



High March

SPORTS POLICY

Person responsible for latest revision:	Ms H Norman
Page number of any significant changes in latest revision:	
Date of next review:	February 2023

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

Useful Websites

www.highmarch.co.uk

www.isi.net

www.education.gov.uk

Physical Education & Sports Policy

High March encourages all pupils to participate in broad programme of sport and physical activity which is positive and stimulating. This includes a variety of team and individual sports that help children to learn through challenge and competition.

High March seeks to instil a lifelong love of being active and teach the girls the importance of a healthy lifestyle for their physical and mental wellbeing.

High March believes we have a responsibility to teach to all pupils in an inclusive environment regardless of their ability or level of interest. We differentiate through task, equipment and outcome by providing challenging and measurable targets. Pupil passports for individual pupils are considered in teachers' planning and organisation of intra or inter school competitions. Appropriate opportunities are provided for pupils attaining above and below the expected range so they may be stretched or supported.

Clothing and Equipment

P.E lessons take place twice a week and so it is important that pupils remember their P.E kit and have the correct items to ensure they can access the curriculum safely. P.E Kit is worn into school for P.E days and should be brought into school when girls have a sports club or fixture. All pupils representing the School in fixtures, competitions or festivals are expected to wear the correct P.E kit. All items of P.E 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/ protective barrier (if applicable)
Trainers	
Navy base-layer Top and leggings (optional)	
Shin pads (Autumn/ Spring Term)	
Mouth Guard (Spring Term)	

Junior House

Physical Education Lessons	Swimming Lessons
Full tracksuit	Swimming costume
Shorts (Y2-Skort)	Towel
HM white polo shirt (Y2 – HM PE Top)	Hat

White ankle socks (Y2 – Winter Socks as above)	Goggles
Trainers	Verruca sock protective barrier (if applicable)

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 into school explaining why your child does not have the required / appropriate kit. In these situations, a kit mark will not be issued.

Jewellery and Watches

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

Pupils should not wear earrings during physical activities as they may cause a hazard to others or themselves. 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.

Pupils 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. If earring cannot be removed micro pore tape must be provided to cover the earrings during the first six weeks. For swimming activities an ear band must be purchased to wear in the pool. These measures can be in place until the pupil can remove her own earrings, usually after about six weeks.

Verrucas

If a swimmer has a verruca, pupils must wear either a verruca sock protective barrier.

Hair

Pupils' hair should always be securely tied back during all physical activity so that it does not fall on their faces while they are working or cause a hazard to others or themselves.

Selection of Teams

Our policy on team selection is based on a range of factors which may include ability, commitment, attendance, respect and sportsmanship during curriculum lessons, clubs and squads. We provide opportunities for all pupils wishing to participate in competitive sport to do so. We aim to ensure this is a positive and enriching experience and as far as possible we endeavour to compete against teams of similar capabilities. We would not want any pupils

to be put in a situation where they feel out of their depth, consequently damaging their confidence for future participation in sport.

Careful consideration is given to team selections and movement between teams is often fluid as skills develop and progress is made. This may happen throughout the year as pupils' strength, speed and stamina improve. Parents may, of course, speak to a member of staff about how their child is progressing and ask how she may make further progress.

As teams are drawn from squads, which may mean not everyone is selected for each fixture. However, pupils are often given supporting roles when not participating.

Selection for the performance swim squads take place in June for the following academic year. Selection is determined by times achieved in front crawl, backstroke and breaststroke. A maximum of twenty pupils are invited to attend the performance squad training for their year group beginning in September.

Selection for netball squads take place with trials in September at the beginning of the academic year. Selection is determined through observation of team play, participation in drills and levels of fitness.

Selection for other teams takes place with trials throughout the year ahead of fixtures, competitions and festivals.

Fixture dates are published on the school calendar and in the weekly bulletins. If your child is selected to represent the school in a fixture a notification will be sent with the details of the event. Parents must reply by the set date for responses to confirm their child's participation in the fixture. If no reply is received by the set date your child's place will be offered to someone else. There is an expectation that pupils who are selected for a team will be available.

Parental Involvement

We very much welcome parental support at fixtures both home and away and we know when children compete in a positive atmosphere their performance improves, and they enjoy it more.

Please support your daughter and the PE staff in the follow way;

- By respecting the feelings of all participating children and being considerate towards the morale of all involved. e.g. no booing, name calling, laughing, teasing or aggressive language etc.
- By showing respect and kindness and appreciating that everyone has different levels of skill and talent.
- By offering enthusiastic encouragement, support, and applause.
- By not distracting players them whilst playing, leave the coaching to the teacher or coach in charge.
- By respecting the referee or umpire's decisions and authority.

- By being a good sport, celebrate when we win and be gracious when we lose.
- By only addressing any concerns about referees, umpires or other teams with the teacher or coach in charge quietly, and away from any children.
- By respecting that only High March staff will liaise with umpires/referees and officials.
- By understanding the team management is the responsibility of the High March member of staff in charge of the team.
- By agreeing that under no account must any parent try to influence team selection or the outcome of a fixture.
- By always setting a good example to the pupils.

If any parent behaves in a way which contradicts any of the points set out above, we will address the problem straight away to resolve the situation. Continued issues and repeated breaches may result in us regrettably asking you to leave the fixture, competition, or festival for the well-being of all pupils and our staff. This is something we never want to do. Thank you for your co-operation in supporting and implementing these standards which uphold the High March values of friendship and kindness and which ensure all those participating in competitive sport have any enjoyable experience.