



# Mr Jeff Marshman

## ABOUT ME

We are thrilled to welcome Mr Marshman to the Lancing Prep Worthing team as our new Director of Sport from April 2026.

Jeff brings a rich and varied background to the role. He is currently Head of PE and Sport, as well as a Year 1 and 2 class teacher, responsible for teaching all subjects in a combined class setting. His academic achievements include a Degree with Honours in Sports Journalism and a PGCE in Primary Education and Specialist Training in delivering inclusive, high-quality PE provision. Before joining teaching, he worked as a successful sports journalist for five years. In addition to his professional experience, Jeff has an impressive sporting background: he played at academy level for Portsmouth Football Club, became a national champion in futsal, has captained and represented teams in football, cricket, hockey and rugby and holds a Black Belt in Karate. He also brings significant sports coaching experience, combined with leadership in men's football management.

Jeff is a proud dad to two young children and loves spending time outdoors as a family. His other interests include food (visiting restaurants and cooking large family meals), travelling the world and listening to music.

To help you get to know him better, we placed him in the spotlight and asked him a few questions.



### What inspired you to pursue a career in sport and education?

I've always loved sport - it's been a constant in my life. Some of the biggest lessons I learned growing up came from being part of teams: how to deal with pressure, how to respond when things don't go your way and how important hard work and practice really is.

As I got older, I realised I enjoyed helping others improve just as much as competing myself. Seeing someone gain confidence or achieve something they didn't think they could is incredibly rewarding. A career in sport and education feels like the perfect way to combine passion with purpose.

### What is your favourite sport to play or watch, and why?

Football is the sport I've played the most and have many positive memories attached to it. I find that a lot of the game is played in your head and I really like the idea that anybody on the pitch can become the star player in any given match. I also really enjoy watching netball. The movement, speed and tactical side of the game impress me. It's incredibly skilful and a great example of teamwork at its best.



Can you share a memorable moment from your sporting career?

One memory that will always stay with me was winning the BUCS National Futsal trophy while playing for the University of Brighton. The championship tournament was held at the English Institute of Sport in Sheffield and I scored in the final.

It was the first time Brighton had ever won it and to do so in that environment, alongside my teammates, is something I'll never forget.

What do you most enjoy about working with children?

I love seeing confidence grow. Sport gives children the chance to build resilience, teamwork and self-belief.

Watching a child try something new, refine a skill or respond positively to a setback is incredibly rewarding. Seeing them enjoy the journey and take pride in their progress shows how powerful sport can be in shaping character and fostering a lifelong love of being active.

When you first visited Lancing Prep Worthing, what was the thing that struck you?

The strong sense of community stood out straight away. There's a real warmth and a genuine commitment to knowing each child as an individual.

It felt like a place where sport plays an important role in developing the whole child, with high standards built on participation and personal growth.

What are you most excited about as you start your new role?

I'm excited to add to a programme that's both inclusive and ambitious - where every child feels sport is for them, while pupils with particular talent and aspiration are also supported to excel.

I'm particularly looking forward to developing leadership opportunities, giving pupils real responsibility and pride in the school's sporting life.

What is your vision for the future of PE and sport?

I want sport to be inclusive in spirit and ambitious in aim.

Every child should leave with confidence, strong foundations and a genuine enjoyment of being active. At the same time, we should nurture excellence and leadership, valuing effort and teamwork just as highly as success. If we do that, sport will enrich the whole school experience.



How do you make PE lessons engaging and inclusive for all children?

Engagement starts with enjoyment and a sense of purpose. Children need to feel they belong in the lesson and can succeed, so I focus on building physical literacy and confidence, celebrating effort and progress as much as performance.

Offering a range of activities also helps every child to find something that suits them. Alongside established team sports, new and varied experiences allow different strengths to shine. Most importantly, creating a supportive environment where pupils feel safe to try, make mistakes and improve is what really drives engagement.

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Lancing Prep Worthing

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