



The Cedars Sport Handbook 2022

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Director of Sport's Welcome



Welcome to The Cedars Sport!

This document has been written for parents, pupils, and teachers alike to give a detailed overview of the provision for sport here at The Cedars School. At The Cedars School we have highly qualified, motivated, and thoroughly enthusiastic teachers and coaches with outstanding expertise in the core sports of Rugby, Football and Cricket.

Our philosophy here at The Cedars is very simple, we want to help your boys become better people. As it says below The Cedars Jersey which greets our boys every time they enter the sports area: 'Better People Make Better Players.' We want to equip your sons with the skills and personality traits that will not only help them to perform better on the sports fields but also help them to be successful past school and throughout their lives.

We deliver this message through our 4 core values:

1. Hard Work
2. Leadership
3. Camaraderie
4. Courage

This overall message is something we strongly believe at The Cedars as whilst sport is about competing, challenging yourself, and winning, it is more importantly about making our pupils better people ready to tackle the world past school. And we could not be more passionate about the role sport plays in this, for us it is one of the best vehicles a school can use in forming character in young men.

We work hard to give pupils the opportunity:

- To understanding that with handwork comes reward
- To persevere in the face of adversity
- To give pupils the opportunity to make decisions under pressure
- To be adaptable to different environments
- To develop qualities of fairness and humility
- To develop skills of leadership, communication, and organisation just to name a few

And we are very enthusiastic about instilling all of these qualities within our pupils, your sons, at The Cedars through their participation in our sport and physical education programme.

Yours in Sport,



Mr Chris Ashton

Director of Sport

Contact Details and Staff Information



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A Short History of Sporting Success

Despite being less than 10 years old, The Cedars Sport is now well established. We have been successful not just on a Regional Level but on a National Level since starting competitive sport in 2015. Some of our key highlights include:

- Winning the U14 Independent Schools Association (ISA) National Rugby Sevens Plate Competition 2020
- Back-to-back winners in the 2018 and 2019 U13 Worth School Rugby Plate Championships
- Winners of both the U13 & U15 Regional Kingston Rugby Sevens Tournaments 2018
- Semi-Finalists in the U14 ISA National Football Tournament 2019
- Last 16 in the U15 National Schools Rugby Vase Competition 2019
- Last 16 of the ESFA National Small School's Football Trophy
- 10 pupils representing The Cedars in the Croydon Schools Cross-Country Championship

Developing Future Sports Stars

We have a number of Cedars Pupils at Academies across our 3 core sports.

Rugby

- Two pupils selected to represent the Surrey Rugby U16 Team (2019)
- Nine pupils are currently part of the Harlequins Developing Player Programme
- One pupil chosen for the Saracens Player Development Group

Football:

- One pupil selected for the Brighton & Hove Albion Academy
- One pupil selected for the Crystal Palace Academy

Cricket

- We currently have two U14 boys who currently represent Surrey Cricket

We are incredibly proud of the achievements of our boys despite our small pupil numbers, and we also have a significant number of pupils achieving great things at local clubs in a diverse variety of sports.



Sports Provision and Yearly Programme

Per Week

Year	Physical Education	Games	Training	Fixtures	Contact Time Per Week
1 st Form/UI2	1 hour 30mins	1 hour 30mins	1h 15m	1h 30m	5hours 45mins
2 nd Form/UI3	1 hour 30mins	1 hour 30mins	1h 15m	1h 30m	5hours 45mins
3 rd Form/UI4	1 hour 30mins	1 hour 30mins	1h 15m	1h 30m	5hours 45mins
4 th Form/UI5	45mins	1 hour 30mins	1h 15m	1h 30m	5hours
Senior/ UI8	-	1 hour 30mins	1h 15m	1h 30m	4hours 15mins

Physical Education

The Physical Education Department aims to maintain and stimulate pupils' interest and enjoyment in PE promoting health, fitness, and a lifelong involvement in sport.

The pupils are taught in their form groups and receive a broad and balanced range of sporting activities. The PE programme consists of 6 main sports taught on a half-termly basis: Handball, Basketball, Futsal, Badminton, Baseball and Athletics. We also see opportunities within these sports to develop our pupil's physical literacy and cardiovascular endurance capabilities.

Games

The core sports at The Cedars School are Rugby, Football and Cricket within their respective terms. Pupils play matches against other schools both midweek and on Saturdays. The school takes part in tournaments at both regional and national levels and these may occur on any day of the week including Sunday.

All our boys have the opportunity to represent the school throughout the year and take part in House Sport for each of the core sports, as well as a huge range of other sporting activities too.

Pupils selected to honour the school in fixtures are expected to play and attend the match tea with the opposition after the game.



Overall Sports Programme

MICHAELMAS 1st Half Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PE LESSONS	Handball - All Year Groups					Fixtures
GAMES SESSIONS	Rugby 3 rd Form	Rugby 4 th Form	Rugby Senior	Rugby 2 nd Form	Rugby 1 st Form	
AFTER SCHOOL TRAINING	Senior & 2 nd Form	1 ST Form		3 rd & 4 th Form		
MICHAELMAS 2nd Half Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PE LESSONS	Basketball - All Year Groups					Fixtures
GAMES SESSIONS	Rugby 3 rd Form	Rugby 4 th Form	Rugby Senior	Rugby 2 nd Form	Rugby 1 st Form	
TRAINING SESSIONS	Senior & 2 nd Form	1 ST Form		3 rd & 4 th Form		
HILARY 1st Half Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PE LESSONS	Futsal - All Year Groups					Fixtures
GAMES SESSIONS	Football 3 rd Form	Football 4 th Form	Football Senior	Football 2 nd Form	Football 1 st Form	
TRAINING SESSIONS	Senior & 2 nd Form	1 ST Form		3 rd & 4 th Form		
HILARY 2nd Half Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PE LESSONS	Badminton - All Year Groups					Fixtures
GAMES SESSIONS	Football 3 rd Form	Football 4 th Form	Football Senior	Football 2 nd Form	Football 1 st Form	
TRAINING SESSIONS	Senior & 2 nd Form	1 ST Form		3 rd & 4 th Form		
TRINITY 1st Half Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PE LESSONS	Baseball - All Year Groups					Fixtures
GAMES SESSIONS	Cricket 3 rd Form	Cricket 4 th Form	Cricket Senior	Cricket 2 nd Form	Cricket 1 st Form	
TRAINING SESSIONS	Senior & 2 nd Form	1 ST Form		3 rd & 4 th Form		
TRINITY 2nd Half Term	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PE LESSONS	Ultimate Frisbee - All Year Groups					Fixtures
GAMES SESSIONS	Cricket 3 rd Form	Cricket 4 th Form	Cricket Senior	Cricket 2 nd Form	Cricket 1 st Form	
TRAINING SESSIONS	Senior & 2 nd Form	1 ST Form		3 rd & 4 th Form		
KEY	PE Activities	Rugby	Football	Cricket	Cricket	Fixtures

Illness, Injury and Off-Games

Boys who are ill or suffering from injury are still expected to bring the appropriate PE/Games kit with them and be prepared to do another form of activity that they can perform. This must be accompanied with a letter from the parents/guardians explaining the situation. If there is absolutely no appropriate activity that the boy can take part in, he will attend 'Off-Games' and enter into supervised study. He will therefore need to bring with him enough work to last the duration of the session.

After School Training

A vital part of learning is practicing what has been taught as a team. To aid this process every team squad is expected to train after school once a week. Sessions start at **3:45pm** and finish at **5:00pm**.

Those pupils not selected in team squads are also invited to attend training in a bid to improve their performance to make the team squad.



Sports Uniform

Boys are required to wear the kit below for their respective PE lessons, Games afternoons, After School Training Session and Fixtures each term. We stock a variety of high-quality kit suitable for all occasions manufactured by Belief Sports.

All sports kit can be purchased from our school sports website with free delivery to school: <https://thecedarsschool.beliefsports.co.uk/shop/>

Compulsory Kit

Rugby Kit

All pupils are to wear this kit in their game's afternoons, after school training and fixtures throughout the Autumn/Michaelmas Term. This kit is also to be worn in Hilary Term PE Lessons as Football Kit will be worn during their game's afternoons.

- Rugby Shirt



- Rugby Shorts



- Sports Socks



Other Needed Items: Gum Shield and Football/Rugby Boots

Football Kit

Throughout the Spring/Hillary Term, pupils are to wear their football kit for games afternoons, after school training and fixtures. This kit is also utilised as PE kit in both the Michaelmas and Trinity Terms.

- Football Shirt



- Football Shorts



- Sports Socks



Other Needed Items: Football Boots and Shin Pads

Sports Holdall

All pupils must bring their kit to and from school in their Sports Holdall bag. This is also to be used for fixtures on a Saturday morning.



Compulsory Kit Continued...

Fixtures Travel and Warm-Up Uniform

- Tracksuit Top



- Tracksuit Bottoms



Tracksuit tops and bottoms are compulsory for Rugby and Football Saturday fixtures from September 2022

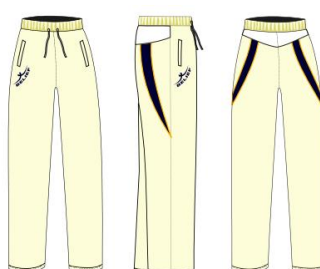
Cricket Whites

Throughout the cricket season in the Summer/Trinity Term, pupils are to wear their cricket whites in games afternoons, after school training and fixtures.

- Cricket Shirt



- Cricket Trousers



Other Needed Items: Full Cricket Equipment needed for all Squad Players

Optional Extras

There are also a number of optional extra clothing items that can be purchased from the online sports shop. These certainly come in handy when the weather conditions turn as pupils are only permitted to wear sports clothing from The Cedars Sports shop to ensure we maintain high standards to uniform both within and outside of curriculum time.

Base Layer



Padded Jacket



Cricket Slip Over



House Points and Commendations

For pupils in all year groups, House Points and Commendations are awarded for effort in relation to the individual's previous standards and/or sustained effort or performance over a prolonged period of time. The reason for House Points or Commendations being awarded will be explained to the pupil at the time of them being awarded. In addition, significant performances may be posted on the sports notice board, announced in assemblies and certificates posted home.

Man of The Match Awards

All team managers will award a man of the match for each fixture played. Boys who display our core values to a high level along with an exceptional performance for their team will be presented with this award in the whole school assembly each week.

End of Term Awards

- **Core Values Awards** – pupils who consistently display our core values throughout the sporting term will be rewarded with the Core Values Awards which will be presented at the end of term achievement assembly.
- **Players of The Season** – team managers for each team of the respective season will award a Player of The Season to the pupil(s) who demonstrated consistently high standards of performance throughout the season and display our core values to the highest standard.
- **Team of The Year** – this award is to recognise the team who has consistently performed to a high standard each weekend throughout the season and embodies our core values to a highest standard as a group.

Sporting Colours

On two occasions during their sporting journey at The Cedars, pupils are eligible to receive their sporting colours.

- Junior Colours – End of 3rd Form
- Senior Colours – to be awarded at any point during their Senior Sporting Years – 5th Form & 6th Form

Sporting Colours are awarded to recognise the most committed and hardworking individuals in each of our 3 core sports. High standards of dedication, performance and our core values must be consistently evident throughout either their Junior or Senior Years to be considered for these awards. Each pupil will receive a sporting colours badge which they can attach to the lapel of their blazers.

Victor Ludorum Award

The highest awards that a boy can receive for sport is the Junior and Senior Victor Ludorum Cup. These awards are only given to those boys who have made an outstanding contribution to school sport across the year. They epitomize what school sport is all about and pupils aspiring to receive these awards should be completely dedicated to the teams they represent. They should be a pleasure to teach and set their personal standards extremely high. They should respond well to constructive criticism as well as praise and inspire peers and other members of the school community, especially those in younger age groups.



Sports Tours/Trips

The role of a school is not just to teach children the basics of reading, writing and arithmetic, but also to instil in their pupils the knowledge, understanding and skills to live in, and provide contribution to, today's global society. There are not many better ways to provide these opportunities than via a school sports tour where children are provided with a unique opportunity to increase their understanding of the world in which they live, including the languages, cultures, and values of societies different to their own.

We currently run a variety of sports trips and tours and we are continually looking to develop these further to give our boys greater opportunities to develop as young men:

- Twickenham Stadium Tour and Work Rugby Museum - The first trip of your son's journey in the 1st Half-term where to look to inspire our boys at one of the most iconic sporting locations in England.
- Cricket at The Oval – In 2nd Form we take our boys to the all schools' day which is a brilliant day out in the summer term to watch a Surrey Cricket One Day Match at the Kia Oval.
- Varsity Match – In 3rd Form we take our boys to watch the prestigious Varsity fixture between Oxford and Cambridge at Twickenham stadium.
- In the October Half-Term, we take our 2nd & 3rd Form pupils across Europe to Italy (Verona) for our Rugby Tour. Staying in the beautiful Verona with Lake Garda providing stunning backdrop, we take in the culture with excursions to the coliseum and the old streets of Verona. These international sports tours will create lasting memories and friendships through the fixtures played and post-match activities.
- In 4th Form, boys are given the opportunity to travel to Holland for our Football Tour during the Easter Break. There, your son will enjoy professional coaching sessions by the Feyenoord coaches before playing local teams, visit the Du Kuip Stadium, and spend the day at the Duinrell Theme Park.
- Further afield we look at the joint Football and Rugby tour in 2024 to Argentina during the summer holidays. We have multiple excursions booked in that include Iguazu falls, Boca Stadium, Tigre Delta River cruise and the Buenos Aires city tour to name a few.
- We are also working hard to supplement this intensive list with an annual Ski Trip

Our touring destinations are based on appropriate playing venues and level, as well as the overall cultural benefits offered to the boys. Sports tours are a truly magical and amazing experience for all those involved. They give the boys an opportunity to develop spiritually, culturally, and holistically. Tourists return with a new sense of independence and are better equipped to structure their day to day lives as well as interact better with their teammates, peers and staff enhancing their character development. We are always looking at new trips and locations to further develop your sons understanding of the world and the cultures it brings within it.

Speaking from personal experience, your sons will create memories that will last a lifetime!

Sports Fixtures

We have a great balance of training, fixtures and tournaments for our boys, all based on the principles of Long-Term Athletic Development. All fixture information is published on the school's sports website (accessible through sports page on main school website – details below) as well as in the termly diary. Notification of any additional fixtures will be emailed to parents.

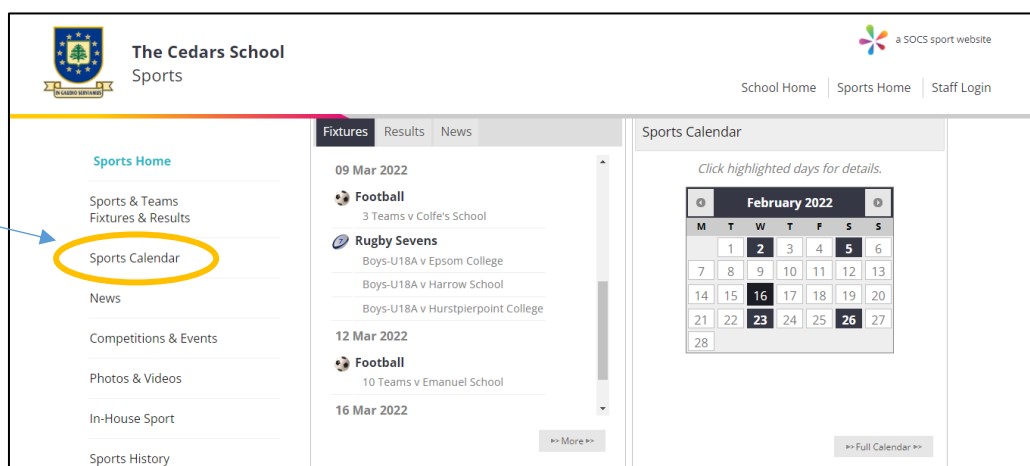
If selected for a fixture, all pupils are expected to attend. School fixtures are part of the school day and must take priority over any other commitments. Only in truly exceptional circumstances, crisis or emergency can permission be sought in writing from the headmaster for a match to be missed. A 'Leave of Absence' form is available for you to fill out from school reception.

School Sports Website

Please use and save the following link to keep up to date in regards to all upcoming fixtures:
<http://www.cedarssport.org.uk/default.asp?id=28482>

The homepage is shown below – click on 'Sports Calendar' to view all upcoming fixtures.

Sports Calendar will display all fixtures for that term.



Once team sheets have been released you will be sent a link which will display all teams playing in the fixture as shown below. Please click on the 'Blue Man' symbol to see which team your son has been selected in and all relevant match details.

Time	School Team	v	Opponent	Venue	More Fixture Details
10:00	Boys-U15A	1-5	St Dunstan's College	Home	Details
10:00	Boys-U15B	1-5	St Dunstan's College	Home	Details
10:00	Boys-U14A	1-2	St Dunstan's College	Away	Details
10:00	Boys-U14B	3-1	St Dunstan's College	Away	Details
10:00	Boys-U13A	0-4	St Dunstan's College	Home	Details
09:30	Boys-U13B	1-10	St Dunstan's College	Home	Details
10:00	Boys-U12A	3-1	St Dunstan's College	Away	Details
10:00	Boys-U12B	2-0	St Dunstan's College	Away	Details
10:00	Boys-U12C	0-0	St Dunstan's College	Away	Details

Example: click this 'Blue Man' symbol if your son is mostly in the U13A Team

Location of Matches

Home fixtures take place on two sites with a potential third site in the cricket season. This is due to the continual growth of our school along with our desire and commitment to giving as many boys as possible the opportunities to represent The Cedars in sports fixtures during their time here. Away match locations can be found on SOC's and will also be emailed to parents in the build up to the fixture.

Home Venues:

1) The Cedars - Main Site	2) Coombe Farm Playing Fields	3) Dulwich Sports Grounds
<i>The Cedars School</i>	<i>Oakwood School</i>	<i>Turney Road</i>
<i>147 Central Hill</i>	<i>Coombe Lane</i>	<i>London</i>
<i>Upper Norwood</i>	<i>South Croydon</i>	<i>SE21 7JH</i>
<i>London</i>	<i>Surrey</i>	
<i>SW19 1RS</i>	<i>CR0 5RD</i>	

Team Selection

We are very proud of our inclusive attitude to fixtures here at The Cedars School and as a result all our boys have the opportunity to represent the school over the course of the year.

At the start of the year all the boys are assessed and given the opportunity to demonstrate their sporting prowess and what they are capable of, with initial team squads then being chosen. Then as the season commences and the boys undergo the necessary training, good dialogue is maintained among all the teaching and coaching staff to ensure that the most appropriate team is chosen to represent the school.

Whilst all pupils have the opportunity to represent the school, the teams are based on ability in order to allow fixtures against other schools to be arranged at the right level. We are committed to sport for all, inclusion and character development. These are important factors in encouraging all our boys to have positive sporting experiences that support our mission of developing character and a lifelong participation in sport.

We encourage as much dialogue as possible between players, teachers and coaches and we would very much appreciate your support by asking your son to speak to the relevant member of staff if they are not sure as to why they have / have not been selected in a given position or team. Here at The Cedars School we take great pride in spending time with our boys to ensure they not only understand the reason, but what they can do to improve too.

The boys will be informed on the sports notice board of team selections and these team sheets are then emailed home for parents too.

For all fixtures chaperones are also selected to aid in hosting the opposition team to the appropriate standard. They play just as big a role as the player on the pitch.

House Sport

Alongside sporting fixtures, physical education lessons, games afternoons, and extra-curricular training sessions we also run a range of House Sport Events. Major tournaments are in the core sports of Rugby, Football and Cricket, but we also have competitions in Handball, Basketball, Wiff Waff, Ruskin Run, Futsal, Badminton, Baseball and Ultimate Frisbee.

The culmination of the sporting calendar is Sports Day which is held on site where every boy takes part in a minimum of 2 athletic disciplines over the course of the day, helping their House to win the coveted Sports Day Cup. The Victor Ludorum and Junior Victor Ludorum Cups are also presented on this day. It is a wonderful occasion for the boys, parents, and teachers alike.

All pupils who are involved in the House Sport competitions are awarded points that accumulate to their Houses' overall standing. We aim to instil a "healthy competition" between the boys that provides a bonding between the year groups to create a "sport for all" approach to all working together to win the Beckett Cup.



Academic Physical Education

GCSE PE

This GCSE in Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and wellbeing. Pupils must have a strong interest in all areas of sport and be heavily involved in the sports programme at The Cedars to be a suitable candidate for this course.

The aims and objectives of this qualification are to enable students to:

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance
- Understand how the physiological and psychological state affects performance in physical activity and sport
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport
- Understand the contribution that physical activity and sport make to health, fitness and wellbeing
- Understand the key socio-cultural influences that can affect people's involvement in physical activity and sport.

Assessment Overview

Component	Title	Topics Covered	Percentage of Overall Grade
Component 1 (Written examination: 1 hour and 45 minutes)	Fitness and Body System	Topic 1: Applied anatomy and physiology Topic 2: Movement analysis Topic 3: Physical training Topic 4: Use of data	36%
Component 2 (Written examination: 1 hour and 15 minutes)	Health and Performance	Topic 1: Health, fitness, and well-being Topic 2: Sport psychology Topic 3: Socio-cultural influences Topic 4: Use of data	24%
Component 3 (assessment of practical ability across three sports)	Practical Performance	Selection of 3 sports: - One Team Sport (10%) - One Individual Sport (10%) - One Choice (Team or Individual) (10%)	30%
Component 4 (Course work assessment)	Personal Exercise Programme (P.E.P)	The assessment consists of students producing a Personal Exercise Programme (PEP) and will require students to analyse and evaluate their performance.	10%

A Level PE

Starting in September 2022, we are excited for the inclusion of A Level PE to further supplement our already thriving Academic PE offering.

A Level Physical Education provides boys with opportunities to deepen their scientific understanding of physical education, improve their personal and team performance, and develop coaching skills.

Course Content

The following topics are to be covered on the A Level Programme:

1. Applied anatomy and physiology	5. Biomechanical movement
2. Skill acquisition	6. Sport psychology
3. Sport and society	7. Sport and society and the role of technology in physical activity and sport
4. Exercise physiology	

Paper 1: Factors affecting participation in physical activity and sport

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

Paper 2: Factors affecting optimal performance in physical activity and sport

Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

Non-exam assessment: Practical performance in physical activity and sport

Students assessed as a performer or coach in the full sided version of one activity.

Plus: written/verbal analysis of performance.

Assessment Overview

Component	Questions	Mark	Duration	Weighting
Paper 1: Factors affecting participation in physical activity and sport	<i>Each Section A - C is assessed via multiple choice, short answer, and extended writing questions. Each is worth 35 marks.</i>	105	2 hours	35%
Paper 2: Factors affecting optimal performance in physical activity and sport		105	2 hours	35%
Practical Performance in physical activity and sport		90		30%

Specific entry requirements: GCSE Grade 7 or above in Sports Science.

Roles, Responsibilities and Code of Conduct

Sport is an essential part of The Cedars School life and we aim to play all of our sport with the right spirit, being well supported by knowledgeable and respectful parents. This is something that we value greatly and want to enhance for the future.

Parents

Please look at the fixtures as advertised in 'Term Diary' and make your son available for each fixture.

Please ensure your boys have all the necessary attire and equipment to take part in their school sporting life, taking full advantage of all the sporting opportunities available to them.

Attend as many matches as possible in support of your boys as your presence will not only boost the team's confidence but give the sporting environment one of family support too.

Pupils

Please ensure you are punctual, have the right attire and equipment to take part in sport fully and that you always give the absolute best you can give. Always strive to achieve more than you did previously, being supportive to your team mates and staff. Maintain the highest standards of behaviour and ensure The Cedars School name is only enhanced by your actions.

Staff

To provide a safe and positive learning environment that challenges the boys and enables them to achieve their full potential in the sporting arena. To use a range of teaching styles and variety of skills, drills and gameplay to keep sessions constructive and enjoyable without de-valuing the content to be learned. To praise as much as possible, but to criticise constructively when appropriate and follow up with praise once changes have been made and the desired level reached. Inform parents and pupils of team selection and fixture dates. Our parents, pupils and staff are expected to maintain the highest standards of conduct and in order to help maintain our good reputation we would appreciate your support in upholding our core values:

- Show respect to officials, opposition players and parents
- Support through plenty of encouragement and positive comments only
- Applaud good play from both sides
- Keep in mind the process and way we play is more important than the final result
- Enjoy the spectacle and show your enthusiasm to the players

