



---

## GLENDOWER PREPARATORY SCHOOL PE SELECTION POLICY

---

The PE department at Glendower aim to provide a platform where we can cultivate a passion for lifelong learning and enjoyment of Physical Education and Sport, where our girls continuously strive to reach their full potential. During each lesson and during every extra-curricular activity, we encourage our girls to develop physical literacy, knowledge, understanding and confidence to lead healthy and active lifestyles. Physical education is so much more than just playing sport, it is used to develop core values and transferable life skills to equip them for later life.

We want to birth that love and enjoyment in sport and encourage children to participate throughout their lives, improving their physical and mental wellbeing. We encourage our girls to enjoy all aspects of sport, competitive and non-competitive.

At Glendower, we work very hard to ensure that we provide ample opportunities for participation for girls of all levels of age and abilities. The girls are offered a range of sports during PE and during our expanding extra-curricular clubs.

We would like nothing more than to include every child in every match, but unfortunately, this is just not possible. We will try hard to ensure that, every child has been selected to play in at least one match each term, including Glendower in house competition. Where two teams from Glendower play against each other.

Having all played sport to a very high standard, the members of the PE department totally understand how devastating it is not to be chosen for the squad team, which is why we arrange Grass Roots (Team D), Development (Team C), and Performance (Team B) fixtures where possible. **This is dependent on the availability of other schools**, whether they are available to play fixtures and if they cancel scheduled fixtures. Unfortunately, this does happen and is out of our control.

No team is fixed, and we understand through experience that different children develop at different rates. Team selection will be considered and monitored throughout the year and changes to squads/teams may be made at regular intervals.

It would be unfair on those who excel at sport not to be selected and unfair and unsafe, to select those who are not yet developed/strong enough to play at a level not suited to them.

When selecting students for fixtures, it is extremely vital that we consider how playing in that fixture will impact them holistically. Selecting children for fixtures that they are not equipped to compete in can have a negative long-term impact on them.

We aim to play the appropriate team for each match, which may result in the team not rotating. Again, this is dependent of the availability of local schools to play fixtures for each team. Not all of our neighbouring schools have a Performance, Development, and Grass roots team.

In addition to the Squad, Performance, Development and Grass Roots groups across year groups, there is also a **Glendower Team** for a variety of sports.

The **Glendower Team** is made up of a selection of squad girls across different year groups. However, just because a child is in their year group's squad, it does not automatically mean they are in the Glendower Team. To be eligible for the Glendower team, girls must be **highly skilled and**

**consistently excelling in their chosen sport.** For example, in netball, to be eligible for the Glendower Team, girls must consistently demonstrate proficiency across at least five positions, including both attacking and defending roles. Their ability to pass accurately, pivot effectively, and avoid faults or contact during play is then assessed and compared against the abilities of others to determine selection.

The **Glendower Team** has specific training sessions, and this training is **by invite only** and is specifically reserved for those who excel in all aspects of the sport.

It is expected that the girls selected for the Glendower Team will participate in all the training sessions. For example, the Glendower Netball Team sessions are held on Monday and Wednesdays. The girls that have been invited to the Glendower Team training will be expected to train on both days.

If the girls are unable to attend a session, it is important that an email is sent to Mrs Labonne (**LabonneJ@glendowerprep.org**) in the morning before 10:00am. If the girls miss two training sessions, they are at risk of losing their place on the team, as there are so many girls eager to be a part of the Glendower team.

### **Team selection for Netball, Cricket and Football**

Team selection for Netball, Cricket and Football is based on:

- Understanding of the game and tactical play
- Aptitude and skills demonstrated in isolation and during a competitive game
- Performances and effort in lessons and practices
- Level of fitness
- Sportsmanship/Ability to play in a team
- Enthusiasm to learn and improve one's game/Ability to accept and apply feedback
- Commitment to practices and training/ clubs
- Attitude and behaviour in lessons
- Conduct in school and during home and away fixtures

<b>Teams</b>	<b>Fixtures</b>	<b>Criteria/Focus</b>
Squad Team	Play against A Teams, Tournaments	Able to demonstrate technique and apply skills and tactical play during a competitive game consistently. Able to analyse own performance. Ability to take on and apply feedback quickly.
Performance Team	Play against B Teams, Tournaments	Able to demonstrate technique and apply skills in isolation. Has the ability and/or understanding to apply tactical play during a competitive game frequently.

Development Team	Play in house fixtures, Play against C Teams	Demonstrates skills in isolation, is working towards game application. Has a basic understanding and is working on existing skills.
Grass Roots Team	Play in house fixtures, Friendlies and against D Teams	Working on existing and fundamental skills. Improving confidence and understanding of the game.

### Talent Identification

To encourage excellence, growth and improvement, the girls that are excelling may be invited to play up/with the older year group. This will be communicated to parents ahead of the fixture. This is an amazing and rare opportunity.

### Advance notice to parents

- The PE department will aim to give you at least two weeks' notice, sending out an evolve invite. Please note that, this is not always possible, as we do have to wait for confirmation from our neighbouring schools.

### Changes to Fixtures schedule

- Any changes or additional fixtures will be updated on the calendar as soon as amendments are made.
- A message will be sent out via the school post.
- Please note, it is not always possible to rescheduled cancelled fixtures.

### Day of fixtures

- If your daughter is away from school on the day of a fixture, an email must be sent to the Acting Head of PE ([LabonneJ@glendowerprep.org](mailto:LabonneJ@glendowerprep.org)) and Office staff ([Officestaff@Glendowerprep.org](mailto:Officestaff@Glendowerprep.org)) by 10:00am that morning.

Parents are always welcome to speak to a member of staff about how a child is getting on or how she might make further progress. However, the team selection and management at any level is the direct responsibility of the members of the staff running the training and the teams.

We greatly appreciate your support and hope that this policy provides clarity, enabling us to be transparent and fair when selecting teams and developing sporting skills. We have the girl's best interest at heart.

If your daughter is not selected for a fixture, we kindly ask that you encourage them to continue to work hard in PE and join up to a club, where the availability allows. If your child is regularly selected for fixtures, we ask that you help them to continue to have the right attitude and that you help them to understand that it is a privilege to represent the school.

We are working on expanding the extra-curricular clubs that we offer and will keep parents informed.

Parents must sign their daughter up for the club via the schoolCloud. Places are given on a 'first come, first served' basis. Places are limited due to court space.

Glendower will continue to encourage 'Sport for All'. **The nature of independent education makes school very competitive in all aspects of their curriculum, sport is no exception to this. There must, therefore, be room to celebrate and promote excellence.**

### **Swimming Selection**

Due to limited access to pool space, all extra-curricular swimming clubs will be attended by invitation only, based on the criteria below. Whilst we acknowledge that competition for places is high, numbers must be restricted for health and safety reasons.

#### **Swimming Club (Year 3-6):**

This club will be open to a selection of girls who are showing potential in curriculum lessons. This potential could be shown in the form of timed laps, application and focus in lessons and response to feedback. All girls will continue to be monitored in lessons and should a girl show increased promise at any point in the year, they may be invited to the swimming club. Similarly, if a girl is invited, yet her attendance is not consistent, she risks losing her place to another girl. NO swimming place is guaranteed for the whole academic year, nor should any girl give up trying for a place in the swimming club if they do not have a place at the beginning of the year.

Parents must notify the PE department if their daughter is unable to attend a session.

If a girl fails to attend the swimming clubs for more than three sessions per term, she risks losing her place to another girl.

#### **Glendower Swimming Team Sessions:**

The swimming team session is open to a small number of very strong swimmers who are most likely to represent Glendower in competitive swimming galas. The focus of these sessions is to prepare the girls for competitions.

Due to the higher physical demands of the team sessions, the expectation is that girls attend Swimming Team sessions as well as Club Swimming. Special consideration may be given in cases where a student has a direct clash with another high-level swimming commitment. This will be reviewed by the PE Dept. on a case-by-case basis.

If a girl fails to attend the swimming team sessions for more than three sessions per term, she risks losing her place to another girl.

A place in the Swimming Team does not guarantee a selection for competitive galas, and times from lessons and club sessions will contribute to selections.

#### **Glendower Swimming Team – Gala Selection:**

To be considered for the Swimming Team competing in galas, girls are expected to attend Swimming Team session and/or their Swimming Club. Selection for the team is based on times, attendance at clubs and application in sessions. No place on the team is guaranteed, nor exclusive to one individual/team combination. Reserves are asked to attend, ALL galas. In local friendly galas, reserves will always swim in at least one race. However, in National and/or Regional competitions (eg: IAPS, LSSA, ESSA, London League), reserves will be asked to attend the gala but may not be called upon to swim.

At competitive point scoring galas, students will be allocated races which are best for the overall team performance. Final team selections for galas will be made by the teacher in charge of swimming, in consultation with the Head of Physical Education.

Parents are asked to return consent forms for galas promptly, to allow for reserves to be selected in plenty of time.

#### **London School Swimming Association – Primary Individual Championships (LSSA)**

This gala is an open age group event. There is only one age group for all events. Competitors must be aged at least 9 years and no more than 11 years on the date of the Final of the Championships.

Events consist of 25m, 50m & 100m individual races only (subject to change annually depending on the organisers). Selection is therefore based on top individual times. Priority will be given to the fastest swimmers, regardless of year level.

This is a point scoring gala, with results of races being combined to determine the overall champion school. Therefore, students will be placed in races which are best for the team's performance, rather than individual results.

### **English Schools Swimming Association (ESSA) - National Teams Swimming Championships (Primary Schools)**

This gala is an open relay event where students from Year 5 & 6 compete together. Races consist of one front crawl relay and one medley relay, there are no individual events. Selection is therefore based on top individual times across both Year 5 & 6. Priority will be given to the fastest swimmers, regardless of age.

### **IAPS – National Swimming Championship**

This national competition consists of both individual and relay events for U10 and U11 age groups. Only one swimmer can be entered for each individual stroke (FC, BA, BR & FLY) in each age group. One team of four swimmers will be selected for each relay (front crawl and medley) in each age group.

Selection for relay teams will be based on times over 25m.

Selection for individual events is based on times. This is not a team event, and swimmers will be allocated events where they have the best opportunity to qualify for the final. If a student has the fastest time across multiple strokes, they will be given priority when deciding which individual race to compete in, based on where they have the best opportunity to qualify.

**For any swimming enquires please contact the Head of Swimming, Mr Brillante, [BrillanteD@Glendowerprep.org](mailto:BrillanteD@Glendowerprep.org).**

### **Football Selection**

Football Team (Year 4-6):

The Glendower PE Dept. are determined to get more girls playing football. However, as girls' football at the Prep School level is still developing, fixtures are sporadic.

Girls who show a keen interest in football may be invited to participate in a competitive football match. We will do our best to ensure all girls who are keen get to play at least one match, however, this will depend on the number of fixtures available and can't be guaranteed.

In Year 6, girls play football in their PE lessons.

### **Selection of Sports Captains**

#### **Years 4 and 5:**

Captains are rotated on a match-by-match basis to allow for as many girls as possible to experience Leadership in a competitive situation.

#### **Year 6:**

Captains will be selected for Netball and Swimming at the start of Year 6.

Selection of Year 6 Captains will take into consideration commitment to clubs, sportsmanship, enthusiasm and behaviour on and off the sports field. Priority will most likely be given to girls who attend all clubs.

In exceptional circumstances, and considering outstanding sporting ability, we may choose to appoint an overall Sports Captain in addition to the posts named above. The appointment of captains will be made by the PE Department, in consultation with the Senior Leadership Team.

All decisions are made with the best interest of the girls at heart, along with the sporting integrity of Glendower Preparatory School.

Thank you for your support of Physical Education and Sport at Glendower Preparatory School.

***Updated September 2024***