



KING'S
SCHOOL

PHYSICAL EDUCATION, SPORT &
OUTDOOR EDUCATION



INFORMATION HANDBOOK



PHYSICAL EDUCATION, SPORT & OUTDOOR EDUCATION INFORMATION HANDBOOK

STAFF CONTACTS

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Head of Physical Education	Nick Chudzynski	n.chudzynski@kings.school.nz	09 520 7770 - Ext 847
PE Teacher	Stuart Stickley	s.stickley@kings.school.nz	09 520 7770 – Ext 837
PE Teacher	Lautaro Reinoso	l.reinoso@kings.school.nz	09 520 7770 – Ext 841

PHYSICAL EDUCATION

The aims and objectives of the Physical Education programme are to promote the importance of health and fitness through participation in physical activity; to acquire knowledge, skills and understanding in a variety of activities suitable for the age, ability and experience of the students.

CLASSES

All boys benefit from a 1 hour PE lesson each week. All PE lessons take place on site using the school's facilities.

CURRICULUM

	Summer Sports - Term 1	Winter Sports - Term 2	Winter Sports - Term 3	Summer Sports - Term 4
Transition – Yr 4 Compulsory for all boys	Court Ball / T-Ball (All) Hockey (Yr 1 & 2) Touch Rugby (Yr 3 & 4)	Football (Yr 1 - 4) Basketball (Yr 1 & 2) Hockey (Yr 3 & 4)	Fitness (All) Basketball (Yr 3 & 4) Swimming (All)	Athletics (All) Cricket (All) Outdoor Ed (All)
	Summer Sports - Term 1	Winter Sports - Term 2	Winter Sports - Term 3	Summer Sports - Term 4
Year 5 - 8 Boys choose one sport (Winter / Summer) that is different from their Games choice	Softball Tennis Cricket Swimming Outdoor Ed (Yr 5, 6, 7)	Football Basketball Hockey Rugby	Football Basketball Hockey Rugby Cross Country	Athletics Outdoor Ed (Yr 8)

For more information please contact Nick Chudzynski on n.chudzynski@kings.school.nz

SPORT

Students will all be given opportunities to experience competitive sport through House matches, squads, representative teams and events in a variety of situations. All matches take place during the week in games afternoons, with each Year Group from Years 5 - 8 having a games session as well as a training session.

GAMES SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday
Yr 1 & 2				Games (1.30pm - 2.30pm)	
Yr 3 & 4					Games (10.40pm - 11.40pm)
Yr 5 & 6		Games (1.30pm - 2.30pm)		Training (2.30pm - 3.30pm)	
Yr 7 & 8	Training (2.30pm - 3.30pm)		Games (1.30pm - 3.00pm)		

SCHOOL REPRESENTATIVE GAMES OPTIONS YEARS 5 - 8

All boys in Years 5 - 8 are allowed to choose one sport (winter & summer) that is different from their PE option.

Summer Games Options	Winter Games Options
<ul style="list-style-type: none"> • Softball • Tennis • Cricket • Touch • Basketball (sign up through Sports School) Contact Lautaro Reinoso on l.reinoso@kings.school.nz	<ul style="list-style-type: none"> • Football • Basketball • Hockey • Rugby • Water Polo/Flippa Ball • After School League Basketball (sign up through Sports School) Contact Lautaro Reinoso on l.reinoso@kings.school.nz

For further information please contact Doug Weston on d.weston@kings.school.nz

SCHOOL SPORTS GENERAL INFORMATION

SCHOOL REPRESENTATION AT ZONAL (REGIONAL) EVENTS

King's School will send representative teams to the Zonal events in all school representative sports as well as:

Swimming - Remuera Zone (Yr 5 & Yr 6) & Eastern Zone with advancement to Auckland Inter-Zone (Yr 7 & Yr 8)

Cross Country - Remuera Zone (Yr 5 & Yr 6) & Eastern Zone with advancement to Auckland Inter-Zone (Yr 7 & Yr 8)

Athletics - Remuera Zone (Yr 5 & Yr 6) & Eastern Zone with advancement to Auckland Inter-Zone (Yr 7 & Yr 8)

TRIALS AND SELECTION

Boys are selected on merit after trials and on the basis of our knowledge of a boy's performance over a period of time, both at school and within the community. New boys are not disadvantaged and we make every effort to observe these boys in the sporting arena when they arrive at King's. Similarly, we continue to observe those boys who do not gain selection in school teams in the first instance and encourage them to improve in their chosen sport.

NON-REPRESENTATIVE GAMES PROGRAMME YEARS 5 - 8

Boys who would prefer not to play a school representative sport may choose from the following sporting options:

- Squash

- Orienteering (Yr 7 & Yr 8 only)
- Badminton
- Bowls (Yr 7 & Yr 8 only)
- Basketball

HOUSE SPORT

At the conclusion of each sporting season the 6 School Houses compete in a House competition in the following sporting codes. (It is compulsory for all boys from Year 5 - 8 to play in a sporting code of their choice).

Summer - Cricket, Softball, Tennis, Touch & Courtball (modified ball game)

Winter - Football, Rugby, Hockey

SCHOOL CROSS COUNTRY

During Term 3 of each year, boys from ELC through to Year 8 will compete in the Annual House Cross Country event. Boys compete for themselves as well as their respective Houses in this event. Boys run the following distances:

ELC & Transition classes - 400m

Year 1 & Year 2 - 500m

Year 3 & Year 4 - 1000m

Year 5 & Year 6 - 2000m

Year 7 & Year 8 - 3000m

Boys in Years 5 - 8 who achieve positions 1 to 8 will represent the school at Zonal Competitions.

SCHOOL ATHLETICS

Transition – Year 4

All boys participate in Athletics in Term 4. Boys from ELC – Year 4 participate in a

rotation of different throwing, jumping and running events and can score 1, 2 or 3 points based on how fast they run, how far they jump or how high they jump.

The total number of points earned per boy and per House are then added towards the Middle and Senior School results.

Year 5 - 8

Boys participate in a House Athletics Day held at King's College during Term 4. All boys select their events for this day. Each athlete accumulates points towards his House total. Training and qualifying sessions are held during PE and games sessions at school.

Minimum events - 2

Maximum events - 5

Championship (Best Year Group athlete) - 5 events must be chosen

Events

<u>Track</u>	<u>Field</u>
70m (Yr 5 & Yr 6)	High Jump
100m (Yr 7 & Yr 8)	Long Jump
200m	Shot Put
400m (Yr 7 & Yr 8)	Cricket Ball Throw
800m	Triple Jump (Yr 7 & Yr 8)
1500m	Discus (Yr 7 & Yr 8)

Boys who achieve places in each event and who achieve qualifying status could be selected to represent the school at Zonal events.

SCHOOL SWIMMING

Transition - Year 4

Boys all participate in a swimming programme in conjunction with the King's Swim School. These lessons are during their PE times. Boys will participate in a Swimming Sports Day earning points

towards their House. Boys will be put into events according to their ability.

Year 5 - 8

Boys participate in a House Swimming Sports Day during Term 1. All boys select their events for this day. Each swimmer accumulates points towards his House total. Training and qualifying sessions are held during PE and games sessions at school.

Championship (Best Year Group swimmer)

Year 5 & Year 6

25m Freestyle, 25m Backstroke, 25m Breaststroke, 25m Butterfly

50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly

Minimum events - 2

Maximum events - 4

(2 x 25m events & 2 x 50m events)

Year 7 & Year 8

25m Freestyle, 25m Backstroke, 25m Breaststroke, 25m Butterfly

50m Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly

100m individual Medley, 100m Freestyle

Minimum events - 2

Maximum events - 6

(3 x 50m events & the 2 x 100m events plus another 25m or 50m event)

Boys who achieve places in each event and who achieve qualifying status could be selected to represent the school at Zonal events.

SPORTS TOUR

Our top representative teams in Yr 7 & Yr 8 have the opportunity to tour to compete against other schools within New Zealand and Australia. We are often hosting schools from these regions as well. Recent tours have travelled to Wellington, Christchurch, Brisbane and the Gold Coast.

SCHOOL TENNIS CHAMPIONSHIP

There is an annual Tennis Championship which runs during Term 1 and Term 4. Boys can enter either singles, doubles or both competitions. Finals day is played during the final weeks of Term 4.

PE AND GAMES UNIFORM

PE UNIFORM

Black shorts & House shirt
White ankle socks
Trainers
Sun hat
Black swimming togs
Track Suit (obtained from the School Uniform Shop) optional for PE but must be worn if leaving school grounds in PE uniform

SPORTS UNIFORM

Summer

Touch/Tennis/T-Ball/Softball

Black shorts
School polo shirt
Ankle socks
Sports shoes
Sun hat
Tracksuit jacket

Softball 1st IX

White long softball trousers

School polo shirt
School woollen long socks
Sports shoes
Sun hat
Tracksuit jacket

Cricket

White long cricket trousers
School polo shirt
Ankle socks
Sports shoes
Sun hat
Tracksuit jacket

Non-representative teams

Black shorts
School polo shirt
Ankle socks
Sports shoes
Sun hat
Tracksuit jacket

Swimming

School togs

Winter

Rugby/Football/Hockey

Black shorts
Winter representative shirt
School woollen long socks
Boots
Full tracksuit

Non-representative teams

Black shorts
School polo shirt
Ankle socks
Sports shoes
Sun hat
Full tracksuit

Cross Country

Black shorts
House shirt
Ankle socks
Running shoes

OUTDOOR EDUCATION

This is designed to encourage the boys to develop self-awareness and confidence and enable them to experience a wide range of outdoor activities, together with the challenge and adventure that accompany these. The programme is overseen by the Director of Sport – Mr Weston, working in conjunction with Deans and class teachers.

Parents are asked to help at these activities. The selection of parents is based on the following criteria:

- Medically trained parents appropriate to the nature of camp
- Suitably skilled parents in an activity
- A balance in the number from each class is achieved where possible
- A balance of male/female parents
- Previous camps attended

The Outdoor Education Programme camps take place at the following locations:

Year Group	Venue	Time
Year 1 & 2	Sleepover King's School	Term 4 - End of Nov, 1 night
Year 3	Mangawhai Heads	Term 4 - Nov, 2 nights
Year 4	Finlay Park, Karapiro	Term 4 - Oct, 3 nights
Year 5	Kawau Island	Term 1 - Mar, 4 nights
Year 6	Kauaeranga Valley	Term 1 - Mar, 4 nights
Year 7	Tongariro	Term 1 - Mar, 4 nights
Year 8	Northland Venture	Term 4 - Nov, 4 nights

For a full copy of the Outdoor Education Policy please view the school's website under the tab: **PDF Forms**.

For further information, please contact Doug Weston on d.weston@kings.school.nz

KING'S SPORTS SCHOOL (EX-CURRICULUM)

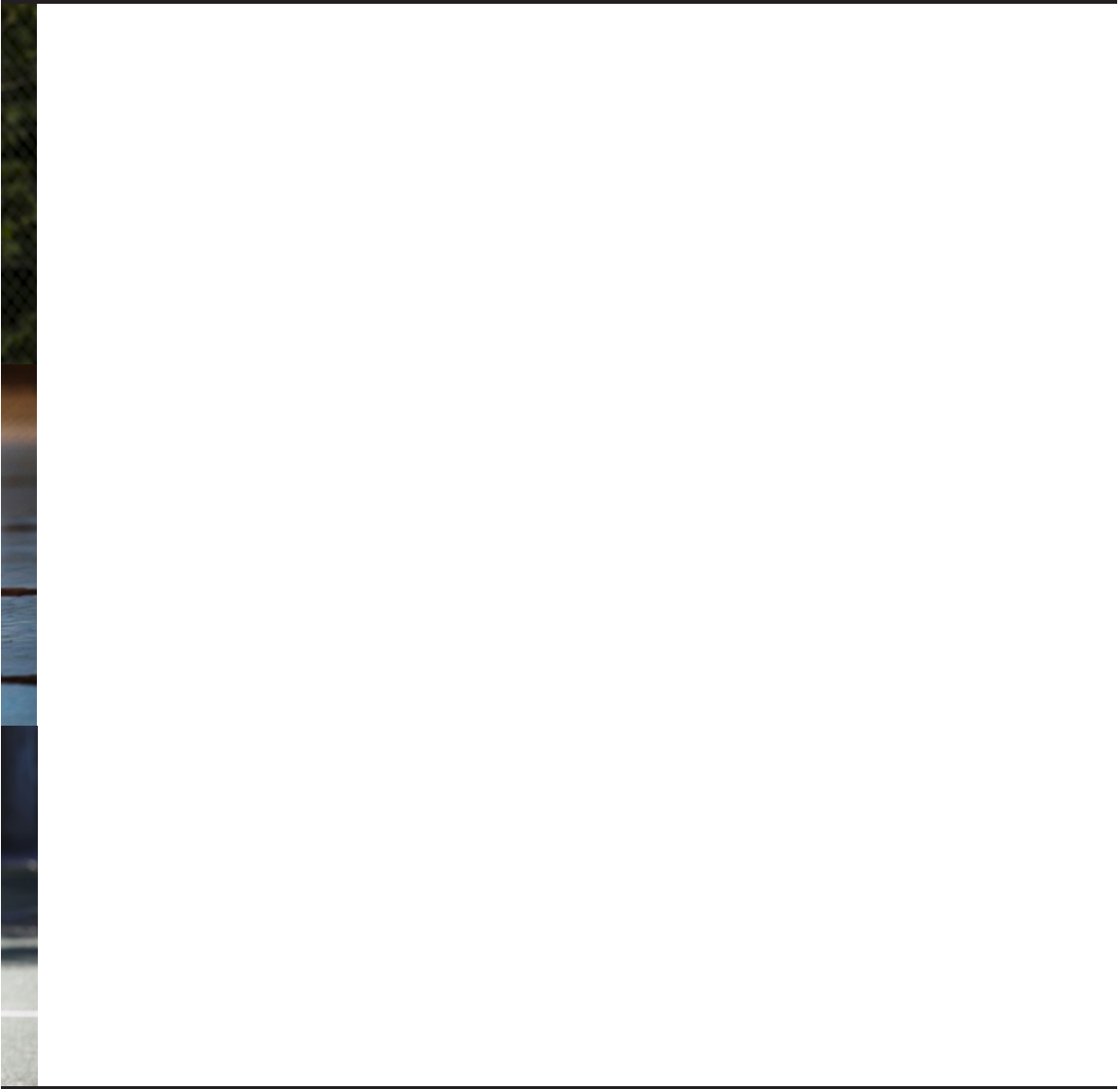
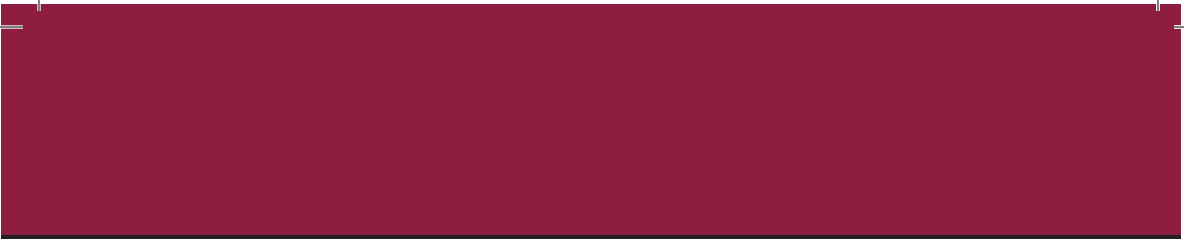
King's also has a Sports School which offers a wide range of indoor and outdoor activities for all ages from the Prep School to the Senior School during lunchtime and after school.

These activities include :

- Tennis
- Hockey
- Ball Games
- Karate
- Chess
- Golf
- Football
- Futsal
- Basketball
- Badminton
- Cricket
- Rugby
- Archery

A charge for bookings is added directly to your son's school account.

For more information on the enrolment procedure and the timetable of activities please contact Mr Lautaro Reinoso, Sports School Co-Ordinator, on l.reinoso@kings.school.nz or through the School Website under **Activities**.



KING'S SCHOOL

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