



STRATHALLAN  
SCHOOL

Opportunities for *all* to excel



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# Covid-safe Sport at Strathallan

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# Returning to sport at Strathallan

Sport and competition is a big part of school life at Strathallan, and we intend to start in September with an extensive covid safe games' programme across the whole School. Sport at Strathallan is all about inclusivity and development, where pupils are encouraged to succeed at every level. Even in these strange times, we will continue to offer the best possible sports programme to our pupils.

During the first half of term, we will focus on a mix of our core summer and autumn term sports. We are lucky to be in a position to be able to respond, adjust and be flexible as national governing bodies' advice. We are blessed with the space, resources and staff to allow us to adapt to an ever changing sports environment. These provide us with the fluidity to modify our sporting seasons and implement a sporting programme of the highest quality; developing individuals and teams to enjoy and develop, across a wide range of sports. Sport and exercise is vital for our physical and mental health, so I will ask all our pupils, to embrace the opportunity to do sport and exercise together again.

**Mr Jim Thompson, Director of Sport**







## Covid-Safe Sport

It is our responsibility at Strathallan is to follow government guidelines on safety, cleaning and hygiene as we restart our sport and activities programmes. We will produce our own risk assessments, influenced by the individual national governing bodies of sport, with whom we work closely with. Our aim is to come emerge post Covid-19 in a stronger position than we were before. With the facilities, resources, grounds and expert staff, we have the adaptability to offer pupils access to as many activities as possible while following guideline's, ensuring every child enjoys sport whatever their age and ability may be

## Fixtures

We are currently in communication with national governing bodies regarding when fixtures can return to school sport. The aim would be to return to fixtures after half term but will differ across the wide range of sports we offer. When more information comes regarding fixtures, we will communicate this to you as and when we have it.

## Hockey

Our successful hockey programme will be maintained, while following the Scottish Hockey guidelines, led by our head of hockey and ex commonwealth games coach, Miss Audrey Sime. The hockey programme will be supported by our outstanding team of hockey coaches, which includes Great Britain Olympic hockey player Stephen Dick.

## Rugby

Rugby coaching will be maintained as SRU guidelines allow and will return fully when the time is right. We have an outstanding set of experienced rugby coaches, led by Director of Rugby, Andy Henderson, who will develop and adapt the rugby programme throughout the whole school, so that all our rugby players are ready for when fixtures return.

## Cricket

With the Cricket season being lost in the summer, we are delighted to offer cricket during games and activity sessions led by our head of cricket, Mr Graeme Robertson.

## Athletics

As the traditional athletics season was unfortunately postponed due to the nationwide lockdown, we will extend the season from September and look forward to some high-quality track and field performances from our pupils.

## Tennis

Our exceptional tennis programme, will be offered during PE and games sessions from September. Individual and group coaching both indoor (when restrictions lift) and outdoor is also available at the School for all ages led by our head of Tennis Mr Tommy Ogilvie.

## Swimming

Our ever popular swimming programme will be able to use our indoor pool again. While following guidance from Scottish swimming, we aim to offer a full swimming programme in both Strathallan prep and our senior school within our PE and games programmes. Our head of swimming, Elaine Johnston is certainly looking forward to having all our pupils back in the pool again.

## Strength and Conditioning

Our ever popular swimming programme will be able to use our indoor pool again. While following guidance from Scottish swimming, we aim to offer a full swimming programme in both Strathallan prep and our senior school within our PE and games programmes. Our head of swimming, Elaine Johnston is certainly looking forward to having all our pupils back in the pool again.

## Sport Activity Options

We hope to offer as full an activities programme, as we possibly can when we return. Information of what activities will be offered will be sent out with the full extra-curricular activities list before the start of term. Activities will begin on Monday 7th September.

## Return to rugby and hockey pre-season training

We are delighted to be able to offer return to rugby and hockey pre-season training to all our pupils from the 24th – 26th August. This will allow us to bring pupils back to activity gradually and in a controlled way ahead of returning to school the following week. Letters have been sent to all parents regarding how to sign up for sessions, but if you are unable to attend, please do not worry. We will have plenty of time to train together when term starts.

# School Games

## Information on Senior Games

Senior games choices will be done in houses on Wednesday 3rd and Thursday 4th September.

All sports are subject to change following guidance and advice from the Scottish Government and sporting governing bodies. We hope to introduce other sports when guidance allows.

# Strathallan Prep School Games

Year	Monday	Wednesday	Friday	Saturday
Year 4 & 5	Athletics	Tennis	Hockey	Health & Physical Wellbeing (Optional)
Year 6 & 1 <sup>st</sup> Form GIRLS	Tennis	Hockey	Athletics	Health & Physical Wellbeing (Optional)
Year 6 & 1 <sup>st</sup> Form BOYS	Cricket	Athletics	Rugby	Health & Physical Wellbeing (Optional)
2 <sup>nd</sup> Form Girls	Tennis	Hockey	Athletics	Hockey
2 <sup>nd</sup> Form Boys	Cricket	Athletics	Rugby	Rugby

# Senior School Games

Year	Tuesday	Thursday	Saturday
3 <sup>rd</sup> Form GIRLS	Tennis	Hockey	Hockey
3 <sup>rd</sup> Form BOYS	Rugby	Cricket	Rugby
4 <sup>th</sup> Form GIRLS	Hockey	Tennis	Hockey
4 <sup>th</sup> Form BOYS	Rugby	Cricket	Rugby

<b>5<sup>th</sup> Form GIRLS</b>	Athletics Badminton/Tennis Cricket Dance Fencing Girls Fitness Netball Conditioning Swimming	Badminton Dance Fencing Girls Fitness Hockey Netball Conditioning Swimming Tennis academy	Badminton Fencing Fitness Girls Fitness Hockey Swimming Netball Conditioning Tennis
<b>5<sup>th</sup> Form BOYS</b>	Athletics Cricket/Hockey Swimming	Rugby Swimming Hockey	Rugby Swimming Hockey
<b>6<sup>th</sup> Form GIRLS</b>	Athletics Badminton/Tennis Cricket Dance Fencing Girls Fitness Netball Conditioning Swimming	Badminton Dance Fencing Girls Fitness Hockey Netball Conditioning Swimming Tennis academy	Badminton Cricket Fencing Girls Fitness Hockey Netball Conditioning Swimming Tennis academy
<b>6<sup>th</sup> Form BOYS</b>	Athletics Badminton/Tennis Cricket Fencing Hockey Swimming	Badminton Fencing Rugby/Hockey Swimming Tennis academy Volleyball	Badminton Fencing Rugby Swimming Tennis academy Hockey



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