



High March

SPORT FOR ALL POLICY

Policy written by:	Mrs L Butterfield
Person responsible for latest revision:	Mrs L Butterfield
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This policy applies to the Early Year Foundation Stage,
Key Stage 1 and Key Stage 2

Sport for All 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.

Sport for All

The School Sport and Activity Action Plan was updated on 19 July 2023. The government announced its 2-year plan to boost quality and equal access to PE and Sport, through the school sport and activity action plan. It requires a minimum of 2 hours of high-quality PE including swimming and water safety activities. It aims to provide competitive and extra-curricular activities opportunities for pupils in sport of any ethnicity and disability. It also encourages more children to follow in the footsteps of their heroes and start on the route to elite sport. Also, to get them to experience the physical and mental benefits that regular sport and physical activity brings. The Action Plan release is attached [here](#)

Highly Qualified PE Specialists

We have a highly qualified and experienced PE Team of PE specialists:

Mrs Lyn Butterfield	Head of PE and Netball, PE Teacher BA (Hons) Physical Education & PGCE Physical Education 29 years experience teaching PE
Mrs Anastasia Adamidou	Head of Swimming and PE Teacher BSc Sports Science and Physical Education & MSc Psychology 20 years of teaching experience
Ms Christina St Croix	PE Teacher BSc Biological Sciences & MSc Marketing Experienced Sports Coach and Swimming Teacher
Mrs Lesley Levison	Swimming and Triathlon Coach (GB age group athlete) Triathlon Level 2 Coach Triathlon Referee
Mrs Sue Green	Netball Coach (also U12 Bucks Phoenix Netball Club Head Coach)

Netball Level 2 Coach

C umpire

2 Hours Minimum Quality PE and Swimming Lessons

All pupils come in to school wearing their PE kit on PE days to save valuable time lost for changing. The hours of PE and Swimming are shown below and all years from reception onwards have 2 or more hours a week. Year 3 having the most with 3 hours per week.

Upper School

Year Group	Physical Education Lessons	Swimming Lessons	Total Hours
Year 3	2 x 30 minutes 1 x 1 Hour (2 Hours)	1 Hour	3 Hours
Year 4	2 x 45 minutes (1 ½ Hours)	1 Hour	2 ½ Hours
Year 5	2 x 45 minutes (1 ½ Hours)	1 Hour	2 ½ Hours
Year 6	2 x 45 minutes (1 ½ Hours)	1 Hour	2 ½ Hours

Junior House

Year Group	Physical Education Lessons	Swimming Lessons	Total Hours
Nursery	2 x 30 minutes (1 Hour)	Extra-curricular swimming 30mins	1 ½ hours
Reception	2 x 30 minutes (1 Hour)	1 Hour	2 Hours
Year 1	2 x 30 minutes (1 Hour)	1 Hour	2 Hours
Year 2	2 x 30 minutes (1 Hour)	1 Hour	2 Hours

Broad and balanced PE Curriculum

We have a broad and balanced curriculum so that pupils can find their favourite sports and becoming lifelong participants. In Nursery to Year 2 PE that includes: Movement skills hands & feet, yoga, gymnastics, dance, locomotion and jumping, athletics, and striking and fielding (eg cricket). In Year 3-6 it also includes in addition: Heath related fitness, tag rugby, Outdoor and Adventurous Activities, football, hockey and netball. We change sports every half term to ensure we can fit this wide variety of activities in. All pupils from reception to Year 6 also have an hour swimming lesson per week with lessons also in water safety, synchro, water polo the higher up they go in the school (Years 4-6).

Extra-Curricular

We offer a broad and balanced extra-curricular choice with clubs open to all and selective squad clubs to stretch our more able students. Below is our current extra-curricular grid for the Autumn and Spring Term.

US Clubs Autumn & Spring Terms

	Timing	Club/ Squad	Staffing
Mon	4:00-4:45	Y6 Netball Club (Max 20)	LBU & Gap
	4:00-4:45	Y3 Gymnastics	RM & Coach
	4:45-5:30	U11 Netball Squad Y5&6	LBU & SG
		INVITE ONLY (Max 20)	
	4:45-5:30	Y4-6 Int. Gymnastics	RM & Coach
	2:00-5:00	Y4&5 Extra-Curricular swimming	EC & BH
	5:30-6:00	Y4-6 Adv. Gymnastics	RM & Coach
Tues	4:00-4:45	Y4 Netball Club (Max 20)	SG & Gap
	2:00-5:00	Y3-6 Extra-curricular swimming	EC & BH
	4:00-5:30	Staff Training	LBU & AA
Wed	12:30-1:00	Y3-6 Ballet	CC
	4:00-4:45	Y5 Netball Club (Max 20)	LBU & SG
	4:00-5:00	Y3 Swim Squad	AA & CSC
	4:00-5:00	Y4-6 Judo Club	PJ
	5:00-6:00	Y4 Swim Squad	AA & CSC
Thurs	4:00-4:45	Y3 Netball Club (Max 20)	SW & Gap
	4:00-5:00	Y5 Swim Squad	AA & LL
	5:00-6:00	Y6 Swim Squad	AA & LL
Fri	4:00-5:30	Triathlon Club (1 st Half Term Only)	CSC, Evo Tri & coaches
	4:00-5:30	Y6 Run Club (other half term)	CSC & Evo Tri
	4:00-4:45	Y3-6 Football Club	Wycombe Wanderers
Sat	10.45-12	Y1-6 Davenies Football	ELH
Sun	10.30-11.30	Y5&6 Sunday Netball	SG & Coaches
	11.30-12.30	Y4 Sunday Netball	SG & Coaches
	12.30-1.30	Y3 Sunday Netball	SG & Coaches

JH Clubs Autumn & Spring Terms

	Timing	Club/ Squad	Staffing
Mon	3:45-4:15	Nursery and Reception extra-curricular swimming	EC & BH
	4:00-4:45	Y2 Young Gymnast	AG
	4:15-4:45		EC & BH

	4:45-5:15	Y1 extra-curricular swimming Y2 extra-curricular swimming	EC & BH
Tues	4:00-4:45 4:15-4:45 4:45-5:15	Tennis Club Y1 extra-curricular swimming Y2 extra-curricular swimming	PW EC & BH EC & BH
Wed	8:00-8:30 9:00-9:30 10:00-10:30 11:00-11:30 3:00-3:30 4:00-4:45	Y2 Ballet Y1 Ballet Nursery Ballet Reception Ballet Y2 Dance Y& 2 Judo Club	KF KF KF KF KF PJ
Thurs			
Friday	4:00-4:45	Y1&2 Football	Wycombe Wanderers
Saturday	10:45-12:00	Y1-6 Davenies Football	ELH & Coaches

Fixtures

Whole Year group fixtures, C&D teams and internal galas for participation

We provide opportunities for all of our students. We regularly compete in whole year group fixtures and galas where every pupil in the year group takes part. We do this from year 3-6 for netball and for year 3-4 for swimming. We also offer fixtures for C&D teams for the pupils who don't get to compete in high level competitions. We also ensure the pupils in swim squad who don't make the higher-level competitions still get competitive and friendly galas.

Squad fixtures, A&B Teams and galas to promote elite sport

We enter high level national competitions and compete against high performing schools in the country. We enter IAPs in netball, swimming (team and individual) and triathlon. We enter ESSA Schools individual and Schools Team competitions. ESSA selections are based on times for the U11 swimmers from Year 5 and 6. We also enter Div 10 swimming, British Schools Biathlon as well as other prestigious events, tournaments and galas. These competitions only allow us to enter one team per age group targeted. For swimming galas, the team 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. We also run masterclass sessions.

Encouraging and supporting Elite Athletes

Where possible we support elite athlete training sessions. An example of this is allowing an elite tennis player to leave 20 minutes early from PE to attend her Regional Tennis 1 to 1 training session.

Sports Scholarships

We support the pupils applying for Sports Scholarships and ensure they are well equipped and prepared for their assessment days. We ensure they are familiar with the fitness tests carried out, sports assessed and drills. We also offer a lacrosse extra-curricular club for years 5&6 to help them prepare for the lacrosse assessment, as it is not on our curriculum.

Links with local clubs

We encourage all students to join local clubs in the sports they enjoy. We have strong links with:

Phoenix Netball Club

Clan Netball Club

Wycombe Swimming Club

Evo Triathlon Club

Phoenix Harriers Athletics Club

Springbucks Gymnastics Club

Wycombe Wanderers Football Club

Beaconsfield Football Club

Beaconsfield Cricket Club

Beaconsfield Tennis Club

Selection of Teams

Our policy on team selection is by performance, ability and commitment to their sport. 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.

Netball

A vast amount of experience, time and discussion goes into the selection process and with constant review children need to be prepared to move 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. We ask for parents to sensitively manage their disappointment as this is a valuable life skill of building resilience. It is important that parents work with their children to manage disappointments, learn to manage their expectations and build up this resilience.

In netball, all pupils are encouraged to join the club for their year group. U11 Squad trials for Year 5&6 girls will be held every September. Up to ten students in each year 5&6 will be selected for the squad and the additional training session. For the U11 IAPs netball competition girls we be selected from all 20 Y5&6 girls in the U11 squad and only 10 may be selected. Teams are determined according to performance and attendance at training at squad, club and in lessons. 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. Mrs Butterfield and Mrs Green have 54+ years of combined experience managing teams and selecting for National Finals in various sports. Please trust that we have the squad's best interest for success in mind and this drives our decision making. Given our expertise in this area, we politely request that our decisions regarding squad and court selection are respected.

Parents may not agree with some of our selections, but our squad selection will have been based on ensuring that all players on the bench can cover attacking and defending circles and centre court positions. All members of a squad are equally valued, no matter how much court time they have, and they will win or lose as a squad. We hope that all girls selected will have the opportunity to play. However, we cannot guarantee that all girls will get the same amount of match play as we will make in moment decisions to support the team's success in the matches.

Swimming

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 weekly. Children are selected following two stages of the assessment on the following manner:

- 1) A 20m or 40m timed swim in the following strokes for the following year groups:

From Y2 to Y3	Freestyle and backstroke all for 20m
From Y3 to Y4	Freestyle, backstroke and breaststroke all for 20m
From Y4 to Y5	Freestyle, backstroke, breaststroke and butterfly (optional) all for 20m
From Y5 to Y6	Freestyle (40m), backstroke (40m), breaststroke (40m) and butterfly (20m)

- 2) There will be two stages for the assessment. The first one will be at the end of the academic year group. The second one will be at the beginning of the year group in end of October or at the beginning of November. A swimmer needs to be fast enough, compared to the year group, on one or two strokes to join the swim squad. We don't require top performance in all strokes.
- 3) For years 3 and 4 there will be 12 swimmers invited initially on the first stage. The rest of the swimmers will be assessed and invited accordingly on the second stage. The squad will be made up by up to 20 swimmers, but the final number will be up to the decision of the swimming department.
- 4) For years 5 and 6 there will be 15 swimmers invited initially on the first stage. The rest of the swimmers will be assessed and invited accordingly on the second stage. The squad will be made up by up to 20 swimmers, but the final number will be up to the decision of the swimming department.
- 5) 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.

Throughout the year we endeavour to host or attend several friendly galas and selection for these will be based on performance, attendance and attitude whilst trying to include as many

swimmers who would like to participate in a gala as possible. The pupils in Year 3 are too young to compete in official galas, however, we hold 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 Development Swimming or Free Swimming.

Selection for Div 10, ESSA and IAPS will be based on times. ESSA is an U11 competition so girls will be selected from Year 5 or 6 based on their times. Div 10 and IAPS have separate teams for Year 5 and Year 6.

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 take part. An invite 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. Team selection is not based on parental involvement in any way and we would appreciate if parents would support their children and encourage good sportsmanship and resilience.

Triathlon/Cross-Country/Duathlon/Aquathlon/Biathlon

Throughout the year we participate in a variety of exciting swim/bike/run events. Places for triathlon and dual discipline events are initially offered to pupils who attend the triathlon club as these pupils have been trained and have experience in transitions. If any pupil who is not a member of the triathlon club would like to be considered for these events their parents should make Ms. St Croix aware. Teams for these events are selected based on timed performance within triathlon club training sessions. Teams for the single discipline event of cross-country are selected based on fitness run times within PE lessons.

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.

Clothing and Equipment

PE lessons take place twice a week for Nursery to Year 3 and once a week for Year 4 to 6. All pupils have an additional swimming lesson in Reception to Year 6. It is important that pupils remember to wear their kit and trainers on PE days and have the correct items. Kit should also

be brought into school on extra days that they have after school clubs. All kit must be fully labelled and washed regularly.

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

Upper School and Y2

Physical Education Lessons	Swimming Lessons
Full tracksuit	Swimming costume
Skort	Towel
Winter socks (October Half Term until the end of the Spring Term) (not Y2)	Hat
White ankle socks	Goggles
HM PE Top	Verruca sock (if applicable)
Trainers	
Navy base-layer Top and leggings (optional)	
Shin pads (not Y2)	
Mouth Guard (not Y2)	

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 any 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. Please ensure they do not have immovable earrings.

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.