



Physical Education

Parent Handbook

2024/25

At Victory Heights Primary School, sports are a cornerstone of our curriculum, providing every child with the opportunity to reach their full potential. We are committed to nurturing, challenging, and empowering each student to excel in sports, fostering a love for physical activity that promotes a healthy, active lifestyle and encourages social interaction.

We place great emphasis on instilling the values of passion, respect, and sportsmanship in every child. Through our sports program, students develop resilience, independence, and confidence, equipping them to face new challenges and seize opportunities with enthusiasm.

Our sports program is inclusive, catering to all skill levels, beginning with broad participation in our House competitions, where every student has the chance to engage and compete. As students refine their abilities in specific sports, they are encouraged to represent the school in inter-school competitions, providing further opportunities to challenge themselves at higher levels.

Victory Heights Primary School proudly hosts a variety of sports events and offers students the opportunity to compete both locally and across the Middle East. Our teams regularly participate in top-tier tournaments, gaining invaluable experience, celebrating diverse cultures and talents, and showcasing their skills on a larger stage.

We take pride in the recent successes of our sports tours, where our students have the opportunity to compete against and learn from teams across the Middle East. These experiences have led to significant achievements and have enriched our students with invaluable experiences and memories.

For specific details regarding fixtures, schedules, and standings, please visit our school's sports website. We also share updates through our dedicated Sports Bulletin, ensuring that both students and parents stay informed about all upcoming events and results.

At Victory Heights, we are committed to nurturing a passion for sports in every student, fostering an environment where they can be challenged, grow, and excel, reaching their fullest potential in every game they play.

Nurture | Challenge | Excel



DANIEL PARRATT
DIRECTOR OF SPORTS



SOPHIE MEAD
PE TEACHER



BENJAMIN LOWES
PE TEACHER



LEAH SUTTON
PE TEACHER



MOHAMED SOLIMAN
SWIMMING COACH

Contact details:

Dan Parratt (Director Of Sport) – dparratt@vhprimary.com

Sophie Mead (Head of Girls PE) – smead@vhprimary.com

Ben Lowes - blowes@vhprimary.com

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Squad ECA Schedule

Term 1

26th August - 13th December

Monday:

Year 3 & 4 Netball (Squad)

MPH | Blue Court

7:00am

Year 3 & 4 Football (Squad)

Main School Field

7:00am

Year 6 Swim Squad (A & B)

Swimming Pool

6:30am

Tuesday:

Year 5 & 6 Netball (Development)

MPH/ Blue Court

7:00am

Year 5 & 6 Football (Development)

Main School Field

7:00am

Year 3 Swim Squad (A & B)

Swimming Pool

6:30am

Cross Country

Year 3-6 (Inclusive)

ISD Track

6:45am - 7:30am

(Parent drop off and collection - 29th October)

Year 5 & 6 Swim Squad (A & B)

Pool

2:20pm

Collection: Pool Entrance 3:30pm

Wednesday:

Year 5 & 6 Football (Squad)

Field

7:00am

Year 5 & 6 Netball (Squad)

MPH/ Blue Court

7:00am

Year 4 Swim Squad (A & B)

Swimming Pool

6:30am

Thursday:

BSME Training (Invite Only)

MPH

8th October

7:00am

Year 5 Swim Squad (A & B)

Swimming Pool

6:30am

Year 3 & 4 Swim Squad (A & B)

Swimming Pool

2:20pm

Collection: Pool Entrance 3:30pm

Friday:

Year 3 & 4 Football (Development)

Field

7:00am

Year 3 & 4 Netball (Development)

MPH / Blue Court

7:00am

Squad ECA Schedule

Term 2

6th January - 21st March

Monday:

U9 Gymnastics (Squad)

MPH

7:00am

Year 6 Swim Squad (A & B)

Swimming Pool

6:30am

Tuesday:

Year 5 & 6 Girls Football (Squad)

Main School Field

7:00am

Year 3 Swim Squad (A & B)

Swimming Pool

6:30am

Cross Country - Year 3-6 (Inclusive)

ISD Track

6:45am

Parent drop off and collection

Year 5 & 6 Swim Squad (A & B)

Pool

2:20pm

Collection: Pool Entrance 3:30pm

Wednesday:

Year 4 Swim Squad (A & B)

Pool

6:30am

Year 3-6 - Ripper / Contact Rugby

ISD Sports Field

6:45am

Parent drop off and collection

Thursday:

BSME Training (Invite Only)

MPH

7:00am

Year 5 Swim Squad (A & B)

Swimming Pool

6:30am

Year 3 & 4 Swim Squad (A & B)

Swimming Pool

2:20pm

Collection: Pool Entrance 3:30pm

Friday:

U11 Gymnastics (Squad)

MPH

7:00am

Year 3 & 4 Girls Football (Squad)

Main Sports Field

7:00am

Squad ECA Schedule

Term 3

7th April - 6th May

Monday:

Year 3-6 Development Girls Basketball

MPH

7:00am

Year 3 & 4 Cricket (Squad)

Field

7:00am

Year 6 Swim Squad (A & B)

Swimming Pool

6:30am

Tuesday:

Year 3 & 4 Boys Basketball (Squad)

MPH

7:00am

Year 5 & 6 Rounders (Squad)

Main Sports Field

7:00am

Year 3 Swim Squad (A & B)

Swimming Pool

6:30am

Year 5 & 6 Swim Squad (A & B)

Swimming Pool

2:20pm

Collection: Pool Entrance 3:30pm

Wednesday:

Year 5 & 6 Girls Basketball (Squad)

MPH

7:00am

Year 5 & 6 Cricket (Squad)

Main Sports Field

7:00am

Year 4 Swim Squad (A & B)

Swimming Pool

6:30am

Thursday:

Year 5 & 6 Boys Basketball (Squad)

MPH

7:00am

Year 3 & 4 Rounders (Squad)

Field

7:00am

Year 5 Swim Squad (A & B)

Swimming Pool

6:30am

Year 3 & 4 Swim Squad (A & B)

Swimming Pool

2:20pm

Collection: Pool Entrance 3:30pm

Friday:

Year 3 & 4 Girls Basketball (Squad)

MPH

7:00am

Year 3-6 Development Rounders

Main Sports Field

7:00am

Year 3-6 Development Boys Basketball

Blue Court

7:00am

Squad ECA Schedule

Term 3b

19th May - 23rd June

Monday:

Year 3-6 Development Girls Basketball
MPH
7:00am

Year 6 Swim Squad (A & B)
Swimming Pool
6:30am

Tuesday:

Year 3 & 4 Boys Basketball (Squad)
MPH
7:00am

Year 3 Swim Squad (A & B)
Swimming Pool
6:30am

Year 5 & 6 Swim Squad (A & B)
Swimming Pool
2:20pm
Collection: Pool Entrance 3:30pm

Wednesday:

Year 5 & 6 Girls Basketball (Squad)
MPH
7:00am

Year 4 Swim Squad (A & B)
Swimming Pool
6:30am

Thursday:

Year 5 & 6 Boys Basketball (Squad)
MPH
7:00am

Year 5 Swim Squad (A & B)
Swimming Pool
6:30am

Year 3 & 4 Swim Squad (A & B)
Swimming Pool
2:20pm
Collection: Pool Entrance 3:30pm

Friday

Year 3 & 4 Girls Basketball (Squad)
MPH
7:00am

Year 3-6 Development Boys Basketball
Blue Court
7:00am

Fixture Schedule

Term 1 - 3

Please note, the dates are subject to change.

Swim Gala - A & B Squad

Location: RGS

27th September

Unified Trampoline

Location: Bounce Dubai

2nd October

Swim Gala: Individual Meet

Location: Hamdan Sports Complex

8th October

Swim Gala: A Team Sprint

Location: TBD

29th October

Swim Gala: B Team Sprint

Location: TBD

5th November

Unified Football

Location: GEMS WEK

14th November

Unified Wall Climbing

Location: World Trade Centre

21st November

Cluster Aquathon: Years 5 & 6

Location: TBD

DASSA Conference

Location: DC

7th December

Cross Country 2

Primary Individual Meet 2

10th December

Unified - Kinball

Location: Arbor

2nd December

Football/ Netball

12th December

Cross Country Development Relays

6th January

Swim Gala: A-team relay.

14th January

Athletics Regional Meet

16th January

Swim Gala: B-team relay

21st January

Y3-6 Athletics Festivals

23rd January

Primary Team Champs Athletics qualifiers

(Division 1 & 2)

30th January

Unified Gymnastics

Location: Nord Anglia

2nd February

Y3-6 Athletics Festivals

4th February

Y3&4 Clusters Aquathon

6th February

BSME Games U11 Games

20th - 23rd February

Fixture Schedule (continued)

Term 1 - 3

Please note, the dates are subject to change.

Primary Aquathon Finals

Location: Hamdan Sport

25th February

Year 3/4 Gymnastics Festival

28th February

Unified Hockey

Location: Greenfield

6th March

Unified Tennis

10th March

Development Team Aquathon

18th April

Year 5-6 Gymnastics

18th April

Year 3-4 Gymnastics

25th April

BSME Dance

25th - 27th April

B-Team Gala

29th April

Aquathon Competitive Relays Y3-6

2nd May

A-Team Gala

6th May

Swim Gala: B-team Qualifiers

13th May

Hamdan Swim Finals (1-30)

13th June

Possible B Team - Hamdan Swim Finals

10th June

Team Allocations 24/25



DANIEL PARRATT
DIRECTOR OF SPORTS

Term 1
Boys Football
Year 4 & 6

Term 2b
Cricket
Year 4 & 6

Term 2
Contact Rugby
Year 4 & 6

Term 3
Basketball
Year 4 & 6



SOPHIE MEAD
PE TEACHER

Term 1
Netball
Year 3 & 5

Term 2
Girls Football
Year 3 & 5

Term 2
Gymnastics
U9 & 11

Term 2b
Rounders
Year 3 & 5

Term 3
Basketball
Year 3 & 5



BENJAMIN LOWES
PE TEACHER

Term 1
Boys Football
Year 3 & 5

Term 2b
Cricket
Year 3 & 5

Term 2
Contact Rugby
Year 3 & 5

Term 3
Basketball
Year 3 & 5



LEAH SUTTON
PE TEACHER

Term 1
Netball
Year 4 & 6

Term 2
Girls Football
Year 4 & 6

Term 2
Ripper Rugby
U11

Term 2b
Rounders
Year 4 & 6

Term 3
Basketball
Year 4 & 6



MOHAMED SOLIMAN
SWIMMING COACH

Term 1 - 3
Swimming Squad
Year 2 - 6

Key Operational Information

Drop Off, Pick Up, Absence, Transport

Drop Off

For early morning squads, please ensure your child arrives 5 minutes before the start time, ready to go. If you arrive before Gate 4 is opened by the security guard, please stay with your child until access is granted. Parents are welcome on the VHPS campus during squad sessions, but we kindly ask that you remain in the canteen area as before.

We also ask that all siblings are supervised by an adult at all times.

Please note that persistent lateness will be recorded and could impact your child's selection for future fixtures.

Pick Up

Afternoon squad sessions finish at 3:30 pm. Parents are welcome to wait in the canteen area during these sessions. Please arrive promptly to collect your child, as teachers and coaches often have professional training, external coaching, or personal commitments afterward. If your child hasn't been collected by 3:40 pm, they will be taken to the school reception for collection. Being on time is just as important when picking up children from fixtures, as repeated lateness may affect future selection.

Absence

If your child is unable to attend training due to illness or other reasons, please let the squad teacher know as soon as possible. Repeated unexplained absences may mean their spot is offered to someone from the development team or waiting list.

On match days, if your child is scheduled to play but can't attend, please notify the teacher by 9:00 am so we have enough time to find a replacement. As we don't have access to class registers, we rely on parents to inform us of any absences.

Transport

The school provides two buses for squad fixtures between 2:20 pm and 4:30 pm. If a fixture extends beyond these times, or if the buses are unavailable, we may ask for parent assistance with transportation or request that you collect your child directly from the venue. We will do our best to minimise this and will always provide the bus whenever possible. All transport arrangements for fixtures will be communicated by your squad teacher via Seesaw.

Key Operational Information

Squad Kit, Team Selection, Medical, Parent Communication

Squad Kit

We are excited to continue offering squad kits for all our teams, including Football, Basketball, Rugby, Cross Country, and Netball. This year, we are introducing a deposit system, where parents will pay a deposit at the start of the season (or when requested) to borrow the kit. Once the deposit is paid, your child will be eligible to borrow kits for all sports throughout the academic year. The deposit will be refunded at the end of the school year, as long as the kit is returned in good condition.

On match days, please ensure your child has the appropriate footwear for their sport, extra water, a hat, sunscreen (if needed), and snacks.

Team Selection

We strive to provide as many match opportunities as possible for every child. Team selections are based on attendance, commitment to training, and improvement/performance during games. We appreciate your understanding and patience with this process. If you have any concerns, please feel free to speak with your squad teacher or contact them via email or Seesaw at an appropriate time.

Medical

If your child has a specific medical condition or requires medication, it is vital that you inform the PE Department before they participate in any school fixtures. This ensures we can properly prepare first aid kits and provide appropriate care for your child.

Parent Communication

Please note that all communication regarding squads will be managed through **Seesaw**. This includes important updates on fixtures, training schedules, and other relevant information.

To stay informed, we kindly ask that you check your **Seesaw** messages regularly. Staying up to date will help ensure your child is well-prepared for all squad activities.

Thank you for your cooperation!



Click Icon

Message of Thanks

The PE team feels truly privileged to coach such talented and determined young students, and we hope your child takes pride in being selected for a squad at VHPS.

Please encourage them to embrace this opportunity—working with dedicated teachers, competing in exciting school leagues, and building lifelong friendships through teamwork and shared commitment.

To our parents, your support is key to the continued success of the VHPS squad program. We greatly appreciate your involvement and look forward to cheering on our teams together from the sidelines.

Thank you for your ongoing support.

PE Department

