

Section: Personal Development and Behaviour



PHYSICAL ACTIVITY POLICY

H

Review date: February 2010

S = Statutory
H = Healthy Schools
P = Reference in Prospectus

PHYSICAL ACTIVITY POLICY

Date policy formally approved : Feb '07

Who was consulted in drafting this policy:
Pupils, Parents, PE attached Governor(David Hurman), Staff,
PE Adviser

Person(s) responsible for implementing and monitoring the policy:
Bill Eames, David Worthy and Alaric Govan

Rationale:

The healthy schools policy exists to make clear what constitutes health in the broader sense. This understanding is then made explicit through school policies and helps assist the teaching and learning process to establish physical, social and mental health at the heart of education.

Overall aims:

- To develop and increase pupils awareness of the wide ranging aspects and benefits of physical activity through the philosophy of 'every child matters', and giving all pupils the opportunities to embrace them through total inclusion across school practices.
- To make clear the role that physical activity plays in developing personal confidence in the physical world and how it supports all academic and social learning.
- To promote the benefits of enhanced relationships between pupil and pupil; staff and staff; pupil and staff so as to make all policy relevant and attainable.

Key objectives:

- Make activity challenging but not oppressive.
- Promote activity as a means for positive social interaction.
- Understanding linkage between good health gained from physical activity to short and long term well being.
- Providing quality physical activity opportunities both within and outside the curriculum.
- Providing safe and stimulating areas in which pupils can play and be active.
- Ensuring that no pupils are discouraged from engaging in physical activity.
- Encouraging more staff, governors and parents to be active.
- Improving pupils self esteem and confidence.
- Raising the profile of physical activity and raising awareness of its value for health.
- To enjoy physical activity.
- Build a commitment to improving present and future physical activity.
- Instilling the physical skills for living, within and beyond school.
- To create an environment in which clear decisions can be made concerning personal and group lifestyles.
- Pupil views have been sought through questionnaire and feedback at department and school council level.

Links to other school policies

- Physical education policy.
- Strategic development plan (whole school & departmental)
- Pupil progress reviews.
- Whole school mentoring
- Whole school food policy
- Drugs policy.
- School travel plan
- PSHE policy
- Equal opportunities / inclusion policy
- Behaviour policy
- Policy on community lettings
- Off-site activities policy
- Health, safety and welfare policy
- First aid policy
- Road safety policy
- Mini-bus use policy

Ethos and environment

- Facilities and equipment are regularly checked and well maintained and upgraded.
- Regular maintenance of fields, borders, tree lines.
- Secure and safe perimeter fencing.
- Provision and siting of waste containers.
- Flexible use of all space at break / lunch times.
- Segregation by year group of recreational areas.
- Pupil centred differentiated learning and teaching methods are used.
- The school identifies pupils who do not participate regularly in physical activity and those who need extra support to participate and put strategies in place to encourage and support these pupils to be more active.
- There is a kit policy that takes account of the needs of all pupils and opportunities are provided for safe and secure changing (financial support is available for the purchase of kit / uniform).
- All physical activity sessions are structured and delivered to maximise learning, enjoyment and activity levels for all pupils.
- Showering facilities are available to all pupils.
- Competitiveness is encouraged across all age groups.

Curriculum

- The school provides 2 hours of curriculum time for all pupils.
- Schemes of work are in place which outline a planned approach to health related activity and ensure national curriculum requirements are met and progress is measured..
- A detailed lesson plan structure is in place.
- Single sex, mixed sex and mixed ability groupings are considered where appropriate.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils.
- Regular consultation with county advisory service.
- Teaching staff deliver activities which predominantly reflect their strength.

- PE teaching reflects the 10 high quality statements as set out by the government which in turn relate closely to every child matters.
- PE GCSE related concepts are linked to all physical activities within the KS3 & 4 PE programme.
- Field trips
- Annual sports days
- Days of dance
- Classroom base kinaesthetic learning.

Provision in addition to the Curriculum

- Annual ski trip
- Army activity / team building days.
- Pupils given extended access to school grounds for recreational purposes at break and lunchtimes.
- PE department and SSCo collaborate to provide extensive opportunity for out of hours physical activity.
- Out of hours activity covers recreational clubs / competitive fixtures.
- Golf scholarship.
- International rugby exchange 2007.
- Increasing number of pupils associated with local clubs.

Extra-Curricular

- Opportunities provided during before, lunchtime and after school formal hours
- These activities will be both recreational and/or competitive in nature
- Pupils of all abilities are encouraged to attend
- Inter-school fixtures to extend and challenge the most able
- Intra-school competitions to draw in fringe pupils and help tutor groups cohere
- Both levels of pupil involvement require conformity to the notions of fair play; respect for all participants; losing and winning with good grace; maximum endeavour
- Canvassing pupil opinion and structuring opportunity, where possible, to provide appropriate activities
- Balance of activities to include individually orientated and group orientated interests
- School Staff and Peripatetic instructors to supervise (parents where appropriate)
- Male and female to be provided for as equally as possible
- 'Parity of esteem' to be practiced towards all groups
- Tutors, where possible, to support all extra curricular activities to enhance relationships within tutor group and the year group as a whole
- SMT presence at activities, especially school representation where possible
- Staff to have opportunity to engage in recreational sessions after formal hours; Cricket matches; Football matches; Netball matches; Basketball matches; Badminton; Tennis ; Quizzes; Concerts; Christmas Shopping ; S&PA Trips; Departmental social events

Community links

- Sports partnership provides opportunities and access to activities that are not available at school.
- Sport partnership work allows continuity between the Primary and Secondary stages of education.
- Pupils are provided with information on activity opportunities within the local community and the school has made formal links with a selection of these.
- Links with local educational institutions e.g Southampton & Chichester universities.
- Links with Fareham leisure to help deliver activity.

- Portchester cricket club.
- Martial arts, gymnastics club, fitness first, Warsash tennis club, Portsmouth rugby club, go bowling, Faith and football, Junior Jones dance academy.
- GCSE pupils used to organise and run sports days at local schools.

Active Travel

- Pupils are encouraged to walk or cycle to school
- Secure cycle accommodation is provided
- Pedestrian and cycle pathways are provided
- Transport co-ordinator elected from SMT
- Travel plan in place subject to annual review.

Staffing Responsibilities

- As role models for healthy lifestyles.
- There is a named member of staff responsible for implementing the physical activity policy.
- The Headteacher is committed to providing all pupils with quality physical activity opportunities and a member of the SMT is involved in the development of the physical activity policy.
- The Headteacher is aware of the range of physical activity options and provides funds to support the development of resources (staffing and facilities)
- All staff involved in supporting/leading physical activity are provided with opportunities for professional development
- All adults other than teachers involved in out-of-hours provision have appropriate qualifications and have undergone a Criminal Records Bureau check
- Physical activity opportunities are provided for staff
- The school is committed to safe and effective exercise procedures and these are clearly stated (either within another school policy document eg PE policy, Health and Safety policy, or as a separate policy)
- The appointment of a 'Sports Coordinator' to develop physical activity within the 'Sports Partnership'
- Pupil Parent Services (PPS) provide lunchtime physical activities For KS3 pupils
- PE staff have designated activity area responsibilities