



Sport.

Welcome to SPORT AT TERRA NOVA

Physical exercise plays an important part in the development of all the children at Terra Nova School. We aim for each pupil to achieve on a personal level and to develop their physical skills, in addition to developing: confidence, self esteem, respect, and teamwork. We try very hard to foster these qualities, that are beyond physical prowess and firmly believe that teamwork, fairness, the encouragement of others and the acceptance of both success and failure play an important role in developing a balanced, well-rounded individual.

The school has an excellent track record in preparing students for sporting scholarships to senior schools. Additionally, whilst in the last 2 years of Terra Nova, the school offers its own sports scholarship programme. Achieving a sports scholarship enables the children to access a dedicated athlete sports mentoring programme with talks and training on subjects such as nutrition and strength & conditioning training from Olympic medal winners and other successful sports men and women.

Sport is an inclusive subject with all pupils being given the opportunity to represent the School, at a level appropriate to their ability, at least once each half term. Fixtures are arranged with other Schools primarily on Wednesdays for Year 5 – Year 8 and Tuesdays for Year 3 and Year 4. At all levels, sportsmanship and good manners are vital and the way that a team or an individual conducts itself is just as important as the result of the fixture.









Major Sports

Girls' Major Team Sports -

Hockey / Netball / Cricket / Shooting

In addition girls are now training and playing fixtures in Football during the Spring Term and Rounders during Summer Term.

Boys' Major Team Sports -

Football / Rugby / Cricket / Shooting

In addition boys are now training and playing fixtures in Hockey during Spring Term.





Football.



Football is usually played in combined year groups U9, U11 and U13, predominantly in the Spring term. During the football season, we host a number of tournaments at Terra Nova in addition to weekly fixtures.

We enter U11 and U13 teams into the ISFA competitions each year for both boys and girls. The football teams enjoy 'masterclasses' from former professional players and senior school coaches. A number of our Year 8 leavers go on to achieve places in their senior school 'A' teams at schools famed for their footballing prowess such as Shrewsbury School, Malvern College and Repton School. In recent years, our senior teams enjoyed a superb football tour to Valencia.

"My football has really developed since I went into Year 7. It's challenging but good experience to play with the older boys"



Netball is usually played in combined year groups, U9, U11 and U13, in the Spring term. During the season, we host a number of tournaments at TN in addition to the weekly fixtures. The teams regularly participate in netball tournaments at prep and senior schools.

Our netball teams have enjoyed specialist coaching from Shrewsbury School and Manchester Thunder, champions of the Vitality Netball Superleague in 2012, 2014 & 2019.

“I’ve been at TN since Nursery and although I was really pleased to be Deputy Head Girl, I dreamed of being Netball Captain since I was little, when I was awarded it I was thrilled!”





Netball.



Rugby.



Rugby follows the RFU Normal Rules of Play (NROp) for age grades. Boys train in combined year groups 3&4, 5&6 and 7&8 and tend to play competitively in U8, U9, U10, U11 and U13 year groups. The teams play weekly fixtures and in regular tournaments from September to November. In March, Terra Nova School hosts and participates in a number of sevens tournaments at U10, U11 and U13 levels culminating in the eagerly awaited Rosslyn Park U11 & U13 tournaments.

'Masterclasses' are delivered by former rugby players from clubs such as Sale Sharks and Worcester Warriors and senior school rugby coaches. Weekly coaching sessions are delivered by Sale Shark coaches who are also involved in the DPP (Developing Player Programme).

Terra Nova's alumni include international rugby heroes; Will Carling, a former Captain of the English Rugby team and Hamish Watson who currently plays for Scotland. A number of Terra Nova's former rugby players have gone on to some of the leading rugby schools in the country such as Sedbergh and Rugby Schools to play in their 1st XVs, at county, national and even international level.



"I left Terra Nova School for Repton School where I am now in the U15 hockey team. It was at TN I really fell in love with the sport."



Hockey is usually played in combined year groups, U9, U11 and U13, in the Autumn term. During the season, we host a number of tournaments at TN in addition to the weekly fixtures. The teams regularly participate in hockey tournaments at prep and senior schools.

Our hockey teams have enjoyed specialist coaching from Alderley Edge Hockey Club and Malvern College. Sandbach Hockey Club train on our floodlit astroturf weekly which offers our children the chance to experience club training in addition to school's.





Hockey.



Cricket.



The *Sound of leather* on willow rings out across the Terra Nova cricket pitches during the summer months. Cricket, played by both boys and girls, has a strong following at Terra Nova School. In addition to the weekly fixtures and as with all our major sports, a number of our pupils play at club and county level, specifically our Head Girl (at time of press) who represents Staffordshire. Our teams take part in the U12 and U13 Cheshire County Cup programme.



Terra Nova has always been a shooting Prep School, offering prone smallbore rifle historically and more recently, prone 10m air rifle which is shot on Olympic standard targets. Terra Nova has held many national Prep Schools' titles over the years and the School teams are currently National Champions with the Preparatory Schools Rifle Association at all three levels. Pupils have the opportunity to shoot from Year 5 and shooting takes place on the dedicated rifle range within a formal timetable.





The School has its own heated, indoor swimming pool (open from Easter until the end of the summer term). Swimming pool opportunities will be provided during the School day for one half term as follows:

- Early Years foundation stage swimming (Reception swimming delivered by PE staff and Nursery swimming delivered by an external coach)
- Year 1 - Year 4 swimming (during PE lesson)
- Year 5 - Year 6 personal survival and life saving (during PE lesson)
- Year 7- Year 8 water polo (during PE lesson)

Additionally, the swimming pool is open in the evenings for the boarders

Tennis.



Professional coaches provide a variety of offerings for pupils. Below is a list of some of the options that are available.

1. Curriculum Tennis - pupils across the age range will be exposed to tennis within their curriculum PE sessions. This will support the development of net games, hand/eye coordination and give all children early exposure to the fun aspect of tennis.
2. Private individual and paired lessons - pupils from Reception to Year 4 are able to sign up for private or paired lessons that will take place during the School day. Pupils from Year 5 to Year 8 will not be allowed to miss lessons. Instead they will have access to half hour private lessons at lunchtime and/or before/after School.
3. Terra Nova School Tennis Clubs - each year group will have the opportunity to participate in a larger group session on a weekly basis.





Sailing Terra Nova Sailing Club, is open to pupils in Year 3 and Year 4 from May to October. At the club, pupils complete a wide range of courses, starting with stages 1-4 of the RYA Youth Scheme, before moving to RYA Advanced Skills courses such as Start Racing and Seamanship Skills for more experienced sailors. Sailing sessions take place locally at Rudyard Lake, an RYA Training Centre that provides qualified instructors, sailing equipment and changing facilities. Each year, pupils have the opportunity to represent Terra Nova at an U11 & U13 level in a National IAPS competition that takes place at the Andrew Simpson Sailing Centre.



Equestrian



Equestrian If you have your own pony you can compete for Terra Nova Equestrian in one or all three disciplines including showjumping, dressage and eventing. There are competitions all over the country. Riders compete to qualify for the championships. The members of Terra Nova Equestrian compete as individuals but also as a team if three or more riders are interested in entering the same competition.

Recently introduced to the Terra Nova sports offering, fencing is now part of the weekly PE offering. Renowned for increasing body strength and agility, the benefits of fencing are also reputed to increase mental agility.

Fencing.



Cross country running has always been a part of Terra Nova life. No pupil ever forgets the mandatory run around the perimeter of the school's 32 acres, through the school woods, splashing through the river battling for house points usually in torrential rain! However, the benign undulations of the Cheshire countryside stand our runners in good stead for when they travel North to the rugged landscapes of St Mary's Hall and Sedbergh School to participate in their gruelling annual cross country events!

Athletics takes over from Cross Country running in the summer term. Children enjoy training a wide range of athletic disciplines from running, to jumping to throwing. An opportunity to participate in the NPSA regional athletics competition offers the chance to be selected for the NPSA national athletics championships.



P.E *Lessons*

Pupils will also participate in one additional PE lesson per week that will focus on the child's physical development. This will include activities such as Aquatics (seasonal), Athletics, Athlete Development and Movement Literacy, Cross Country and Orienteering, Gymnastics (Year 1 - Year 6), Handball, Health Related Fitness, Tennis.

House COMPETITIONS

Each term there will be a number of house events in the school diary in relation to the sports taking place that term. In order to foster the Terra Nova School house community spirit, boys and girls compete together. House sport opportunities and events are adapted and age appropriate for Year 1 - Year 8 pupil







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