

HIGHGATE



Senior School

Sport & Exercise

highgateschool.org.uk



Mario Noto

Director of Sport & Exercise (SpEx)



Sport and Exercise is an integral part of a pupil's time at Highgate and we're proud to emphasise the significant impact it has on their development. Our vision is focused on a pupil-centred approach, which aims to unlock every child's sporting potential and build character, by exposing them to opportunities that guide them towards sport pathways that they feel invested in.

Key to this is the unique way in which SpEx interact in each part of the programme, as well as our passion for physical literacy, health and wellbeing. 35 highly experienced teachers and coaches are used to deliver SpEx at every age group and implement a curriculum that challenges and inspires every pupil.

We strongly believe in pupil choice, and from Year 7 our pupils are supported to explore and refine their sport pathways. Sport is taught one afternoon per week and exercise is a double period in Years 7 to 10, this ensures pupils develop skills and strengths relevant to the sport they choose in Year 8. With 23 different sporting pathways on offer, both on and off-site, the SpEx team work with pupils to develop their confidence and competence.

The extra-curricular Clubs and Training programme (starting in the Junior School) is crafted to engage and challenge all pupils, whatever their level of sporting experience. We offer flexible pathways that enable pupils to try a variety of sports and discover new interests.

"In my time at Highgate, I have always been amazed at the dedication shown to sport by our pupils."

Recent success stories: the U12 girls football team won the 2024 Middlesex Cup; the U13 football team won the 2024 Independent Schools Football Association Cup for the first time; Senior Girls Cross Country Team finished 3rd in the 2023 National Schools' Cup; Mimi, Year 13 and Aksel, Year 12 were selected for the U19 and U17 Great Britain Water Polo Squads for international fixtures and European Championships; Year 10 Oscar qualified for the Athletics ESAA National Combined Events Final and Alexandra in Year 9 qualified for the Fencing U14 England Squad Selection and U17 Great Britain.

 @highgatespex1565

 @HighgateSpEx

Sport & Exercise Pathways

At Highgate, we offer 23 different sporting pathways and support our pupils in gaining the confidence and competence required to follow whichever discipline they feel suits them as an individual.

We understand that some children thrive in team sports such as netball, football, cricket and hockey, whereas others love the freedom that water sports can offer, from taking part in swimming, rowing or sailing. In the same way, other pupils might prefer a more mindful solo exercise such as cross country running, gymnastics or triathlon.

- Athletics
- Basketball
- Climbing
- Cricket
- Cross-Country
- Cross Training
- Dance
- Eton Fives
- Fencing
- Football
- Gymnastics
- Hockey
- Kayaking
- Netball
- Olympic Weightlifting
- Rowing
- Sailing
- Squash
- Swimming
- Tennis
- Triathlon
- Strength and Conditioning
- Water Polo

Extensive Facilities and Professional Coaches

Highgate's location in North London means we are fortunate to have over 23 acres of outdoor green space with playing fields for football and cricket, 10 netball courts, 15 tennis courts, and a full-size astro hockey pitch.

Our purpose built Mallinson Sports Centre (named after teacher Theodore Mallinson who pioneered Personal Training at Highgate) has state-of-the-art facilities including a 25-metre swimming pool; multi-functional sports hall; and a fully equipped strength and conditioning suite for pupils to try out a range of sports and help to develop their full potential. In addition, the school has two dance and exercise studios.

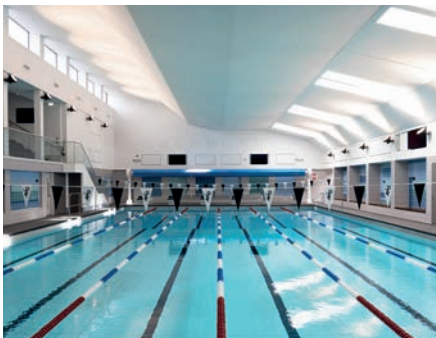
Off-site, we have the advantage of being a short walk away from Hampstead Heath for cross country running, walking and other physical activities. We are also close to other local amenities such as climbing centres and the River Thames for rowing.

We have 35 full and part time specialist SpEx teachers and coaches who have vast experience across the sector. Amongst our team are former Olympians, as well as professional coaches currently working in elite sport.

The team delivers SpEx at every age group and implements a curriculum which challenges and inspires every pupil.

"The most enjoyable part of SpEx is the variety of activities that I am able to take part in throughout the school year."

Garance, Year 11



Fixtures and Tours

The school has a busy sports programme, with over 1,000 fixtures, competitions, tours and events throughout the year. Sporting events take place both at Highgate and other schools in the local area, as well as different locations around the country.

Year 8 pupils recently visited Manchester as part of their annual domestic tour. Footballers were hosted at the Etihad campus, taking part in training sessions with Manchester City Football coaches. Super League Club, Manchester Thunder taught technical sessions with our Netballers, and Hockey players had two intense coaching sessions with Great Britain and England U21 international player Ted Graves.

The SpEx department organises transport and supervision of pupils taking part and parents and carers are kept informed of when pupils will be away from school or home. Where appropriate we would let parents/carers know if it's possible to attend a sports event to offer support and encouragement.





"I loved the huge range of different sports the school had to offer – I was able to try sports I'd never heard of previously."

Catherine (former pupil)

Health & Wellbeing

Sport and exercise has numerous benefits – not only for our physical wellbeing but for our mental health too. Children and young people face many challenges as they grow up, and taking part in physical activities has been proven to help with stress and anxiety. By allowing pupils to find a sport they enjoy, they will feel personally invested in maintaining an active lifestyle that will take them into their adult life.

The Sport and Exercise programme is supported with a number of initiatives focused on pupils' health and wellbeing. The core Exercise curriculum aims to develop pupils' knowledge and understanding of mental, emotional, social and physical wellbeing, delivered through a range of practical lessons and resources. We want our pupils to make informed decisions to improve their experiences of the positive aspects of healthy living and activity, establishing a pattern of health and wellbeing that can be sustained into adult life. To further support this, a number of seminars are delivered to pupils from Year 7 to Year 10, focused on nutrition, sleep and wellbeing for both academic and sport performance.

Outreach and Partnerships

We take pride in sharing our expertise and resources, as well as offering our facilities to borough and county events to support youth sport in our local community. We have formed close bonds with Haringey Sport Development, with SpEx staff running teams and events for the local borough and pupils in Athletics, Water Polo, Aquathlon, Rowing, Tennis, Hockey and Weightlifting.

"I have really enjoyed being part of the Sports teams and representing the school in competitive fixtures"

Ethan, Year 13

Gender equality in co-ed sport

At Highgate, we advocate for equality in co-educational sport, ensuring that pupils of all genders have the opportunity to take part in the sports they want to do, without any boundaries.

"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

Anna Scott, Head of Female Health & Sport

During my time as a Highgate pupil, I was grateful for the opportunity to be involved in a range of different sports which led me to train and perform in a high-performance sporting environment. I'm excited to now be working in the SpEx team in a role that has a focus on Female Health. In 2022, Highgate took part in 'Sport In Her Shoes', an initiative led by The Well HQ that aimed to improve the research and knowledge around female bodies and help create better health education – from period positivity to improving sports kits for girls. This sparked huge interest amongst our pupils, staff and parents and we've now used this model to adapt and build a programme which we've named 'Highgate Her Way'.

Pupil voice lies at the heart of this project, and I'm pleased to be working with a dedicated group of pupil ambassadors who will be driving our efforts to promote better education and comfortable conversations around both male and female health. Inclusivity is central to the success of this project and the introduction of our



support initiatives: 'Highgate His Way' and 'Highgate Their Way' provide a platform for all students to play a pivotal role in shaping our long-term strategy.

We are working closely with departments across the foundation to ensure our efforts support equality and diversity, and we remain steadfast in our commitment to embedding this curriculum across the Pre-Prep, Junior and Senior Schools. Our plans include community engagement through educational workshops, facility and curriculum development, promoting sustainable practices in our initiatives, and an integrated learning approach to having co-educational discussions around female and male health that will create a legacy of informed and empowered students.

Sporting Achievements



Alexandra - Year 9
U14 England Fencing and
U17 Great Britain



Oscar - Year 10
Represented Middlesex at the combined
Events National Finals



Lauren - Year 13
British Mountain Running Champion and
Great Britain Representation

"Highgate has a huge focus on sports. From athletics club in Year 7 to the High Performance programme, the SpEx department has supported my development as an athlete and in the past year, I have won medals at national cross country competitions and competed internationally for GB in mountain running."

Lauren - Year 13



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Middlesex County Cup
Winning Teams

825
pupils participating in
Competitive Sport in the Senior School
across 15 different sports



9
pupils participating
at National Level

43
pupils representing
at County Level

82
Pupils with Regional
Representation



Statistics as of 2022/23

