



SPORTS  
DEPARTMENT



KINGSTON  
GRAMMAR SCHOOL

FOUNDED 1561

**“Success in sport is particularly notable, and pupils spoke appreciatively about how they were able to taste success, regardless of physical or sporting prowess and this addresses previous inspection recommendations well. Nearly every sport is available to both boys and girls, and this equality of opportunity is valued by them. Pupils have achieved individual and group representation at regional, national or international level in hockey, rowing and netball.”**

ISI Inspection Report, May 2017

# FROM THE DIRECTOR OF SPORT

Dear Parents,

Sport at Kingston Grammar School plays an integral role in our students' education. We aim to provide a sporting programme that has a positive influence on all our students regardless of age, gender and ability. We aim to develop every student's interest in sport and physical activity, from aspiring internationals to those for whom exercise is just part of a healthy lifestyle.

Our long and established tradition of sporting excellence enables us to maximise every student's potential: we have an array of top facilities at our disposal and an exceptional team of full-time staff and professional coaches. This team comprises former international sportsmen and women, as well as staff solely dedicated to the running of our competitive sport, and committed academic staff. This level of expertise guarantees the best possible environment for every student to maximise their skills, including those at the performance end.

Please feel free to get in touch if you have any questions not answered by this guide.

Mrs N Maclean  
Director of Sport



#workwellandbehappy

 follow @KGS\_Sport



# THE KGS SPORTING ETHOS

**In 2016-2017, 629 students represent the school competitively, that's 78% of the whole school population.**

We actively encourage all students to engage in competitive and non-competitive sports and physical education, week in, week out.

KGS offers a range of competitive sports with an ever-increasing number of teams and crews representing the School. As an example, last year 97% of the Third Year pupils represent the school in competitive sport. Students are expected to engage and participate in the main team sports during their junior years, before progressing to a wider range of options as they move up the School. As well as organising prestigious fixtures against other schools, we have a programme of inter-house sport, enabling all students to experience regular competition. Last year, we played more than 1200 sporting fixtures at every level across all our competitive sports.

Our success is based upon a variety of factors and whilst winning titles is important, it is not at the expense of the foundation stones of our sporting ethos – engagement, excellence and endeavour.



# OUR FACILITIES

## Ditton Field, the home of KGS sport

Ditton Field in Thames Ditton, a short distance from the main school site, is home to our off-site sports facility. Whilst we have some sports facilities at the London Road site, the majority are based at Ditton Field. Facilities include: 2 hockey AstroTurfs with a practice area, 6 netball courts, 4 football pitches, 4 cricket squares (2 senior/2 junior), 8 hard tennis courts and 6 cricket nets.



## Boat House

The KGS Boat House is situated beside our playing fields in Thames Ditton. It underwent a full renovation in the summer of 2012 and is home to our Boat Club and to its wider extended community. It is located in an idyllic setting opposite Hampton Court Palace and is a facility we are extremely proud of.



## London Road

Our main school site houses a number of sporting venues: the gym, the hall, the cage and the Fairfield Park just behind the Fairfield building. All spaces are used to their maximum potential.

# GAMES PROGRAMME

At Kingston Grammar School, we run an extensive Games Programme, designed to provide every student with an opportunity to engage, enjoy themselves and excel in a sporting activity. Rowing, hockey and cricket embrace our fully co-educational nature and are regarded as our performance sports where we compete at local, county, regional and national level. Hockey and rowing are also the sports from where the majority of our international sportsmen and women are produced and where we have the highest numbers participating at any one time.

For example, in the last five years, over 20 students have achieved international honours and we have reached a national final in the above sports on 20 separate occasions.



# TRANSPORT

## Arrangements for Games and fixtures during Games lessons

All students are transported to Ditton Field for Games lessons. Below is a simple outline of the procedure:



- The year group whose Games afternoon it is will be first in to lunch
- Games bell rings at 1.30pm
- All students must be in the QEII quad ready for registration
- Registration takes place in tutor group order at 1.35pm
- Buses leave for the fields at between 1.40pm and 1.45pm from Albert Road
- Students arrive at Ditton Field, change and start Games at 2pm
- Games lessons finish at 3.50pm

# PHYSICAL EDUCATION LESSONS

All First to Fifth Year students have one 50-minute lesson per week, which takes place on the School site. KGS aims to follow the National Curriculum activity areas including Athletic Activities, Health-Related Fitness, Gymnastics and Games. All First Year students undertake swimming lessons at the Kingfisher Leisure Centre. These lessons are taken on a 6-week rota basis.

The tables below outline activities in curriculum PE lessons. Usually, a house competition (where appropriate) follows a unit of work.

## First, Second & Third Year students (compulsory units)

<u>Activity</u>	<u>1st Year</u>	<u>2nd Year</u>	<u>3rd Year</u>
Athletics	*	*	*
Baseline Fitness Testing	*		
Basketball	*	*	*
Football/Futsal	*	*	*
Gymnastics	*	*	
Health-Related Fitness		*	*
Invasion Games (Various)	*	*	*
Sports Education			*

## Fourth & Fifth Year students (students can choose 5 options from):

<u>Activity</u>	<u>4th Year</u>	<u>5th Year</u>
Athletics	*	*
Basketball	*	*
Futsal	*	*
Handball	*	*
Health-Related Fitness	*	*
Touch Rugby	*	*
Ultimate Frisbee	*	*
Volleyball	*	*



# COMPETITIVE SPORT

## What we offer

We offer 12 sports as full competitive options: Hockey, Indoor Hockey, Rowing, Football, Futsal, Netball, Cricket, Indoor Cricket, Tennis, Golf, Athletics (inc Cross Country) and Rounders.

This programme aims to encourage excellence through participation for all and it is our hope that all KGS students will find a competitive or cathartic outlet through the sports/activities we offer.

Our fixture list contains many of the top schools in the South East and we are continually looking to evolve and strengthen our competitive programme. Furthermore, we are entered into a range of local and national competitions across all sports.

In the winter hockey (boys and girls) takes centre stage, with football and netball also having an extensive and growing fixture list. In the summer cricket, tennis and athletics come to the fore with opportunities for both boys and girls to compete in all three sports.

At KGS we are also extremely fortunate to have a fantastic boat house on the River Thames offering a unique view of Hampton Court Palace. KGS rowing crews have a long and illustrious history, boasting a number of notable alumni. Rowing crews compete regularly from Third Year upwards throughout the school year.

## Saturday sport and School representation

Whilst KGS is a day school, Saturday sport is a major highlight for many students and a huge part of our sporting ethos. It is expected that when a student is selected for a School team (midweek or Saturday) that is their major priority.

## After-school practices

All teams have at least one after-school practice a week and these sessions are open to all students. These practices take place at a variety of venues depending on the time of year and sport. Further information regarding fixture lists and selection can be found on our sports website - [sport.kgs.org.uk](http://sport.kgs.org.uk).



# SPORTS SCHOLARS PROGRAMME & AWARDS

In 2016/2017 we had 7 students involved in International representation squads across 5 sports. KGS offers a valued programme for our Sports Scholars. Developed over the past four years, its main principle is to add real tangible value, advice, support and guidance to our students in the following areas:

Study Skills	Mrs S Corcoran
Time Management	Mr M Daly
Nutrition	Mr D Kings (EIS, Harlequins)
Sports Psychology	Mrs K Hays (EIS, Harlequins)
Strength & Conditioning	Locker 27

The programme, run by Mr Daly, a former double Olympian, European Champion and recipient of 160 caps representing England and Great Britain in hockey, is delivered by a mix of teaching and professional staff at KGS; this blend is designed to offer the best support and guidance to students.

A calendar of events is available at the start of each term and includes lectures, trips, seminars, workshops and more.

We expect the following from our Sports Scholars:

- A willingness to respond to the sporting demands placed upon them.
- A commitment to demonstrating initiative and to taking responsibility for their sporting development both within and beyond the curriculum.
- To participate in the many and varied sport-related opportunities offered by KGS.
- Achieve consistently good or better grades in both effort and achievement for PE and Games.
- Demonstrate a commitment to the development and success of the sports programme.
- Attend all lectures and seminars in the scholarship programme.

## Top Performers' Programme

In addition to our Sports Scholars' Programme, Mr Daly and his team run a slimmed-down added-value programme for top performers. These are students who are currently not Sports Scholars but have been identified as potential scholars or who are performing regularly at the standard of a Sports Scholar.

The core of this programme operates around 4 axes:

1. Nutritional advice and support
2. Study skills
3. Time management
4. Strength and conditioning support



# SPORTS TOURS & TRAINING CAMPS SELECTION PROCEDURES

Sports tours form an essential part of a 'higher and wider' concept at Kingston Grammar School and contribute significantly to the holistic education in which we believe. Sports tours can give students the opportunities they would otherwise not have and help in promoting the School as an institution of opportunity, engagement and excellence.

Sports tours motivate students, build a 'whole school' spirit and stimulate improvement in sport. They also have cultural and educational value and form part of a wider co-curricular programme. Previous touring destinations have included: Holland, Germany, South Africa, West Indies, Malta, Spain, Argentina, New Zealand, Sri Lanka and many more. Rowing training camps are a vital part of the rowing programme. Rowing camp is held in the Easter break and destinations in the past have included France, Belgium and Spain.

KGS strives to:

- Ensure that tours are affordable and attainable. We try to avoid a major tour double hit if possible (in terms of cost).
- Provide the opportunity for performance and aspiration strands where possible.
- As a mixed independent day school, provide tours for single sex, mixed sex and mixed aged groups across a variety of sports.



#workwellandbehappy

 follow @KGS\_Sport



**Director of Sport**  
**Assistant Director of Sport**  
**Head of Sports Scholars**

**Mrs N Maclean**  
**Mr S Woodward**  
**Mr M Daly**

**nmaclean@kgs.org.uk**  
**swoodward@kgs.org.uk**  
**mdaly@kgs.org.uk**

**Kingston Grammar School**  
**London Road, Kingston upon Thames**  
**KT2 6PY**

**enquiries@kgs.org.uk**  
**020 8546 5875**  
**www.kgs.org.uk**



**KINGSTON**  
**GRAMMAR SCHOOL**  
**FOUNDED 1561**