



St. Ninian's HIGH SCHOOL

Scoill Ard Noo Ninian
Our Ref: DSW/LK/PE

10th September 2026

Dear Parent/Guardian

Re: Welcome to Physical Education at St. Ninian's

I hope your child has enjoyed their first few days at St. Ninian's High School and is beginning to settle into life in Year 7. I wanted to take this opportunity to welcome all of our new students and families to the Physical Education Department at St. Ninian's and provide some information about PE, Games and the extra-curricular sporting opportunities available during the first part of the school year.

PE and Games

Throughout Year 7, we aim to introduce students to a broad range of sports and physical activities, helping them develop their physical skills, confidence, knowledge and enjoyment of being active.

To begin this term, our Year 7 Games programme will be:

Boys – Rugby (Handball after half term)

Girls – Hockey (Football after half term)

During PE lessons, all students will rotate through Basketball, Gymnastics and Health-Related Fitness. This will give students experience of very different activities while developing a range of physical skills and introducing them to some of the knowledge and understanding that will underpin their PE throughout their time at St. Ninian's.

PE and Games Kit

Please can parents and guardians support us during these first few weeks by helping students become familiar with their timetable and ensuring that they arrive fully prepared for PE and Games. One of the routines we want students to develop quickly is taking responsibility for organising and looking after their own kit.

For Boys' Games lessons, rugby will take place on the grass, so students will need their full Games kit, suitable studded boots and a gumshield. For Girls' Games lessons, students will be playing hockey and will therefore need their full Games kit, trainers or suitable hockey footwear, shin pads and a gumshield. Students will also need their appropriate PE kit and trainers for their Basketball, Gymnastics and Health-Related Fitness lessons.

As outlined in our previous information to parents and our website, having the correct kit and appropriate protective equipment is an important part of being properly prepared for PE and Games. We appreciate parents' support with this, particularly while students are becoming accustomed to their new timetable and routines.

Year 7 Extra-Curricular Sport

We would particularly like to encourage our new Year 7 students to become involved in extra-curricular sport from the beginning of their time at St. Ninian's.

Continued...

LOWER SCHOOL (Years 7 – 9)

Heywood Avenue, Onchan
Isle of Man, IM3 3AR
+44 (0) 1624 648900

UPPER SCHOOL (Years 10 – 13)

Ballaquayle Road, Douglas
Isle of Man, IM2 5RA
+44 (0) 1624 648800

HEAD TEACHER Mr C. J. Coole

Live to Learn
Learn to Live

Our Year 7 practices this term are:

Year 7 Boys' Rugby – Thursday after school

Year 7 Girls' Hockey – Tuesday after school

All students are welcome to attend, regardless of their previous experience or current ability. Students do not need to already play rugby or hockey for a club and they should not worry if they are completely new to the sport. Our practices are there to help students learn, improve and enjoy being part of school sport.

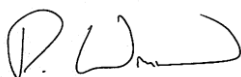
Please be aware that the Tuesday girls' hockey practice may occasionally need to be moved or cancelled due to staff meetings. We hope this will not happen too frequently, and we will communicate any changes to students when necessary.

We place great value on extra-curricular sport at St. Ninian's and encourage all Year 7 students to get involved. Taking part helps students develop far more than their sporting ability by building confidence, resilience, teamwork and friendships, while helping them feel part of the wider school community as they settle into secondary school. There will be opportunities to represent St. Ninian's in fixtures and competitions throughout the year, but our practices are for everyone, giving all students the chance to be active, improve their skills, enjoy sport and spend time with friends. We would therefore encourage parents to speak to their child about getting involved. All are welcome and we hope to see excellent numbers at both Year 7 practices throughout the term.

There will also be a wider programme of extra-curricular sporting opportunities available to students as they progress through the year. We hope that every Year 7 student can find something they enjoy and make physical activity and school sport a positive part of their experience at St. Ninian's.

If you have any questions regarding PE, Games, kit or extra-curricular sport, please do not hesitate to contact me via SNHSEnquiries@sch.im. We are looking forward to getting to know our new Year 7 students and to what we hope will be a very enjoyable and successful year of PE and school sport.

Yours faithfully



Mr D Winrow

Head of Physical Education and Games