



NORTHAMPTON HIGH SCHOOL

SPORTS, GAMES AND EXTRACURRICULAR ACTIVITIES POLICY

The school is committed to providing a holistic education. We identify children's talents and provide experiences of high quality in order to develop them. To this end, there is an extensive range of sports, games, clubs and pastimes for Junior and Senior pupils to be involved in.

Physical Education significantly enhances the ethos of the school and makes a real difference to children's health, self-esteem and wellbeing. A wide and varied programme of sports and games plays an important part in the curriculum of all pupils, from Reception to U5 and is often a popular Sixth Form choice. Most pupils also take advantage of the many opportunities to participate in extracurricular sport. The REC programme at lunchtimes (1:40-2:15pm) provides an accessible time for all students to get involved and the programme is published on the Firefly site. Many before and after school activities are also available.

Sport is played competitively, resulting in many victories and personal best performances. We have reached National Swimming Finals; a recent alumna is an Olympic swimmer and a current pupil swam for GB in the Paralympic Games in 2016 achieving a Gold and a Bronze. In June 2016, the U11 swimming team have become National Champions in the U11 freestyle finals. The GDST provides a range of tournaments, enabling pupils to compete at national level; the U14 swimmers have been GDST Champions. We also take pride in the number of pupils who, although not naturally gifted in sport, try hard and gain the physical and mental benefits of sport, achieving personal bests within the curriculum and beyond.

This high quality of experience is provided by expert and enthusiastic teachers within the Physical Education department and a well-trained team of coaches. Facilities, including a large sports hall and swimming pool, all-weather sports surfaces, large fields and extensive netball and tennis courts, are well maintained and there is longer term planning for their further improvement.

Parents are kept informed of impending fixtures via the School's weekly bulletin, *High News*, and a fixtures booklet is issued at the beginning of each sporting term. Permission to play in teams and to travel to other schools for matches is sought before each fixture in the junior school. Some charges are made for the hire of external coaching and facilities for extracurricular Games. Parents are encouraged to attend fixtures and junior school inter-house swimming galas, as well as internal Sports Days, in both junior and senior schools.

Sporting achievements are celebrated in Assemblies, in Newsletters, in *High Sports* and at Awards Events. Colours are awarded in recognition of sporting achievements, as outlined in the School Colours criteria in the fixtures booklet.

In addition to Sports and Games, there is wide range of pastimes which reach a higher standard than that term might suggest. Many of these enhance departmental activities, such as Science and the Engineering Clubs which are popular in senior school. The REC programme holds a remarkable number of clubs and societies designed to offer stretch and challenge opportunities and to support learning in examination years. Dramatic and musical performances take place throughout the school year; a musical or major show is performed each year. The annual Arts Festival is a highlight of the cultural year.

The Duke of Edinburgh's Award Scheme is popular at Bronze, Silver and Gold Levels. Every two years, there is a popular World Challenge Expedition to a remote destination, for which pupils raise funds through a variety of activities.

The Sixth Form profit from a social Enterprise Scheme and can access a variety of activities via the electives programme of enrichment and enhancement opportunities. The Public Speaking Teams participate in house, external and GDST competitions and frequently win regional prizes. Pupils write for the school's on-line students' newsletter and the Marketing Department is pleased to work with pupils in promoting the School, as they tour visitors and contribute to publications.

A plethora of clubs is enjoyable and rewarding for Junior School pupils, beyond the very busy sporting arena. Pupils can participate in a wide range of music groups including choirs, jazz band, orchestra, recorders and string group, as well as taking individual instrumental lessons. Ballet and Speech and Drama are popular activities that offer pupils the chance to take Royal Academy and LAMDA examinations. Pupils can play chess, go to computer, reading and storytelling clubs or improve their coordination through Dance. We are always seeking new opportunities for extracurricular activities and welcome any suggestions from staff, pupils or parents.

Review: June 2017

Reviewed by: HRI

Signed off by SLT July 2017