNESDAY	RUGBYTOTS	13:30-14:00 - GRASS 2 14:05-14:35 - GRASS 2
P1 / P2	TUESDAY	JUDO	14:30-15:10- FUTURES
P1 / P2	WEDNESDAY	RUGBYTOTS	15:10-16:00 - GRASS 2
P3	MONDAY	JUDO	15:10 - 16:00 - FUTURES
P3	TUESDAY	FUN-DAMENTAL	15:10 - 15:50 - RANDOM
P3	WEDNESDAY	RUGBYTOTS	15:10 - 16:00 -GRASS 2
P3	FRIDAY	FENCING	15:10 - 16:00 - FUTURES
P4/P5	MONDAY	TENNIS	15:10 - 15:50 - ASTRO
P4/P5		JUDO	15:10 - 15:50 - FUTURES
P4/P5	TUESDAY	CRICKET	15:10 - 15:50 -GRASS 2
P4/P5	WEDNESDAY	ATHLETICS	15:10 - 15:50 -GRASS 1
P4/P5	THURSDAY	NETBALL	15:10 - 15:50 -MUGA
P4/P5	FRIDAY	FENCING	15:10 - 15:50 - FUTURES



PRIMARY 6 SPORT CLUBS



DAY	SPORT	TIME & WHERE
MONDAY	ATHLETICS	16:00 - 17:15 GRASS 1 AND TRACK
MONDAY	JUDO	16:00 - 17:00 FUTURES ROOM
TUESDAY	CRICKET	16:00 - 17:15 GRASS 2
WEDNESDAY	TENNIS	16:00 - 17:15 ASTRO COURTS
THURSDAY	NETBALL	16:00 - 17:15 MUGA
FRIDAY	FENCING	16:00 - 17:00 FUTURES ROOM

REMOVE SPORT CLUBS

DAY	SPORT	TIME & WHERE
MONDAY	ATHLETICS	16:00 – 17:15 GRASS 1 AND TRACK
MONDAY	JUDO	16:00 – 17:00 FUTURES ROOM
TUESDAY	CRICKET	16:00 – 17:15 GRASS 2
TUESDAY	PERFORMA NCE TENNIS	16:00 – 17:15 ASTRO
WEDNESDAY	TENNIS	16:00 – 17:15 ASTRO COURTS
THURSDAY	NETBALL	16:00 – 17:15 MUGA
FRIDAY	FENCING	16:00 – 17:00 FUTURES ROOM

★ LOWER 4 ★ SPORT CLUBS

DAY	SPORT	TIME & WHERE
MONDAY	TENNIS	16:00 - 17:15 ASTRO COURTS
MONDAY	JUDO	16:00 - 17:00 FUTURES ROOM
TUESDAY	STRENGTH AND CONDITIONING	12:45 - 13:15 GYM
TUESDAY	PERFORMANCE TENNIS	16:00 - 17:15 ASTRO
WEDNESDAY	ATHLETICS	16:00 - 17:15 GRASS 1 AND TRACK
THURSDAY	CRICKET	16:00 - 17:15 GRASS 2
FRIDAY	FENCING	16:00 - 17:00 FUTURES ROOM



UPPER 4

SPORT CLUBS



DAY	SPORT	TIME & WHERE
MONDAY	STRENGTH AND CONDITIONING	12:10 – 12:45 GYM
MONDAY	TENNIS	16:00 – 17:15 ASTRO COURTS
MONDAY	JUDO	16:00 – 17:00 FUTURES ROOM
TUESDAY	PERFORMANCE TENNIS	16:00 – 17:15 ASTRO
WEDNESDAY	ATHLETICS	16:00 – 17:15 GRASS 1 AND TRACK
THURSDAY	CRICKET	16:00 – 17:15 GRASS 2
FRIDAY	FENCING	16:00 – 17:00 FUTURES ROOM

L5 - U6



SPORT CLUBS



DAY	SPORT	TIME & WHERE
MONDAY	CRICKET	16:00 - 17:15 GRASS 2
MONDAY	JUDO	16:00 - 17:00 FUTURES ROOM
TUESDAY	STRENGTH AND CONDITIONING (U5-U6)	12:10 - 12:45 GYM
TUESDAY	PERFORMANCE TENNIS	16:00 - 17:15 ASTRO
WEDNESDAY	STRENGTH AND CONDITIONING (L5)	12:10 - 12:45 GYM
WEDNESDAY	ATHLETICS	16:00 - 17:15 GRASS 1 AND TRACK
THURSDAY	TENNIS	16:00 - 17:30 ASTRO COURTS
FRIDAY	FENCING	16:00 - 17:00 FUTURES ROOM

CLUB



DESCRIPTIONS



ATHLETICS



CRICKET



FENCING

FUNDAMENTALS



JUDO



NETBALL



RUGBYTOTS



S&C

TENNIS





ATHLETICS

PRIMARY 4/5

Our P4/5 athletics club aims to introduce the basic skills of athletics in a fun and energetic environment. The participants will be given a taster of both track and field events using differentiated equipment appropriate for their development. We will also compete in internal teams so the participants get to experience competitive matches in a fun, controlled environment.

PRIMARY 6

Our P6 athletics club aims to consolidate the fundamental skills of athletics in a fun and energetic environment. We will look at learning the technique involved in field events such as high jump, long jump, cricket ball throw and turbo javelin. We will also look at the technical and tactical aspects of track events such as sprinting and long distance running. P6 athletics club will be fun as well as competitive as we will compete with other schools for athletics meets.

REMOVE

Our Remove athletics club aims to consolidate the fundamental skills of athletics in a fun and energetic environment. We will look at learning the technique involved in field events such as high jump, long jump, cricket ball throw, turbo javelins and shot put. We will also look at the technical and tactical aspects of track events such as hurdles, sprinting and long distance running. Remove athletics club will be fun as well as competitive as we will compete with other schools for athletics meets..

LOWER 4

Our L4 athletics club aims to consolidate the fundamental skills of athletics in a fun and energetic environment. We will look at learning the technique involved in field events such as high jump, long jump, cricket ball throw, turbo javelins and shot put. We will also look at the technical and tactical aspects of track events such as hurdles, sprinting and long distance running. L4 athletics club will be fun as well as competitive as we will compete with other schools for athletics meets.

UPPER SCHOOL

Our U4-U6 athletics clubs aims to give pupils the opportunity to specialise in an aspect of the sport they are passionate about as well as giving pupils a well rounded experience of most events. We will go more in depth in terms of technique and tactics involved in both field and track events and there will always be an element at the start of the club that aims to increase generic fitness. At this club you will have fun, work hard and have the option to compete at athletics fixtures..



CRICKET

PRIMARY 4/5

Our P4/P5 Cricket club is open to all students no matter their cricket experience. It aims to give pupils an introduction to the basic rules and skills involved in cricket. We will play smaller games to ensure each pupil gets as many opportunities to practice new skills in a game setting. At this club you will have lots of fun as well as learn lots of new skills.

PRIMARY 6

Our P6 Cricket club is open to all students no matter their cricket experience. It will aim to develop pupils' understanding of the rules and skills involved in cricket through drills and conditioned games. There will be more of a focus on moving towards soft-ball matches both internal and against other school in friendly/festival style fixtures. At this club there will be a focus of learning skills through fun activities and games to learn new skills and develop others.

REMOVE

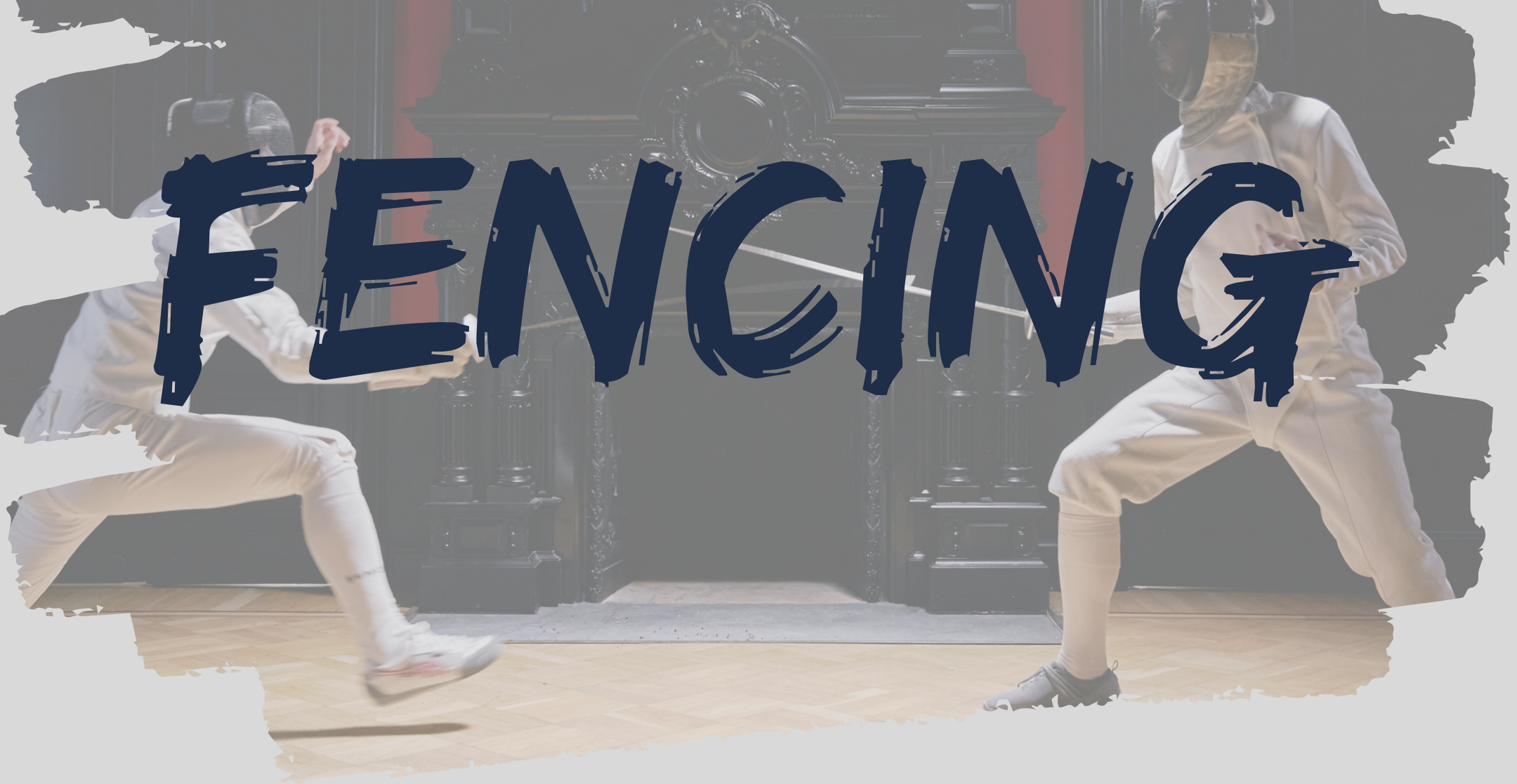
Our Remove Cricket club is open to all students no matter their cricket experience. It will aim to develop pupils' understanding of the rules and skills involved in cricket through drills and conditioned games. There will be more of a focus on moving towards soft-ball matches both internal and against other school in friendly/festival style fixtures. At this club there will be a focus of learning skills through fun activities and games to learn new skills and develop others.

LOWER 4

Our Lower 4 Cricket club is open to students of all abilities and experience levels. It will aim to develop pupils' understanding of the rules and skills involved in cricket through practises and conditioned games. There will be opportunities for soft-ball matches both internally and against other schools, both on weekdays and occasional Saturdays. At this club there will be a focus of learning skills through fun activities and games to learn new skills and develop others.

UPPER SCHOOL

Our Upper School Cricket club is open to students of all abilities and experience levels. Practises and games will be tailored to cater for a full range of abilities, from beginners to more experienced players. Beginners will learn new skills and have the chance to play soft-ball matches internally and against other schools, while more experienced players will also have the opportunity to play hard-ball cricket; for the first time at St George's.



At Fencing Fun we aim to give the children the best possible first experience into the Olympic sport of fencing using light weight plastic equipment. Our classes are all structured to make their learning experience fun, inspiring and purposeful by making the learning experience visual by working through our own grading system developing core skills and also life skills that will help be successful in life not just in sport. We will introduce fun Development tournament to give them the opportunity to fence others from different schools and make new friends.

They can then take it to the next level and join our main fencing club Salle Holyrood where we do electric fencing and training is focused toward competitions and qualification for Scottish and GB teams.

Classes are taken by Keith Cook as an Athlete Keith has achieved – former British Fencing Champion, 7 times Commonwealth medallist, European Bronze Medallist & World Cup Medallist. As a Coach 4 x Sport Scotland Young Persons Coach of the Year British Fencing Innovation Award Winner, British Fencing Community Coach of the Year, Scottish Fencing Coach of the Year 2020 European Bronze individual Medallist & Team silver in Novi Sad 2022

A child in a yellow shirt and blue shorts is jumping over several colorful hula hoops (pink, blue, yellow, green) on a blue track. The text 'FUN' is written in a large, bold, black, hand-drawn font above the word 'FUNDAMENTALS', which is also in a large, bold, black, hand-drawn font.

'FUN' FUNDAMENTALS

During our **FUNdamentals club**, students will develop fundamental movement skills in a positive and playful environment.

The focus is on providing fun, inclusive, multisport, and developmentally appropriate sport and physical activity.

These experiences will result in the students developing a wide range of movement skills along with the confidence and desire to participate.

Basic skills are fundamental skills, they open the door to lifelong sport and activity. The Fundamental skills we are covering are basic movements such as *throwing, kicking, running, jumping, hopping and catching.*



JUDO

Our ethos incorporates friendship, effort and personal improvement in a warm, safe environment and of enabling the community to access not only sport, but also the benefits that a healthy lifestyle can bring. Our vision is to introduce judo to children of all ages and abilities in a fun and dynamic way, offering all members avenues of opportunity through which they can have a life-long enjoyment of judo.

Edinburgh Judo aim to deliver the very best coaching to all our members within a safe and accessible environment.

Judo helps to develop all-round body awareness and supports development in many other sports such as hockey, gymnastics, rugby, football and more.

NURSERY AND PRIMARY 1-3

Nursery & P1 - P3 - Focusing on body preparation including co-ordination, balance, agility in a fun and engaging environment. An introduction to judo including judo movement, ukemi (learning how to fall) and newaza (ground work judo).

PRIMARY 4-5

P4/5 - Developing skills previously learned, starting to introduce the girls to tachi waza (standing judo). Still focusing on body preparation including co-ordination, balance, agility in a fun and engaging environment.

PRIMARY 6 TO UPPER 6

P6+ - Improving judo specific skills in both ne waza (ground work) and tachi waza (standing). Again, focusing on body preparation including co-ordination, balance, agility in a fun and engaging environment. Emphasising the importance of physical activity for mental health. Incorporating teamwork, communication and confidence in the classes.



NETBALL

PRIMARY 4/5

Fun and dynamic Netball sessions introducing the FUNdamentals of netball. The aim of the sessions are to develop basic netball skills and knowledge of the game. Preparing the girls to be confident to move too competitive netball in P6. Currently no fixtures are planned for P5 netball.

PRIMARY 6

During the summer term we are continuing to build on the fundamental skills and introducing more advance skills and knowledge of the game. The aim is to secure a solid foundation that can build confidence to encourage enhance performance. During the summer term we will play various friendly fixtures and take part in Netball Festivals

REMOVE AND LOWER 4

During the summer term we are continuing to build on the fundamental skills and introducing more advance skills and knowledge of the game. The aim is to secure a solid foundation that can build confidence to encourage enhance performance in preparation for the Scottish Cup League next winter term. We will play various friendly fixtures and take part in Netball Festivals during this term.



RUGBYTOTS

Our fun, structured play sessions take children on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way whilst teaching how to catch, pass, kick, run with the ball and play as part of a team.

Our motto

Our motto is simple; "make it more fun". We do this by delivering our specifically designed programme for each age group with energy, enthusiasm and excitement. This creates an atmosphere in the class that is totally unique and engaging for parents and children alike.

What to expect...

"Be prepared to run across the jungle, wade through the quick sand or sprint through Rugbytots Valley avoiding all the smoking boulders. Get ready to protect your egg, launch a missile or attack the pirates and seize the ship, all this of course, whilst trying to avoid the evil side lines!"



STRENGTH AND CONDITIONING

ASPIRING ATHLETE PROGRAMME

What is the Programme?

Aspiring Athletes Programme caters for not only those aspiring to professional sport but also those who just need the knowledge and understanding to keep physically active into adult life.

Developing a range of physical competencies centered around the fundamental movement patterns, whilst also building a culture whereby everyone felt that they were just as welcome in the gym environment as everyone else.

Aim of the Programme

Providing a supportive infrastructure and long-term athletic development that will enable and encourage young aspiring athletes to maximise their potential and meet their personal aspirations of playing at the highest possible level.

Our success criteria are ‘to ensure that pupils leave the school with the self-confidence and physical competence to complete a training programme in a range of environments.’

What is included?

Each Aspiring Athlete will have a dedicated team of high-quality coaches and support staff who will work closely with the athletes to provide high quality support to allow athletes to achieve the highest possible standards.

- Personalised Strength and Conditioning Programme
- Individual Athlete Profiling
- Weekly Strength and Conditioning Sessions, run by our high-quality Strength and Conditioning coach
- Regular talks or workshops covering topics around nutrition, injury prevention and sport psychology.
- Automatic nomination for Limitless Ambassador Programme

What are the current Criteria?

- Currently competing at International, National or District Level
- Show ability and have potential to compete at International, National or District level within their age group.
- A well-rounded athlete demonstrating a passion for fitness and sport.



TENNIS

PRIMARY 4&5

Club is open for all levels of experience and ability. The focus for the club is to introduce and develop their basic skill level and introduction to different game formats in a fun and engaging environment.

PRIMARY 6 &Remove

Club is open for all levels of experience and ability. The students participate in occasional festival style events focusing on short court doubles play. The focus for the club is to develop their basic skill level and introduction to different game formats in a fun and engaging environment.

LOWER 4 TO UPPER 6

Club is open for all levels of experience and for those who wish to play both socially and competitively. It is the start of our competitive tennis fixtures. Students will develop their basic skill level and doubles game play. Teams for fixtures will be selected based on ability. A team consists of 6 players and include a 1st, 2nd and 3rd couple. All matches are played in doubles format on a full court. At the end of the season, the students will have the opportunity to compete in the school's internal junior tennis championship. This will be played in singles format.



ST GEORGE'S
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