Jordanhill School
Physical Education and Sport

Striving Higher

Introduction

Jordanhill School has a thriving programme of sport and PE which is embedded into our curriculum and wider achievement offering. Indeed, our extra-curricular sports programme is arguably the equal of any Scottish state school particularly given our size. We also hold our own against many independent schools, a testimony to the collective hard work and ethos exemplified in our motto to 'Strive for the Highest'.

While we pride ourselves on doing more for less, we remain ambitious and hope to further develop our participation numbers and competitive performances. Our pupils experience an enhanced provision, and this is only possible thanks to the generous support of the **Jordanhill School's Striving Higher Fund**, and the support of our parents.

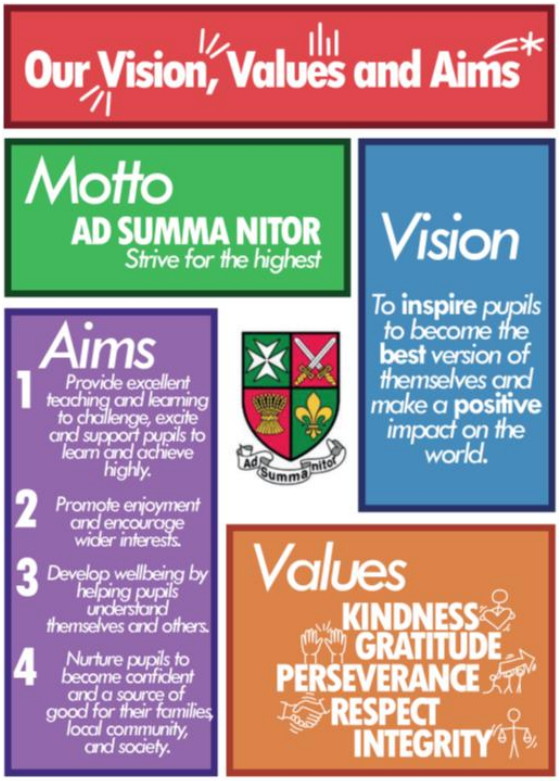
This brochure offers an insight into Sport and PE in Jordanhill School. If you feel you can help us develop our sporting programmes by volunteering your time or supporting our Striving Higher campaign, then please do contact us at school.

Why we believe in promoting participation in PE and Sport

Sport and PE offer unique opportunities for personal and team development – for stretch and connect – and it is at the core of the Jordanhill School experience for almost all our pupils. Pupil enjoyment, engagement and participation are hugely important to us and are written into School Aims 2 and 3. Participating in sport is so important because it offers pupils opportunities to:

- Improve their physical and mental fitness
- Develop skills in communication, team working, and decision making
- Develop resilience by enjoying successes and managing failures
- Connect to the school and to other pupils
- Have fun

For these reasons, we encourage all pupils to become involved in our sporting programme and have crafted a range of activities which promote mass participation.



The Jordanhill School PE and Sport curriculum

Our PE and sport curriculum are bespoke, to the needs and interests of our pupils. Our PE team structure activities to expose all pupils to a variety of sporting activities that become progressively challenging from Primary 1 through to S6. We make use of our in-house Sporting facilities and Scotstoun leisure centre for swimming and senior games.

An overview of our curriculum is shown below

	Term 1	Term 2		Term 3		Term 4
P1	Basic Moves & Creative dance	Games skills & Climbing Wall	Social Dance	Fitness	Racket skills & Gymnastics	Athletics skills – running & jumping
P2	Creative dance & Basic Moves	Games skills & Climbing Wall	Social Dance	Fitness	Racket skills & Gymnastics	Athletics skills – jumping & throwing
P3	Creative dance & Hockey skills	Rugby & Football skills	Social Dance	Fitness	Handball & Gymnastics	Athletics & Summer Games
P4	Handball & football Swimming	Dance & Hockey	Social Dance	Fitness	Gymnastics & Basketball	Athletics & Summer Games
P5	Rugby & hockey Swimming	Dance & Basketball	Social Dance	Fitness/Cross Country	Gymnastics & Handball	Athletics & Summer Games
P6	Basketball, Rugby & Lacrosse	Basketball, Rugby & Lacrosse	Social Dance	Fitness/Cross Country	Dance, Football & Short tennis	Athletics & Summer Games
P7	Football, Hockey & Netball	Football, Hockey & Netball	Social Dance	Fitness/Cross Country	Handball, Badminton & Gymnastics	Athletics & Summer Games

	Term 1	Term 2		Term 3		Term 4	
S1	Rugby boys Hockey girls Fitness testing	Basketball boys Dance girls	Social Dance	Fitness Block	Dance boys Netball girls	Athletics	Summer Games
S2	Rugby/Basketball boys Hockey girls Fitness testing	Badminton boys Gymnastics girls	Social Dance	Fitness Block	Gymnastics boys Badminton girls	Athletics	Games Making
S3	Games Making Netball girls Fitness testing	Volleyball boys Dance girls	Social Dance	Fitness Block	Choice mixed hockey/racquets	Athletics	Summer Games

S4-S6: all senior pupils get to participate in a range of sports on a Wednesday afternoon.

Activities available include: Football, Hockey, Rugby, Netball, Badminton, Fitness Suite, Team Games, Ball games, Yoga, Racquets, Zumba, Social Dancing, and Walking.

Qualifications in PE

We have expanded our suite of qualifications to allow pupils to study PE at a variety of levels. Pupils can study PE to achieve an award at National 3,4,5, Higher and Advanced Higher levels. In addition, we have introduced a Sports Leadership award to S5 & S6 and a Health and Wellbeing Unit to our S3 course. Cumulatively, these qualifications give our pupils a framework to maintain their interest and skills in PE and add value to their school experience.

Team Building

We have an in-house programme of team building which we use to support pupils in their transition from Primary to Secondary, and for pupils starting S5 and S6. These complement the induction activities in these year groups which are designed to help young people adjust to the new challenges of the year.

Our team building activities are designed to promote communication, team working, leadership and decision making.

House Challenges

We have a calendar of annual house challenges in both Primary and Secondary. These are designed to promote fun and connection to pupils' House groups. They are competitive and lead to the award of House points for the winning House.

Sports Day and Champions

A unique feature of our school is Saturday Sports Day. This whole school event mixes fun with competitive races to round-off the year of sport. Hosting the event on a Saturday makes Sports Day a major family and community day out.

Secondary athletes compete for the title of Sports Champion in advance of Sports Day while Primary pupils run their races and events on the day.

Extra-curricular sport

Our PE curriculum feeds into and supports an extensive programme of after-school and weekend sporting activities. Pupils relish these opportunities to test themselves in competition against other schools.

The table below shows the main extra-curricular sporting activities available in Jordanhill School and the typical number of pupils participating on a weekly basis.

(2024-25)	Secondary	Primary (4-7)
Hockey	159	61
Netball	125	-
Football	133	104
Rugby	56	19

Hockey

Hockey is the mainstay of girls' team sport and teams play Saturday school matches in P7 and at all secondary age groups. Our boys' teams are also growing in popularity and national recognition – playing in the Scottish Plate final in 2023 and 2025. Read more about hockey success below.

Netball

Girls' netball has developed quickly in recent years, and we now have teams playing at every secondary age group with training and matches through the week.

The S3 & Senior team play in the Scottish Schools Cup and our S3s were semi-finalists in the Glasgow playoffs in 23-24.

Football

There are mixed football teams at P5, P6 & P7 levels, playing in the local schools' league on Mondays at Scotstoun. Each secondary year has a boys' team, and our seniors have enjoyed considerable success recently. Primary 4-7 girls attend training on a Saturday morning and play against local schools on a Monday after school at Scotstoun, winning their tournament in 24-25.

Rugby

While many schools struggle to put our full squads, rugby has also been going from strength to strength.

We have P6/7, S1, S2, U16 & U18 rugby teams. They train during the week and play matches on a Saturday morning as part of the West Conference.

Our Senior team got into the semi-finals of the SRU's Scottish Schools Bowl competition in 23-24 and enjoyed playing at the Edinburgh Rugby HIVE Stadium.

Saturday morning Primary football

We are very fortunate to benefit from an involved and engaged parent body who help us run a very successful Primary football programme every Saturday morning through the school year.

We have approximately 90 pupils from Primary 4-7 and 24 parent volunteer coaches, who can be found on the top pitches rain or shine taking part in Saturday morning training and games.

New additions to our extra-curricular offering

We are always interested in partnerships which allow us to further develop our offering. In recent years, we have increased our tennis, squash and golf provision through the generous support of parents and local clubs.

Small groups of Primary pupils play lunchtime tennis at Woodend Tennis Club.

Last year we ran an extra-curricular golf programme run by parent volunteers who also supported our more experienced golfers in entering inter-school competitions.

A parent also recently started up a very popular primary squash club. Squash is fast becoming our most successful sport so our P1 – S1s are coached by three age group internationalists who are also current pupils!

Competitions

We enter teams and individuals for local and national competitions as we believe this encourages sporting development. A few highlights from annual sporting events entered by Jordanhill School are shown below.

Henderson Challenge

Primary 5, 6 & 7 pupils get the opportunity to attend the Henderson Challenge every summer, hosted by Glasgow Academy. It's a great event and brilliant for the pupils to compete against GA, HSOG, St Aloysius & Kelvinside.

Athletics in Jordanhill School 2023-24

- Scottish Schools Road Race: 22 secondary & 16 primary pupils
- Scottish Indoor Championships: 6 secondary pupils
- Scottish Cross Country: 19 secondary pupils
- Hamilton College Cross Country P5-S3: 72 pupils
- Scottish Primary Cross Country: 16 primary pupils
- Henderson Athletics Match May: 70 Primary pupils
- Secondary Athletics Match: 50 pupils
- Scottish Track & Field Championships: 10 pupils

Swimming

- Glasgow Schools Secondary Championships: 12 pupils
- Scottish Schools Time trials: 9 secondary pupils
- Scottish Schools Swimming Championships: 2 secondary pupils
- Hutcheson' Primary Invitational Gala: 35 primary pupils
- Glasgow Schools Primary Gala: 34 primary pupils

Racket sports

- Glasgow Schools Badminton Championship: 4 pupils
- Tennis matches vs local Glasgow schools

Team successes:

Football: Cameronian Cup and SiSFA Cup Champions 2023

Our senior football squad have enjoyed huge success of late.

We have won the SISFA (Scottish Independent Schools Football Association) Cup in 2022 and 2023 – and are the only school to have retained the trophy.

Even more impressively, we reached the final of the Cameronian Cup in 2022 and 2023 at Celtic Park. On both occasions we played against bigger schools whose only boys' team sport is football and have SFA funded training schemes. Although beaten in the 2022 final, we defeated Bishopbriggs Academy to win the school's first ever Cameronian Cup in 2023, equalising in the final minute of extra-time then winning a nerve-shredding penalty shootout.

Hockey: Scottish U18 Indoor Cup Champions 2023.

The senior team have also excelled in national competitions recently, reaching the final of the Scottish Cup in 2022 and winning the U18 Scottish Schools Indoor Cup in 2023. To challenge and beat larger independent schools is a significant feather in our cap and there is no doubt that Jordanhill have made their mark nationally of late. Two of those players, Ava Wadsworth & Mhairi Low now play for the full Scotland Hockey squad.

Supporting individual achievements

Jordanhill School has always had a rich tradition of sporting excellence. For a small school, we run a wide variety of teams and this is only possible because we have pupils playing multiple sports. It is not uncommon for us to have pupils representing the hockey or rugby team one day and the netball or football team the next.

We also support pupils when in their ambitions take them onto representative teams and are equally as proud of their successes with club teams and in sports beyond the school.

While some pupils like to stick to one sport – or have so much training they can't continue with a second sport - we are always delighted when pupils who are performing at an elite level still want to pull on Jordanhill School colours and play for our teams. For example, it is not uncommon for pupils who play for professional football clubs to also represent our 1st XI football team when their schedules allow.

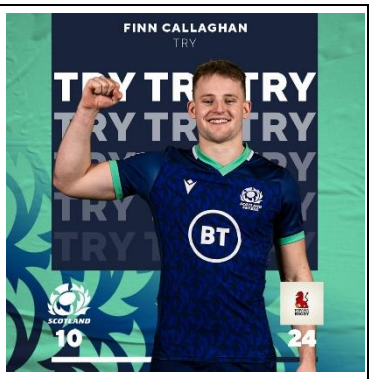
Our current U16 rugby team are also notable for including an international level skier, two county level golfers, a national level swimmer, and two of Scotland's highest ranked youth squash players.

Former pupil hall of fame

Jenny Beattie (football)
143 Scotland Caps & 24 goals

Aaron Hickey (football)

14 Scotland Caps



Finlay Callaghan (rugby)
Scotland 7s and U20s

Ava Wadsworth & Mhairi Low (hockey)

Internationalists in 2024 (one year after leaving Jordanhill School)

Marc Austin (triathlon)

Bronze medal in 2018 Commonwealth Games

Robyn

Squash

Last season was one of the best seasons of my career where I made history in Scotland by winning three national titles, and three European tournaments. In fact, I even managed to beat the European number 1 in Finland. This season I have now turned professional and have just won my first pro tournament in Sweden.

I have been able to attain these achievements by learning how to **persevere** when challenged, **respect** my opponents and have **gratitude** towards the people who support me and help me compete.

Playing squash in competiton gives me confidence. I have learned to be determined, flexible and resilient.

Celebrating wider achievement

Osla

Football

At school, I play for the S3 football and hockey team. Outside of school, I also play football for Rangers Academy where I train three nights a week with matches every Sunday.

Playing different team sports at school is good fun. I am committed and show **integrity** by always showing up for my many training sessions and games. I play in the midfield for both sports – I really enjoy helping to control games and showing **kindness** by creating chances for my teammates. Our S3 hockey team have just made it to the Scottish Cup Final too!
In my Rangers Under 16s team, I play centre-mid. I train and play in Auchenhowie and at Ibrox too. I work with Sports Scientists, Sports Psychologists, Sports Nutritionists and Physios – I have learned so much since joining the Academy in P7.

I am **grateful** for the opportunities to have played against Sunderland and Chelsea as well as playing in the National Academy Programme League with teams such as Celtic, Aberdeen, Hearts, Hibs, Motherwell, Glasgow City, Kilmarnock and Hamilton. I have also played teams from Ireland and Canada.

I hope one day with a lot of **perseverance** I can maybe play for Scotland like my idol Jen Beattie.

Coaching and partnerships

Our coaching staff are another reason that we can overachieve for a school of our size.

Simone Upman
Head of Hockey

Originally from South Africa, Simone is also Hillhead Hockey Club's 1st XI senior women's coach and works with the Scottish Hockey Brave junior pathway squads. Simone also plays rugby and is a keen cricketer.

Tonci Buzov
Head of Rugby

Former Croatian international and current national coach. Tonci played professional rugby in England before coaching at club and university level. He currently coaches the senior men's 1st XV at Hillhead Rugby Club.

Dave Mackay
Head of Football

Dave is a current youth coach at Rangers FC. He's worked at many top Scottish clubs and has a range of experience from community sport, to working with elite youths who are now full Scottish internationals, to coach development.

Our Heads of Sport lead a team of over 50 coaches between them. It is heartening that many of our coaches are Jordanhill School former pupils who want to pass on the passion for sport they developed as pupils.

We also benefit hugely from partnerships whether they are with local community clubs like Hillhead Hockey Club and Hillhead Rugby Club – who let us play Friday night matches under floodlights – or with the national organisations such as the Scottish Rugby Union.

Our competitive successes invigorate our community and whenever we reach finals or play important matches, pupils come out in force to support their peers and friends. It is not uncommon for us to hire buses to take groups of pupils to cup finals and for us to outnumber – and out sing – our opponent's supporters.

@JordanhillSch

Please follow all our sporting (and other) news on our school Twitter / X page @JordanhillSch

Here are just a few of the highlights of the last few months.