



GODOLPHIN

PE & SPORTS HANDBOOK  
FOR PARENTS

## INTRODUCTION

This handbook provides direction and guidance for parents of girls at The Godolphin School. It outlines our vision, values and culture for Physical Education and Sport at Godolphin, as well as setting our expectations for all girls.

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## STRATEGY FOR GODOLPHIN SPORT

The Godolphin Sport Strategy 2020-26 goes alongside this handbook and should be referred to for more information regarding the overall direction of PE and sport at Godolphin. In summary:

### OUR PURPOSE

To encourage sport, and its values, to flourish across Godolphin.

### OUR VISION

Godolphin will be the school of choice for girls through the provision of exceptional sport opportunities.

### OUR OBJECTIVE

To ensure every girl has the opportunity to achieve in PE, sport and physical activity and will leave with the competence, knowledge and understanding to stay healthy and fit in their everyday life.

## OUR CORE VALUES FOR PE & SPORT

Godolphin is a value-driven school with a Christian ethos, committed to our founder Elizabeth Godolphin's belief in the power of education to transform young women's lives and enable them to succeed in the future. As a department, we will foster and embody the school's values of excellence, integrity and respect as well as instilling the virtues of commitment and ensuring all girls enjoy participating in sport and physical activity.

### EXCELLENCE

We focus on achieving personal excellence to put success into the hands of every girl participating in sport and physical activity no matter their ability. We pursue excellence to allow us to develop as individuals while deepening our love for sport and physical activity. We understand that success is not measured by winning alone but that competition fosters excellence and positive character development.

### INTEGRITY

We uphold the tradition of camaraderie with teammates and opposition. We play selflessly: working for each other, not for ourselves alone, both on and off the field. We observe honesty and fair play, and are generous in victory and dignified in defeat. We play to win but not at all costs and recognise both endeavour and achievement. We ensure that the wellbeing and development of individuals is central to all sport and physical activity.

### RESPECT

We hold in high esteem the school, its values and traditions and earn the respect of others in the way we behave and present ourselves. We respect our match officials and accept their decisions. We respect opposition players and supporters. We value our teachers, coaches and those who run our school.

### COMMITMENT

We set high standards for our behaviour and have the courage to maintain them even in difficult and adverse situations. Our honesty allows us to choose words and actions that are sincere, not misleading. We encourage girls to remain dedicated and self-controlled even when challenged. Importantly, we demonstrate resilience and learn from our mistakes and setbacks, seizing the opportunity to improve.

### ENJOYMENT

Enjoyment is the fundamental reason we play sport and are physically active. We encourage girls to enjoy participating in all activities and performing at all levels. We use PE, sport and physical activity to allow girls to adopt a healthy lifestyle and build life skills. We safeguard our girls and help them have fun. We enjoy being part of a team and part of an active Godolphin community.

## CULTURE

Establishing a commitment culture will be crucial to delivering the Godolphin Sport Strategy. Building a culture based on commitment creates an emotional tie between Godolphin Sport and our girls, staff and parents.

Our vision is to ensure that sport and its associated values flourish across Godolphin. It is important that everyone involved with sport at Godolphin understands that it is how we behave that determines the culture, and therefore we need to focus on behaviours. There are three “trademark behaviours” that we expect girls to commit to: **hard work, humility** and **teamwork**. It is expected that all girls buy in to these behaviours, no matter how talented they are. Positive behaviour will produce success.

**TEAMWORK** - the combined action of a group, especially when effective and efficient

**HARD WORK** - a great deal of effort and endurance

**HUMILITY** - the quality of having a modest or low view of one's importance

It is essential that we make the sure the sense of identity that our leaders portray and demonstrate is highly aligned with our commitment behaviours above. Teachers and coaches must display these behaviours at all times. The selection of captains and leaders amongst the girls will also be determined by these behaviours. Staff, captains and scholars have an important part to play as cultural architects across the school. Our culture, along with our values provides a sound foundation for sport to flourish across Godolphin.

## PE CURRICULUM

Godolphin provides a high quality physical education curriculum that aims to inspire pupils to succeed and excel in competitive sport and other physically demanding activities. As per our overall objective, we ensure every girl has the opportunity to achieve in PE, sport and physical activity and will leave with the competence, knowledge and understanding to stay healthy and fit in their everyday life.

Here is an example of what is included in the curriculum for PE and Games at Godolphin:

Year Group	AUTUMN Term 1 & 2			SPRING Term 3 & 4			SUMMER Term 5 & 6		
First Year	Hockey (4 Weeks)	Swimming (4 Weeks)	Gymnastics (4 Weeks)	Tag Rugby (4 Weeks)	Swimming (4 Weeks)	Dance (4 Weeks)	Basketball (4 Weeks)	Tennis (4 Weeks)	HRE (4 Weeks)
	Swimming (4 Weeks)	Gymnastics (4 Weeks)	Hockey (4 Weeks)	Swimming (4 Weeks)	Dance (4 Weeks)	Tag Rugby (4 Weeks)	HRE (4 Weeks)	Basketball (4 Weeks)	Tennis (4 Weeks)
	Gymnastics (4 Weeks)	Hockey (4 Weeks)	Swimming (4 Weeks)	Dance (4 Weeks)	Tag Rugby (4 Weeks)	Swimming (4 Weeks)	Tennis (4 Weeks)	HRE (4 Weeks)	Basketball (4 Weeks)
Games	Lacrosse (6 Weeks)		Netball (6 Weeks)	Lacrosse (6 Weeks)		Netball (6 Weeks)	2 Lessons Athletics Per Fortnight 1 Lesson Cricket Per Fortnight		
Second Year	Swimming (4 Weeks)	Gymnastics (4 Weeks)	Badminton (4 Weeks)	Dance (4 Weeks)	Swimming (4 Weeks)	Rugby (4 Weeks)	Tennis (4 Weeks)	HRE (4 Weeks)	Football (4 Weeks)
	Badminton (4 Weeks)	Swimming (4 Weeks)	Gymnastics (4 Weeks)	Swimming (4 Weeks)	Rugby (4 Weeks)	Dance (4 Weeks)	Football (4 Weeks)	Tennis (4 Weeks)	HRE (4 Weeks)
	Gymnastics (4 Weeks)	Badminton (4 Weeks)	Swimming (4 Weeks)	Rugby (4 Weeks)	Dance (4 Weeks)	Swimming (4 Weeks)	HRE (4 Weeks)	Football (4 Weeks)	Tennis (4 Weeks)
Games	Lacrosse (6 Weeks)		Netball (6 Weeks)	Lacrosse (6 Weeks)		Netball (6 Weeks)	2 Lessons Athletics Per Fortnight 1 Lesson Cricket Per Fortnight		
Third Year	Swimming (4 Weeks)	Trampolining (4 Weeks)	Hockey (4 Weeks)	Swimming (4 Weeks)	Rugby (4 Weeks)	Handball (4 Weeks)	Tennis (4 Weeks)	Basketball (4 Weeks)	HRE (4 Weeks)
	Hockey (4 Weeks)	Swimming (4 Weeks)	Trampolining (4 Weeks)	Handball (4 Weeks)	Swimming (4 Weeks)	Rugby (4 Weeks)	HRE (4 Weeks)	Tennis (4 Weeks)	Basketball (4 Weeks)
	Trampolining (4 Weeks)	Hockey (4 Weeks)	Swimming (4 Weeks)	Rugby (4 Weeks)	Handball (4 Weeks)	Swimming (4 Weeks)	Basketball (4 Weeks)	HRE (4 Weeks)	Tennis (4 Weeks)
Games	Lacrosse (6 Weeks)		Netball (6 Weeks)	Lacrosse (6 Weeks)		Netball (6 Weeks)	2 Lessons Athletics Per Fortnight 1 Lesson Cricket Per Fortnight		

## EXTRA-CURRICULAR ACTIVITIES

In addition to PE and Games during lessons, Godolphin provides a rich extra-curricular programme of activities open to all pupils. Activities run during lunchtimes and after school during Session 1, 2 and 3. All extra-curricular activities are listed on the Godolphin Sport portal, [www.godolphinsports.org](http://www.godolphinsports.org).

As well as information on sports fixtures and results, the Sports Portal also allows you to log in to see what clubs and fixtures your daughter is involved in. You can view this information on your phone, tablet or PC and (if desired) synchronise the clubs and fixtures into your own personal calendar on your phone, tablet or PC. Your daughter can also do this on her own devices.

Godolphin uses the sports portal to run our activity sign up process, so you will be able to log in and sign your daughter into the various activities that we offer. We will be making activities available for sign up at the start of each term. Please look out for information on when the sign up is open on The Pinny.

To access the system you need to login via [www.godolphinsports.org](http://www.godolphinsports.org) and **activate your account**. Please [click here](#) for full instructions on how to do this.

## TEACHING AND COACHING PHILOSOPHY

Our aim is to create an environment where girls love being physically active and where all strive eagerly and some excel. Godolphin should be a school where it is cool to be active. Where team games are valued but not to the condemnation or isolation of those not involved. Staff and girls willingly undertake sport and physical activity because it is enjoyable and provides camaraderie, identity and a sense of achievement.

### **Child-centred and meaningful**

Teachers and coaches will adopt a child-centred approach that delivers meaningful activity both on the sports field and in the classroom that girls find special, memorable and personal. Our child-centred approach to learning will strengthen motivation, promote communication in lessons, reduce disruptive behaviour and promote active learning. Meaningful activities that encourage social interaction and the right level of challenge are key to enjoyment and further participation in sport. Meaningful PE, sport and physical activity can be achieved by following these five guiding principles:

1. **Social interaction:** emphasising shared positive participation with others
2. **Challenge:** involving engagement in activities that are 'just-right' (not too easy, not too difficult)
3. **Increased motor competence:** including opportunities for learning and improved skilfulness
4. **Fun:** encompassing immediate enjoyment in the moment
5. **Delight:** experiencing pleasure or joy as a result of significant engagement and commitment

Importantly, our approach to teaching and coaching must always be positive. Our values, along with adopting a child centred approach to deliver meaningful experiences will help to achieve this.

### **Teaching games for understanding**

At times it is easy to become focused on technique or match preparation during PE lessons. This is particularly the case for our major sports. However, PE lessons should provide breadth and depth of sports and activities so that girls become physically literate. A new framework will be developed in time that will enable us to track individual progress against competency rather than level of talent. This will include a new approach to curriculum PE as follows.

To support our philosophy of a child-centred approach and delivering meaningful experiences, PE lessons will tap into children's inherent desire to play and teach girls games and activities by playing games. This well researched concept, Teaching Games for Understanding, is based upon six basic concepts:



1. Teach games and activities through games
2. Break games and activities into their simplest format – then increase complexity
3. Participants are intelligent performers in games
4. Every participant is important and is involved
5. Participants need to know the subject matter
6. Need to match participants' skill and challenge (i.e. a challenge that is “just right”)

Rather than teaching sport-specific units (e.g. lacrosse unit, netball unit, tennis unit), PE at Godolphin will adopt a thematic approach. Girls will gain competency and understanding that they can apply to different sports by playing a variety of games associated with the following categories:

- **Target Games** in which the participant propels an object, preferably with a high degree of accuracy, at a target (e.g. disc golf, archery, throwing)
- **Net/Wall Games** in which the participant propels an object into space trying to make it difficult for an opponent to return it (e.g. badminton, tennis, volleyball)
- **Striking/Fielding Games** in which the participant strikes an object so it is placed away from defenders in the field (e.g. cricket)
- **Invasion Games** in which participants invade an opponent's territory to score (e.g. rugby, netball, ultimate frisbee, basketball)
- **Individual Pursuits** in which the participant works individually monitoring their own behaviour, movements and physical expenditure (e.g. yoga, gymnastics, trampolining, dance, swimming)

These categories represent games and activities that are similar in structure. By exposing girls to the primary rules, fundamental skills and tactical problems associated with each category, they become literate in a breadth of games, activities and sports and develop an understanding and competency of the skills and tactics associated with playing sports. For example, if a girl understands the basic concept behind keeping possession of an object in an invasion game (e.g. use short passes, shield the ball, support the player with the ball), this will help them play a variety of games whose tactics can be applied to related sports.

Importantly, this fosters a child-centred approach with meaningful experiences at the heart of all lessons. Girls will develop an appreciation for a variety of sports and activities, an awareness of tactics, decision making skills and the application of skills need to improve and perform at their best level.

### **Game sense approach**

To further support and complement teaching games for understanding, PE lessons and extra-curricular sessions where possible should embrace the game sense approach as follows:

1. Ensure all participants are warm by playing a small game, raising their pulse rate and completing some dynamic stretching. This should include focusing on healthy movement habits.
2. The participants play a small-sided, conditioned game designed to isolate a skill, a technical element or tactical learning point.
3. The teacher or coach observes the participants trying to solve the problem within the game.
4. Through questions, the teacher or coach assists the problem-solving process, identifying skills which need to be improved.
5. If necessary, the teacher or coach leads a short skill session focussing on a skill identified as being important to success in the game.
6. The participants go back into the game – hopefully with more success.
7. The teacher or coach modifies the game to provide a further challenge to the participants.
8. The game sense cycle begins again.

## EXPECTATIONS & CODES OF CONDUCT

### **What a Godolphin girl can expect from their lessons and sessions:**

- Safe and secure environment
- Well planned and organised lessons and sessions
- Never more than 20 pupils to one teacher or coach
- A high level of expertise
- Teachers and coaches will arrive to sessions punctually with all the equipment necessary
- An atmosphere that places emphasis on enjoyment, encouragement and development
- Meaningful lessons and sessions that are differentiated appropriate to the participant's ability

### **Code of Conduct for girls at Godolphin:**

- To uphold the core values and trademark behaviours of Godolphin
- Play and participate for fun and enjoyment, not just to please others.
- Win with modesty and lose with grace. Turn losses into victory by prioritising skill improvement.
- Remember that the aim is to have fun, improve your skills and feel good! Enjoy!
- Learn the rules of the activity and abide by to them.
- Accept decisions; let the captain/coach ask any necessary questions. Never contest a decision.
- Treat all players as you would wish to be treated. Do not bully or take unfair advantage in any way.
- Co-operate with your coach, team-mates and opponents – without them there would be no game!
- Communicate with your coach and parents; tell them if you have a problem, worry or concern.
- Play in a positive and sportsman-like manner and extend every courtesy to the opposing team.
- Control your temper and play in a sporting way.
- Respect your opponents and the officials.
- Check fixture lists, team sheets and notices regularly.
- Be punctual, well prepared with all correct equipment and kit and well presented.
- Play hard and with passion, and never with deliberate violence.
- Never use bad language.
- Work equally hard for the team as for yourself.

**Code of Conduct for parents and spectators**

- Encourage young people to play by the rules and within the spirit of the game / competition.
  - Remember that each young person is an individual with their own aspirations. Allow them to participate because they want to participate and because they enjoy the activity.
  - Emphasise enjoyment and fun.
  - Support effort and teamwork as being as important as victory so that the result of each game / competition is kept in proportion.
  - Turn defeat into victory by helping young people work towards skill development and a positive sporting attitude.
  - Respect the officials' decisions, judgements and honesty.
  - Recognise the authority and professionalism of coaches. Allow them to decide what is best for individuals and the team.
  - Do not seek, during or after a match, to give advice to coaches, umpires/referees or to players.
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- Make support as positive as possible. Applaud good play by all participants and demonstrate respect and friendliness for opponents.
  - Celebrate success with gracious conduct and good sportsmanship.
  - Do not berate a child or the team.
  - Support all efforts to remove verbal and physical abuse from young people's sport.
  - Be aware of the physical demands that sport places on young people and help them to manage their commitments.
  - Parents who become aware of a conflict between their child's obligations to school and another commitment should communicate with the school and work with them to achieve best result for pupil.
  - Enjoy the game!

## SCHOOL SPORTS KIT & EQUIPMENT

The school sports kit requirements are listed below. Pupils are expected to wear correct school sports kit for PE and sports fixtures. Hoodies are not permitted for PE or fixtures.

**Please ensure all items of clothing and sports equipment are named.** Numbers refer to minimum requirements.

*\* Available online only from the official outfitters Limitless (School Blazer).*

Boarder	Sarum	Item(s)
1	1	Navy blue skort *
1	1	Navy running shorts *
3	2	Red fitness t-shirt *
1	1	Red mid-layer top *
1	1	Navy base layer top *
3 pairs	2 pairs	Navy / red games socks *
1	1	Navy softshell jacket *
1	1	Navy pro-fit or regular fit tracksuit trousers *
1	1	Navy fitness leggings *
1	1	Navy / red swimsuit *
Optional	Optional	Limitless bra * (recommended)
Optional	Optional	Bench Coat *
1	1	Godolphin sports kit bag *
1	1	Swim Cap *
2	1	Towel
1	1	White skort (summer) *
3	2	White fitness t-shirt *
3 pairs	2 pairs	White ankle or trainer socks
1	1	Water bottle (named)
1 pair	1 pair	Warm gloves with grip pads
1	1	Navy hat
1	1	Lacrosse stick (to be obtained at school)
1	1	Tennis racket (named)
Optional	Optional	Hockey stick (named)
1	1	Shin pads (named)
1	1	Mouth guard (compulsory)
1 pair	1 pair	Lacrosse goggles (compulsory)
1 pair	1 pair	Football boots (named)
1 pair	1 pair	Sports training shoes (named)

## **SPORTS PROTECTIVE WEAR IN CONTACT SPORTS**

Students are required to wear appropriate protective items when engaging in contact sports. The wearing of protective items for all contact sports is now mandatory for all students under the age of 18. This includes shin pads for hockey, mouth guards for hockey and lacrosse, and goggles for lacrosse.

Earrings must be removed for all sport. Please consider carefully when your daughter has her ears pierced (e.g. beginning of the summer holidays). Taping up pierced ears is not acceptable.

Teachers, Referees and Team Coaches are not qualified to make a judgement on the quality of protective items; that remains the responsibility of the parent. The School's responsibility is to see that the protective item is being worn.

## SPORTS FIXTURES

Students selected for teams are expected to play in all scheduled home and away fixtures, including those played at weekends. If they are unavailable then they should let the PE Department know at least half a term in advance.

All information can be found on the Sports Portal, this includes venues, timings, directions and cancellations. ([godolphinsports.org](http://godolphinsports.org))

## MATCH TRANSPORT

Godolphin offer transport to all away fixtures. There is the option for students to travel directly to the fixture, which the Sports Department must be notified of. Please note, if a student cancels this service at the last minute, there will be a £25 fee.

### ***Bus return time***

It is impossible to give a precise time, but approximate times are posted on the Sports Portal. If players wish to make alternative arrangements, they must inform the PE Department beforehand. For home matches, players may not leave until after match teas are over.

### ***Catering***

We provide packed lunches for midweek away fixtures for Sarums and Boarders. We only provide Saturday packed lunches for full-time boarders. If your daughter is boarding on a Friday night as a weekly boarder or decides to stay over for the Friday night, then she must let a member of the Sports Department know so that they can cater accordingly. Sarums must provide their own packed lunches at the weekends.

## ILLNESS

If a player is ill, please email the appropriate member of staff as soon as possible, or email the PE Department ([mortonh@godolphin.org](mailto:mortonh@godolphin.org)). If the illness is at short notice then the player should also phone their captain and reserve. Non-travelling reserves must ensure that they are available for fixtures in case they are required at short notice.

## SELECTION IN PE AND SPORT

Our selection policy will be as simple, transparent and fair as possible. Our selection policy rewards behaviour and commitment alongside talent.

### Team Selection

- Behaviour and attitude in lessons, training and matches
- Demonstration and advocacy of our Core Values for PE and Sport at Godolphin
- Aptitude and skills demonstrated
- Understanding of the game and matches
- Performances and effort in lessons and practices
- Continued commitment to practices and training
- General level of fitness
- Manner in which girls present themselves – dress, manners, helpfulness, sportsmanship etc.
- Enthusiasm to learn and improve performance
- Conduct during home and away fixtures



## CAPTAINCY SELECTION AT GODOLPHIN

Being named a team or sport captain (or vice-captain) at Godolphin School should be considered an honour. Captaincy is given to those girls whom the rest of the team respect and trust to lead the team in the right direction. However, with this great honour also comes great responsibility. A captain must be accountable after a bad performance or practice. Captains are expected to perform consistently and lead others to success. It is also expected that captains will maintain control in the most pressurised situations and be the model of excellence for their teammates.

Captaincy at Godolphin should not be taken for granted. The role is a significant one, and girls will be selected as captains on the behaviours and attitudes they display as well as their own individual talent. In fact, Godolphin considers the right behaviour and attitude to be more important than talent when selecting captains. In addition to advocating the three trademark behaviours of Godolphin Sport: **hard work, humility and teamwork**, Godolphin believes a good captain should embody our three C's of captaincy as outlined in the Role Description below.

### **Role Description – the three C's of Captaincy at Godolphin**

#### **Caring:**

Great captains have an undeniable passion for the game, for competing, and for their teammates. They put the success of the team ahead of their own needs and are truly concerned with the well-being of all team members. As a caring captain, you should treat all teammates with respect and recognise the contributions made by all team members. If you have a problem with a teammate, you should approach that teammate in private and in a positive way to address the situation and find a solution. The captain should be the one to stop rumour spreading and gossiping. These kinds of behaviours destroy team chemistry.

#### **Courageous:**

Captains are willing to step up. As a courageous captain, you must “walk the talk” and you cannot be afraid to compete in the worst of situations. Courageous captains set the example for the rest of the team. Your actions must embody the core values of Godolphin, especially during times of adversity. Be a model of courage and dedication to your teammates by setting challenging goals and working hard to reach them. Finally, as a courageous captain you must show that you trust your teammates, teachers and coaches, and are also willing to hold teammates accountable to working hard and being prepared.

#### **Consistent:**

Effective captains need to be the model of consistency. To be a consistent captain you need to hold yourself to a standard of giving 100% effort in every practice and game. You cannot cut corners and earn the respect from teammates, teachers and coaches that is necessary to lead the team effectively. Consistent captains also have an authentic style of communicating. Some lead by their actions, while others are more vocal. Importantly, to be a consistent captain you must remain true to your own style of communication and not try to be someone else.

If you successfully accomplish these 3 C's you will earn a 4th C – **credibility**. Nothing is more important in leading your team into competition than being seen as an authentic, credible leader.

Finally, take your role seriously. Be willing to do what is right for the team even if it is “not cool”. And, get out and do it. You will learn much on the job including from your mistakes.


## COMMUNICATION

Throughout each term, Godolphin will share updates and information about sport via the usual communication channels including The Pinny and social media. In addition, we will host a number of other opportunities for pupils and parents to voice their opinions about PE and Sport at Godolphin including face-to-face forums in school and online Q&A sessions. Look out for more information on these in The Pinny.

### Godolphin Sports Portal




The Godolphin Sports Portal is here: [www.godolphinsports.org](http://www.godolphinsports.org).

You might want to save the address in your favourites and send it to your family and friends. To see at a glance What's On, Where and When you have a number of choices:

-You can either navigate to our Sports Calendar via the main menu, and then select the day you are interested in and then click the Details link. This shows the venue and if we're playing away will have a link to the location map of our opponent's school. You can also see the team selected for the fixture wherever you see this blue image . Normally we announce team selections at least 48 hours before.

-From the Sports Calendar you can also click directly through to a team's fixtures & results listing by clicking the Team's Name. e.g. click on the “Girls-U16A”.

-If you are following a particular team or teams you can also select **Sports & Teams Fixtures & Results** from the main menu. Then select a particular sport and your team to see **past results and upcoming fixtures**.

-From any teams Fixture list you can “Spy” on the opponents recent results by clicking on the spyglass button , or see the playing record by clicking on this button , or find their location by clicking on the map point button .

-From any team's Fixtures & Results listings you can also download the entire fixture list to your personal calendar on your PC or mobile device (such as an iPhone or iPad). Any

changes we make to our fixtures will be synchronised with your personal calendar whenever you connect your PC or mobile device to the Internet.

-If you need to quickly find an away venue for one of our opponents you can either choose the map link directly from a fixture, available via the “details” button as described above, or you can select “Opponent Maps & Links” from the main menu.

### **SOCS sport web app for mobile phones**

-If you are visiting our sports website on your mobile phone you will notice it loads up as a Mobile Web App. Full instructions for how to get the most out of the Web App can be found online by [clicking here](#). The mobile Web App will allow you to access Fixture and Team Sheet information on the go!

For any queries regarding PE and Sport at Godolphin please contact Hamish Morton, Director of Sport & Outward Bound: [mortonh@godolphin.org](mailto:mortonh@godolphin.org).