



Sports at

The Roche School

What I hope to cover this morning!

- Sets/grouping
- Fixtures – Squad In Touch
- Festivals Vs Tournaments
- Non-gender bias in sports
- Curriculum
- Uniform
- What sort of sports parent are you?
- Q and A



Curriculum

	Autumn Term		Spring Term		Summer Term	
Year R-2	1	2	3	4	5	6
	Invasion/ ABC's	Invasion/ Small sided games (SSG)	Invasion/ SSG	Invasion/SSG	Strike/Field	Strike/Field
	Gymnastics	Gymnastics	Fitness	Fitness	Athletics	Athletics

	Autumn Term		Spring Term		Summer Term	
Year 3 -6 GAMES	1	2	3	4	5	6
	Football/ Netball	Football /Netball	Rugby/ Girls' football/ Netball/Hockey	Rugby/ Girls' football/ Netball/Hockey	Strike/Field	Cricket
	Gymnastics	Gymnastics	Fitness	Fitness	Athletics	Athletics

Winter Uniform



Sports Wear (Girls & Boys)

Navy Roche School Hoodie

Navy Shorts/Skorts

Trainers

White Short Socks

The Roche School Games Shirt (Red Top)

Navy Base Layer

Games Waterproof Over Top

Games Waterproof Over Bottoms

Football Boots and Shin Pads

Navy Rugby/Football Socks

Note: They shouldn't be wearing the cotton tracksuit bottoms.

IF YOU HAD 500 WORDS. WHAT WOULD YOU SAY TO YOUR CHILDREN?

To Oaks and Ngaia,

You're both really little right now and I can't help fast forwarding your lives to what your futures may hold – and then my next thought is, don't stuff this up!

I want to give you every opportunity I can without overdoing it and right now I am lost as to how to do that. I can remember being a small child like you two and watching sports on TV, knowing that that's what I wanted to do. I just loved sport. I spent hours in the garden running around with a ball in hand making your aunties stand there while I ran at them full speed smashing them to the ground, then having to run away from Granddad, or shooting hoops or playing cricket with makeshift wickets.

I was desperate to have supportive parents who were there for me and my sport all the time – watching school matches, taking me to training days and after school clubs – but they just weren't into it and had to work long hours. I had to organise most things myself; catching lifts with friends, riding my bike to the game and making packed lunches. It taught me a lot and it was just something that I had to do, to do what I loved – play sport. It meant that my whole sporting life was driven by me.

There was no pressure to carry on and I still can't work out whether this was genius or flawed? This approach meant that I worked it out for myself, eventually finding the sport for me. It meant that I could play the long game – I didn't burn out too young and still love being active today. Or with more guidance and support earlier on, would I have been pushed to trial out for the regional teams and continued to play, develop and maybe one day wear the black jersey and represent my country.

Who knows – hindsight is a wonderful thing which I don't have the luxury of with your lives. So for now I'm backing off, because for me the rewards v consequences of going all in do not weigh in the formers favour. For now if I can give you the opportunities where you can play, enjoy and develop a love of sports then I feel I have achieved a small part of what it means to be your Dad.

But it's a fine beam to balance on and I will be wobbling along for the next 20 years with you both, always being there, more than you may think.

Love Daddy

Thank you

- Q and A
 - Twitter - @SportAtTheRoche
 - Email – sports@therocheschool.com
 - Sports App – Squad In Touch