



## PHYSICAL EDUCATION AND 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)

## Physical Education & Sports Policy

High March encourages all pupils to participate in a 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 exceeding or working towards the expected level so they may be stretched or supported.

### Clothing and Equipment

PE lessons take place twice a week and so it is important that pupils remember their PE kit and have the correct items to ensure they can access the curriculum safely. PE Kit is worn into school for PE 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 PE kit. All items of PE 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 named with marker pen
HM PE Top	Verruca sock/ protective barrier (if applicable)
Trainers – Predominantly white in colour.	
Navy base-layer Top and leggings (optional)	
Shin pads (Autumn/ Spring Term)	
Mouth Guard (Autumn Term Year 6/ Spring Term Year 4 & 5)	

#### 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 named with marker pen
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. Parents are requested to monitor homework diaries for kits marks and provide home support to ensure their child has the correct equipment needed so she may safely participate in all PE activities.

Staff will use their discretion and take into consideration a child's home situation and/or their additional needs, e.g. diagnosed special educational need which makes organisation and remembering items challenging. When a child is given a kit mark, it is given in conjunction with strategies/support for remembering the kit in future and possible liaison with parents to enlist their support. We understand that unforeseen circumstances may arise or organisation challenges may be encountered. In these situations, staff will use their discretion and a kit mark may not be issued. Parents are requested to contact PE staff if their child does not have the required/appropriate kit.

Repeated organisational issues such as three kit marks may result in a minus mark being issued but more often the Head of Upper School and teachers ensure pupils are supported to develop and improve their organisational skills. This will be done in partnership with parents.

### Jewellery and Watches

Watches 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 an injury/be 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.

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. If earrings cannot be removed micro pore tape must be provided to cover the earrings during the first six weeks. For swimming activities, a neoprene 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 or another sort of 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, this 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.

At the beginning of each academic year, trials are held for selection to the netball squads. Selection is determined through observation of team play, participation in drills and levels of fitness. As such, girls may be invited at other times in the year.

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 a child is selected to represent the school in a fixture, a notification will be sent to their parents/carer with the details of the event. Parents/ carers 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.

Parents are asked to support their child and the PE staff in the following ways:

- 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 whilst playing, leaving the coaching to the teacher or coach in charge.
- By respecting the referee or umpire's decisions and authority.
- By being a good sport, celebrating when we win and being gracious when we lose.
- By only addressing any concerns about referees, umpires or other teams with the teacher or coach in charge. This should be done 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 a parent/carer be asked 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.

We are grateful for the co-operation of parents/carers in supporting and implementing these standards which uphold the High March values of kindness, friendship and educational excellence and which ensure all those participating in competitive sport in the School have the best possible experience.