

A young man with curly hair is running on a grassy field, wearing a dark soccer jersey and a light-colored training bib. He is looking down at a soccer ball on the ground in front of him. In the background, other people are visible, some in similar athletic wear, suggesting a team practice or game. The entire image has a blue color overlay.

# SPORT & EXERCISE





# Sport & Exercise (SpEx) at Highgate

SpEx is a pupil-centred programme which unlocks every child's potential by exposing them to experiences and opportunities which guide them towards Sports Pathways that they are invested in.

Key to this is the unique way in which Sport and Exercise interact in each part of the programme as well as our passion for Physical Literacy and Health & Wellbeing. Over 32 Specialist teachers and coaches are used to deliver SpEx at every age group at school and implement a curriculum which challenges and inspires every pupil. We are lucky to have over 23 acres of green space, a 25 metre indoor swimming pool, netball courts, basketball courts, squash courts, an Astroturf and a strength and conditioning suite to help pupils develop their full potential from the age of 3 to 18.

## 22 sports to choose from

We offer 22 pathways and support our pupils in gaining the confidence and competence required to follow whichever they feel suits them as an individual.

We understand that some children thrive in team sports such as netball, football and hockey, whereas others love the freedom

"From cricket to swimming there are loads of activities to choose from to keep you mentally and physically fit"

Max, Year 8

that water can offer, and can't wait to jump into our 25 metre pool and take part in swimming galas, or rowing or sailing. In the same way, other pupils might prefer a mindful solo exercise such as cross country, gymnastics and triathlon.

## Sport Pathways

We strongly believe in pupil choice and so from Year 7 our pupils are supported by teachers and coaches to explore and then refine their sport pathways.

We offer 22 different sports both on and off-site where pupils work with coaches, teachers and instructors to develop their confidence and competence, whatever their level of experience.

Sports include:

- Football
- Netball
- Eton Fives
- Athletics
- Tennis
- Cricket
- Hockey
- Cross-Country
- Swimming
- Water Polo
- Triathlon
- Squash
- Golf
- Rowing
- Sailing
- Kayaking
- Climbing
- Gymnastics
- Dance
- Fencing
- Rugby
- Basketball



HIGHGATE



# Extensive Facilities and Professional Coaches

## 32 specialist PE teachers and sports coaches

We have 32 full and part time specialist PE teachers and Sport coaches, 2 strength and conditioning specialists who work with professional athletes such as Team GB sprinters and elite footballers, who teach on university programmes and are at the forefront of their field.

## A legacy of gender equality in co-ed sport

As a school which introduced girls 15 years ago, we are proud of the number of sportswomen who have risen to the highest level; at Highgate girls can participate in every one of the twenty-two sporting pathways. With school, club, county and regional athletes, we have an impressive level of female participation and excellence that co-exists with boys' sport at the school.

"Exercise helps me relax and reflect, plus it is important that we do a lot of sports and try to break up periods of screen time."

Diba, Year 8

## Sporting champions and achievements

### Kira Rothwell

England Netball, Professional Contract with London Pulse Franchise, England Under 19 and Under 21 representation

### Mathilda Finburgh

Football; England caps for ISFA Under 16 and Under 18; signed for London Bees Youth and Woman's teams

### Ashleigh Mia-Dodkin

Karate: Competing in European, British and England circuits, most notable achievements: Elite International Gold Medallist. Selection for World Championships

### Amani Kohler

England Indoor Cricket; Middlesex Schools' Combined Events; Middlesex Schools' U15 300m Silver medallist; Saracens Mavericks Netball; London Schools Cricket

### Ruby Hart

Middlesex Tennis; U14 & U16 Middlesex Champion; Regional winner at U14, U16 & U19; National Final Winner; UK Top 20 athlete

### Isobel Chadwick

U15 1500m Swimming (Freestyle) Regional Silver medallist; London Youth Games Aquathlon Champion; Middlesex Schools' U15 1500m Silver medallist; Thames Turbo Youth Aquathlon Champion

### Narelle Wojtkowiak

British Gymnastics National Talent Development Programme; Bronze medallist in the English Championships; Top 10 GB athlete.

### Harry Manttan

Won the NETT Junior Golf Championships in September 2020

### Theo Pliner

England National Water Polo Academy; USA Olympic Development Program

### Amalia Blank

National Muay Thai Competition (2nd in England; qualifies for European Championships)

### James Kadziak

National Triathlete; Competitor at Junior European Championships

### Charlie Nabarro

England Under 13 Table Tennis Team

### William Fraiss

Indoor Cricket Team

### Alice Jones

England Ice Hockey





# Healthy Body, Healthy Mind

Whether a pupil loves competitive team sports, prefers solo cross country running or choreographed dance, we have the coaches, facilities and flexibility to accommodate everyone's taste.

Exercise is a personal thing, and that means we like to find a sport for each pupil to enjoy, as well as help keep them physically and mentally healthy. We also like to support co-educational sport, and that pupils of all sexes and all genders have the opportunity to take part in all the sports that they would like to.

## High Performance Programme

Our High Performance Programme is created specifically for both emerging and competing athletes at Highgate. The SpEx department goes beyond the curriculum for these pupils and provide opportunities for them to reach their sporting potential.

Examples include visits to university programmes, workshops and seminars. Pupils also attend talks on topics such as psychology, sports parenting and biomechanics hosted by experts in the field of sport. Before lockdown we hosted a talk on sports nutrition and impact on performance with a group of Highgate alumni OCs: rising GB Cycling star Molly Patch (QG 2013), George Morgan (NG 2005), Head of Nutrition for Saracens Rugby Team and Andy Parkinson (NH 1982), CEO of British Rowing, previous Head of UK Anti-Doping.

## Wellbeing

During the recent lockdown caused by Covid-19, our SpEx team created a remote physical exercise system called 'SpEx@ Home' to encourage pupils to participate in mood lifting exercise through live ZOOM fitness sessions and quizzes. All year groups were sent a weekly training pack to support their physical progress during lockdown, with over 200 fitness videos uploaded for pupils to follow online with their families.

In 2020, we launched the 'SpExKitchen', a recipe sharing initiative to encourage both staff and pupils to take pleasure in cooking fresh ingredients from scratch and establish a healthy relationship with food and understand the benefit of nutrition.

## Outreach and partnerships

We take pride in sharing of expertise and resources as well as giving our facilities to borough and county events to support youth sport in one of the most deprived parts of the country.

We have formed close bonds with Haringey Sport Development leading to members of staff running teams for the local borough and pupils in Athletics, Water Polo, Aquathlon, Rowing, Tennis, Hockey and Weightlifting.

In 2018 we also set up a partnership with the London Academy of Excellence in Tottenham, (LAET) to open the opportunity for pupils to attend the highly acclaimed Roundhouse Street Circus Collective where pupils are taught impressive acrobatic routines.

"There are countless members of staff who have gone above and beyond to ensure that all children are included, supported and happy in sport – regardless of their skill or ability"

Parent









**10**  
high performance  
female athletes

**25**  
metre  
indoor pool



**30**  
SpEx teachers



**21**  
sports  
on offer



**20**  
pupil national  
or international  
athletes at school

**23**  
acres of  
green space

**4,719**

hours of voluntary work in DofE  
equating to £20,528 in social value



**200**  
online fitness  
videos for pupils



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[www.highgateschool.org.uk](http://www.highgateschool.org.uk)

