



# High March

## SPORTS POLICY

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This policy applies to the Early Year Foundation Stage,  
Key Stage 1 and Key Stage 2

### Useful Websites

[www.highmarch.co.uk](http://www.highmarch.co.uk)

[www.isi.net](http://www.isi.net)

[www.education.gov.uk](http://www.education.gov.uk)

## Sports Policy

High March encourages all pupils to participate in a variety of team and individual sports and helps all children to experience a competitive environment. High March promotes a healthy and active lifestyle to all pupils.

High March believes there is a responsibility to teach sport to pupils of all ability, no matter what their level of interest. We are able to differentiate learning outcomes and objectives by providing challenging, yet achievable tasks.

### Clothing and Equipment

PE lessons take place twice a week and so it is important that pupils remember their kit and have the correct items. Kit should be brought into School on a Monday and taken home on a Friday to be washed. Kit should be left in School all week in case a pupil needs a change of clothes. All kit must be labelled.

The table below illustrates what pupils need to bring to each lesson.

#### Upper School

Physical Education Lessons	Swimming Lessons
Full tracksuit	Swimming costume
Skort	Towel
Winter socks (Oct Half term - Christmas / Spring Term)	Hat
White ankle socks (Sept – Oct Half Term and Summer Term)	Goggles
HM PE Top	Verruca sock (if applicable)
Trainers	
Navy base-layer Top and leggings (optional)	
Shin pads (Spring Term)	
Mouth Guard (Spring Term)	

#### Junior House

Physical Education Lessons	Swimming Lessons
Full tracksuit	Swimming costume
Shorts	Towel
HM white polo shirt	Hat
White ankle socks	Goggles
Trainers	Verruca sock (if applicable)

## Jewellery and Watches

Watches must be named and these should be taken off at the start of the games or swimming lessons and placed safely in their PE bag or desk.

A pupil planning to have her ears pierced should do so at the beginning of the summer holidays. This is an ideal time to allow the piercing to settle before returning to School in September. Jewellery should not be worn in PE lessons or in the swimming pool. If a pupil has recently had her ears pierced, then an ear band must be purchased from any good sports shop or online, to wear in all swimming lessons. This band slides over the head and fits tightly over the ears until the pupil can remove her own earrings, usually after about six weeks.

In PE lessons and other physical activities, micro pore tape must be provided to cover the earrings during the first six weeks. The PE Department expect pupils to take their own earrings in and out, and that individual is to provide their own small container to keep them safe on PE days. If this is going to be a problem, then parents should remove the earrings in the morning before PE or swimming and keep them at home.

## Verrucas

If a swimmer has a verruca, he or she must wear a verruca sock.

## Hair

Pupils' hair should always be securely tied back so that it does not fall on their faces while they are working. This is essential during PE and swimming.

## Kit Marks (Upper School only)

If a pupil has forgotten / lost a piece of clothing or equipment for the lesson, she will be issued with a kit mark which will be recorded in her homework diary. If a pupil accumulates three kit marks over the course of a term, she will be given a minus mark.

We understand that unforeseen circumstances may arise. If this is the case, please send a letter / email in to school explaining why your child does not have the required / appropriate kit. In these situations, a kit mark will not be issued.

## Selection of Teams

Our policy on team selection is by ability and commitment. We aim for all pupils wishing to participate in competitive sport to do so, however, we ensure they will be competing against teams of similar capabilities. We would not want any children to be put in a situation where they feel out of their depth, consequently damaging their confidence for future PE lessons and games.

A vast amount of time and discussion goes into the selection process and with constant review children need to be prepared to move up and down and in and out of teams. It is always easier to move a child up into a higher team; inevitably though, children do have to move down at times. If this is the case, the individual will be spoken to and encouraged to continue with their training to improve their skills. We fully appreciate this could be a

difficult and disappointing decision for the child involved, however, those children who have improved considerably must be rewarded for their efforts.

In netball, all pupils are encouraged to join the squad for their year group. Teams are determined according to performance and attendance at training. Each year every pupil's ability is continually assessed during lessons, training and matches. This is an on-going process throughout the year as children improve and progress at different stages relative to their peers. Other factors taken into consideration include ability, fitness, attitude, sportsmanship, team tactics and knowledge of the sport.

In swimming, selection for the squad takes place every June/July with up to twenty pupils being invited to attend the squad training for their year group every week. Children are selected following two assessments:

- 1) A 20m timed swim in front crawl, backstroke and breaststroke.
- 2) A distance swim of front crawl showing consistent technique and bilateral breathing:  
40m Year 2, 80m Year 3, 120m Year 4 and 200m Year 5.

For a child to be selected they have to be in the top 18 for Assessment 1 and be able to complete Assessment 2 following the criteria. This does not, however, mean that the pupil automatically has a place on the team.

If at some stage during the year a pupil joins the school or makes improvement to warrant her joining the squad she will be invited to do so, up to a maximum of twenty pupils attending per year group.

We attend several different competitive galas including The Division 10 league, IAPS, ESSA Schools' Relays and ESSA Schools' Individual Gala. All of these only allow us to enter one team per age group targeted. All of the teams for these galas will be selected on the pupils' times with the fastest pupils racing. We update the pupils' times every term to ensure that as pupils progress, we continue to take the most competitive team. Throughout the year we endeavour to host or attend several friendly galas (primarily in the summer term) and selection for these will be based on attendance and attitude whilst trying to include as many swimmers who would like to participate in a gala as possible. All pupils in the squad have the opportunity to swim in the High March Challenge Gala. The pupils in Year 3 are too young to compete in official galas, however, we try towards the end of the year to hold a couple of friendly galas to allow them to gain experience. The pupils selected for these will be the swimmers who we consider are likely to be needed to represent us the following year so we can see how they perform in a racing environment outside of squad sessions. Any pupils who are not invited to squad swimming are encouraged to apply for other aquatic clubs such as Water Polo/Swim Fit or Free Swimming.

There is an obligation on pupils who are selected for a team to be available. Parents are requested to look through the fixtures lists and make a note of matches and training session where the pupils will be required to play. A match notice will be emailed out to the teams involved in advance of any match / gala. A quick online response to this letter is required to confirm the team, otherwise we will assume your child is unavailable and a reserve will be selected in her place.

## Parental Involvement

Team selection and management at any level is the direct responsibility of the member of staff running the team. Parents may, of course, speak to a member of staff about how a child is getting on or ask how she may make further progress. On no account must any parent try to influence team selection. However strongly parents feel about their daughter not being selected it is crucial that they do not try to intervene as this undermines the authority of the staff.

Parents are always welcomed to support at fixtures with other schools. They must realise and appreciate that they should set a good example to the pupils and not try to distract them whilst playing. An umpire's / official's decision must be respected and is always final. Enthusiastic encouragement, support and applause are always welcome.