

Parents' Guide to PGS Senior School Sport



PGS SPORT
EST. 1732

2025/26

Welcome to PGS Sport!

We are very proud of our sporting history at PGS, yet we are continually driven to inspire, nurture, and challenge our pupils through sport and physical activity so that they may flourish to their highest potential.

Benefits of Sport and Physical Activity

Physical activity and sport offer numerous benefits for young people, contributing significantly to their physical, physiological, personal, mental and social development. Regular participation in physical activity helps improve cardiovascular health, muscular strength, and bone density, while also reducing the risk of obesity and related chronic diseases (Janssen & LeBlanc, 2010). Moreover, engaging in sports has been shown to enhance mental well-being, lowering levels of anxiety and depression and promoting higher self-esteem and emotional resilience (Biddle & Asare, 2011). Furthermore, the Youth Sport Trust's research highlights that sports participation in schools is associated with higher levels of well-being for young people. This sense of belonging and community 'feel' through sport is an integral part of the PGS Sports Programme. The study found that participation in sport is a significant predictor of self-belief and mental toughness – key life skills for young people. Socially, sports provide opportunities for teamwork, leadership, and communication skills to be developed, alongside the personal skills of self-discipline, perseverance, resilience and courage that are critical during adolescence and beyond. There is also now irrefutable evidence that participation in sport and physical activity also contributes to better academic outcomes, with studies indicating that physically active students perform better in school due to improved concentration, memory and cognitive functioning (Singh et al., 2012).

Please do encourage your child to participate wholeheartedly in the PGS Sport Programme, in order that they may benefit from many of the areas outlined above.

Physical Education (PE) Overview

All pupils in Years 7-10 have one PE lesson per week, and Year 11 pupils have one PE lesson every two weeks.

PE lessons aim to develop a range of foundational skills such as athletic skills, coordination skills, and generic game skills, alongside the focus on personal development skills. These skills underpin the ability to make meaningful sport specific progress within the Games lessons and co-curricular sport.

PE lessons take place on the main school site or within sports facilities close to the main school site.

References:

Janssen, I., & LeBlanc, A. G. (2010). Systematic review of the health benefits of physical activity and fitness in school-aged children and youth. *International Journal of Behavioral Nutrition and Physical Activity*, 7(1), 40.

Biddle, S. J., & Asare, M. (2011). Physical activity and mental health in children and adolescents: a review of reviews. *British Journal of Sports Medicine*, 45(11), 886-895.

Singh, A., Uijtdewilligen, L., Twisk, J. W. R., van Mechelen, W., & Chinapaw, M. J. M. (2012). Physical activity and performance at school: a systematic review of the literature including a methodological quality assessment. *Archives of Pediatrics & Adolescent Medicine*, 166(1), 49-55.

<https://www.youthsporttrust.org/research-listings/research/benefit-of-sport-participation>

<https://www.hmc.org.uk/reports/the-benefits-of-sport-participation-and-physical-activity-in-schools-report/>

Games Programme Overview

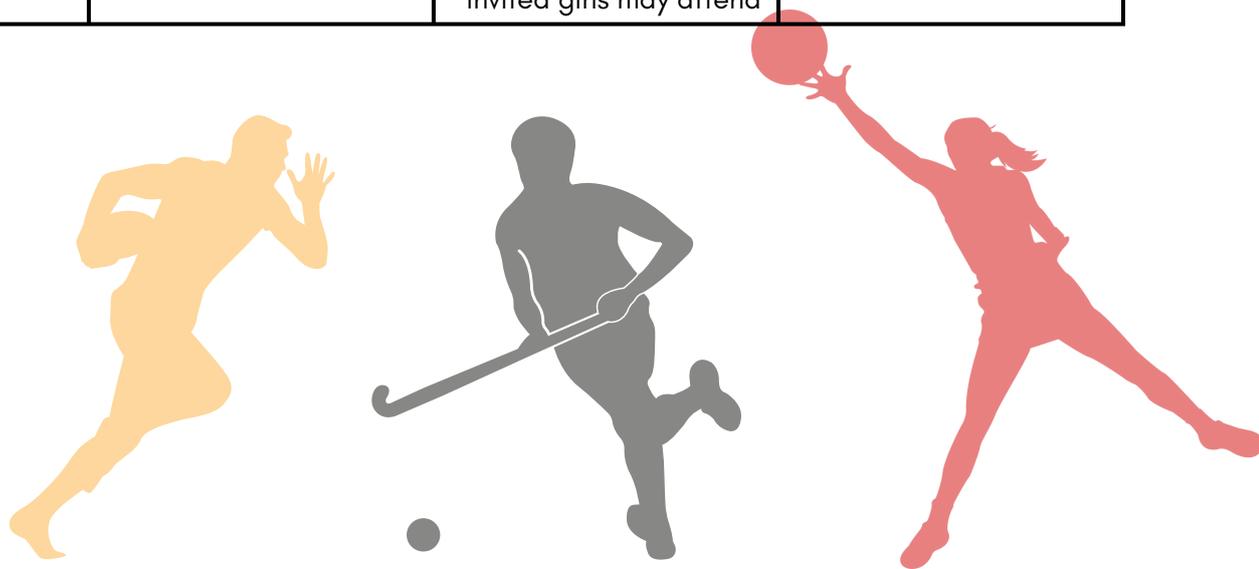
All pupils from Year 7-13 will have one double lesson of Games per week.

	Autumn Term	Spring Term	Summer Term
Year 7 Games Tuesday P3 & 4	Girls Hockey Boys Rugby	Girls Netball Boys Hockey	Cricket Athletics

	Autumn Term	Spring Term	Summer Term
Year 8 Games Thursday P3 & 4	Girls Hockey Boys Rugby	Girls Netball Boys Hockey	Cricket Athletics

	Autumn Term	Spring Term	Summer Term
Year 9 & 10 Games Thursday P5 & 6	Girls Hockey Boys Rugby Boys Indoor Hockey or Rotation of Sports	Girls Netball Boys Hockey Boys Rugby 7s or Rotation of Sports	Cricket Athletics Tennis or Rotation of Sports

	Autumn Term	Spring Term	Summer Term
Year 11, 12, 13 Games Tuesday P5 & 6	Girls Hockey Girls Netball Boys Rugby Boys Indoor Hockey Badminton Football Tennis Sailing / Squash Dance Fitness Basketball Spin Class	Girls Netball Boys Hockey* Boys Rugby 7's Girls Rugby 7's Basketball Football Tennis Squash Dance Fitness Badminton Spin Class *invited girls may attend	Cricket Tennis Athletics Yr 13 - Summer Sports Yr 11 - Summer Sports Yr 12 Fitness Spin Class Rounders / Softball



Inter-House Sport

Inter-House sport takes place each term in the Games lesson, and allows for every pupil to engage in an element of competitive sport, regardless of whether they represent PGS every Saturday in our 'core' sports. This sense of community, commitment and being part of something bigger than themselves is something that we wish all pupils to embrace and cherish.

Sports Fixtures and Training

We would hope that all pupils are keen to represent the school if selected for PGS sports teams. Matches are played every Saturday, and as such, Saturday sport becomes an extension of the school week for many pupils and parents.

We want all pupils and parents to become 'part of the pride', where community, belonging, self-discipline, hard work, commitment, courage can all be expressed or challenged.

The Portsmouth Grammar School has an expectation that school matches and training sessions will be put before external commitments, and whilst we would encourage pupil participation in sport outside of PGS, we would ask that club attendance takes place on Sundays so that Saturdays can be kept free for school sport. For those pupils competing at a high level outside of school, we will support their training.

Any requests for absence from school fixtures should be made as far in advance as possible please, and directed to the pupil's coach or the relevant Head of Sport, or the Director of Sport.

All sports fixtures can be viewed on SOCS (parent portal) or www.pgssport.uk, as well as in the school calendar. Our aim is to have all sports teams posted on the notice board and SOCS / www.pgssport.uk by midweek. Team sheets give details of venue, kick off times, meeting times, drop off times.

Our 'core' sports with weekly training requirements and fixtures are hockey, rugby, netball, cricket, athletics and tennis. However, we also provide opportunities to represent PGS and / or train in many other sports, including football, squash, sailing, cross-country, skiing, golf, swimming, basketball and badminton.

Hockey

Hockey is the core team sport for the girls in the Autumn term and for the boys in the Spring term, with weekly training and fixtures for all age groups. The U12's and U13's play 7 a side matches, and the U14-U18's play 11 a side matches.

Indoor hockey is available in Term 1, and can be done alongside participation in other sports.

Rugby

Rugby is the core team sport of the Autumn term for the boys, with weekly training and Saturday fixtures for all age groups.

Rugby 7's is an option for some age groups in Games lessons during the Spring Term alongside after school Rugby 7's training (girls and boys). Rugby 7's tournaments take place either midweek or on occasional weekends. Pupils can play Rugby 7's alongside hockey and netball respectively.

Netball

Netball is the core sport for the girls in the Spring Term, with weekly training and Saturday fixtures for all age groups. Netball is a Games option and after school training option in the first term for the senior girls in order to prepare for the cup matches that take place in the Autumn. The girls involved can still play hockey and/or rugby 7's, alongside netball.

Cricket

Cricket is a core sport for girls and boys in the Summer term, with weekly training and Saturday fixtures for all age groups. There is the opportunity for pupils to play cricket alongside tennis and athletics in the Summer term.

Athletics

Athletics is undertaken in the Summer term with bi-weekly training sessions. Pupils and teams are entered into midweek and weekend competitions. Pupils wishing to be involved in athletics may still play cricket and tennis in the Summer term. Various cross-country events take place throughout the school year too.

Tennis

Tennis matches are played mid-week during the Summer term, with training sessions throughout the week too. Tennis can be played alongside cricket and athletics.

Football

Football is an option for pupils in Year 11-13 during their Games lesson, where they will have the opportunity to play some midweek competitive matches. There is also a training session after school for a selected squad. Year 11-13 pupils can combine playing football with representing PGS in our 'core' sports.

Year 7-10 pupils may attend a weekly 'Friday Night Football Club' in the Autumn Term.

SPORTS TRAINING / CLUBS

Sports Clubs are published for viewing every term via SOCS and in parent newsletters.

Important: Pupils / parents are required to sign up on SOCS for all sports clubs. This is so we can register pupils and track participation rates.

SPORTS KIT

Please see the PGS sports kit requirements in the school shop and website.

Please note: we will be reviewing the 'whole school' PGS Sports Kit in preparation for September 2026.

Pupils in Year 7 + 8 wear their PGS sports kit to school on days where they have PE or Games. Pupils in Year 9-13 wear their PGS sports kit to school on days where they have Games (but not PE).

Pupils selected to represent the senior sports teams may well be provided a different playing kit, as well as an option to purchase additional training kit that will be charged to their termly bill.

TRANSPORT

Games Lesson Transport

Buses are provided to and from Hilsea Playing Fields (or any other sports facility that requires transport) during Games lessons.

Pupils in Year 7 & 8 may depart during break time and return in time for their lunch. Pupils in Years 9-13 may depart during their lunch hour (the year groups on Games that afternoon have priority lunch).

Parent permission (there will be a consent form sent out at the start of September) is required to allow pupils to be collected or to depart under their own steam from offsite facilities. This will apply for Games lessons and after school sports training / clubs.

There will always be return transport to the main school. We aim to be back at school for as close to 15:45 as possible, allowing pupils to catch their buses on time.

Sports Clubs / Training Transport

Transport is again provided for after school training clubs, both departing from and returning to the main school site. As with the Games lessons, pupils with parent consent may be collected or depart from their training venue, rather than returning to the main school.

Return to the main school from Hilsea after training is 17:50-18:00.

Saturday Sport / Inter-School Fixtures Transport

Pupils will make their own way to our 'Home' match venues (predominantly Hilsea Playing Fields) on Saturdays.

Transport will be provided for 'Away' matches, although occasionally we may ask for parent assistance when travelling to some of our close competitors.

Buses or minibuses will pick-up from both the main school and the Hilsea Lido bus stop, and also drop off at both venues on the return journey.

Approximate return times will be posted on the team-sheets, however, we ask that all pupils should update parents during our return journey via their phones. Should a pupil not have a phone, they may use a member of staff's phone to call parents.

OTHER IMPORTANT INFORMATION

Cancellation of Fixtures

Our attitude is to always try and play all fixtures, however, sometimes inclement weather or schools not being able to field teams for example may necessitate a cancellation. This could be earlier in the week or as late as the day itself.

If fixtures are cancelled, they will be updated on SOCS / www.pgssport.uk, so parents are encouraged to look at this if in doubt. In some circumstances, emails may also be sent to affected year groups and parents.

Post-match Teas

All pupils are expected to attend match teas after fixtures. Parents are always warmly invited to watch the matches and attend the parents' tea.

Parking at Hilsea Playing Fields

Unfortunately, there is no parent or visitor parking available at Hilsea Playing Fields.

Nearby Parking:

UTC Portsmouth: PO2 9DU Free Parking, 5 minute walk

HMRC Office: PO6 3XA Free Parking, 8-9 minute walk, use footpath towards Hilsea Lido

Village Hotel: PO6 3FR Coffee Shop, 8 - 9 minute walk, use footpath towards Hilsea Lido

Lakeside N Harbour: PO6 3EN Use footpath towards Hilsea Lido

There is also on-street parking nearby but we do ask that you are mindful of our neighbours.

Valuables

Pupils are expected to leave any valuables in their lockers when participating in PE / Sport on or around the main school site. There are also lockers available at Hilsea Playing Fields to store personal items.

Lost Property

Lost property is kept in the Prefects room in E block (opposite the school shop).

Medical Provision

There is a staffed medical centre at the main school site during the school day, and PGS employs South Coast Rx Physiotherapy to provide match day medical care at Hilsea on Saturdays in the Autumn and Spring terms.

We take head injuries particularly seriously, and as such we follow all national guidelines in operating a graduated return to physical activity protocol for any pupil diagnosed with a possible concussion. Parents will be requested to book a head injury assessment clinic on the South Coast Rx Physiotherapy website - Booking - PGS Head Injury Clinic - <https://south-coast-rx-physiotherapy12.selectandbook.com/c/default.aspx>

Please note: It is essential that parents report any head injuries that have been sustained by their child outside of school to the medical centre at PGS in order to start the return to physical activity process.

Dogs

Dogs are not allowed at Hilsea Playing Fields

SPORTS FACILITIES

Games lessons (and after school sports clubs) take place across a number of sports facilities:

- PGS Hilsea Playing Fields - 4 x rugby pitches, 1 x hockey astro turf, 5 x netball courts, 10 x tennis courts, 16 x cricket nets.
- PGS Main School - full size sports hall, fully equipped fitness suite, 3 x squash courts, climbing wall, dance studio, gymnastics gym.

External Facilities:

- University of Portsmouth Ravelin Sports Centre - 2 x sports halls, 25m swimming pool, fully equipped fitness suite, climbing wall, exercise studios, 2 x squash courts.
- HMS Temeraire - 2 x hockey astro turfs, 4G rugby pitch, 3G football pitch, 400m athletics track and field event facilities.
- The Portsmouth Tennis Academy - 4 x indoor courts, 5 x outdoor courts

- Mountbatten Centre - 400m athletics track and field event facilities, 2 x sports halls, 50m swimming pool, exercise studios.
- Governor's Green - a grassed training area a five minute walk from the school site, used extensively for PE and Games lessons.

PGS SPORT CONTACTS

Director of Sport	Mr Simon Copeland	s.copeland@pgs.org.uk
Assistant Director of Sport	Mr Alex Chappell	a.chappell@pgs.org.uk
Head of PE	Mr Andrew Seddon	a.seddon@pgs.org.uk
Infant PE Coordinator	Mrs Kirsten Greenslade	k.greenslade@pgs.org.uk
Sports Administrator	Mrs Helen Grist	h.grist@pgs.org.uk
Head of Rugby	please contact Mr Copeland	
Head of Netball	Miss Robyn Tourino	r.tourino@pgs.org.uk
Head of Hockey	Mr Will Gammon	w.gammon@pgs.org.uk
Head of Athletics (& Head of Year 12)	Miss Amy Chaplin	a.chaplin@pgs.org.uk
Head of Rackets	Mr Steve Hawkswell	s.hawkswell@pgs.org.uk
Head of Cricket	Mr Scott Curwood	s.curwood@pgs.org.uk
Head of Cricket Development	Mr Jon Ayling	j.ayling@pgs.org.uk
Teacher of PE	Miss Georgia Burr	g.burr@pgs.org.uk
Teacher of PE (& Head of Year 10)	Mrs Emily Seddon	e.seddon@pgs.org.uk
Sports Coach	Mr Robbie Allsopp	r.allsopp@pgs.org.uk
Sports Coach	Mrs Jayne Barden	j.barden@pgs.org.uk
Sports Coach	Mrs Jacqui Hussey	j.hussey@pgs.org.uk

Lines of Communication

Should parents need to contact a member of staff, please direct your enquiries as below:

- For PE queries - to your child's PE teacher or to Mr Seddon, Head of PE.
- For Games lesson queries - to Mr Chappell, Assistant Director of Sport (or to the relevant Head of Sport).
- Sports Teams / Training queries - to the specific coach or Head of Sport.
- To report injuries or illness, or for general enquiries - to Mrs Helen Grist, Sports Administrator.

We do hope that your child enjoys the sporting opportunities and experiences on offer at PGS, and we look forward to meeting as many parents as possible throughout the year.

With best wishes,

Simon Copeland
 Director of Sport
s.copeland@pgs.org.uk