

Hurworth School

Physical Activity Policy

Accepted by: The Governing Body – October 2009

Senior Leadership Team Lead Reviewer: Deputy Head Teacher

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Aim of Policy

We have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase students' capacity for learning
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

We understand we have an important part to play by introducing our children to a broad variety of physical activities and removing barriers to participation.

Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

Provision of Physical Activity in School

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education Lessons

3. Active lessons
4. Extra-curricular physical activity
5. Travelling to and from school
6. Break and lunchtime activity
7. Accessible facilities
8. Staff opportunities
9. Involvement with parents/carers
10. Involvement with School Sports Partnership and other community resources
11. “Looking After Me Day” and elements of all Social, Moral, Spiritual and Cultural days.
12. Whole school Sports Day.
13. Whole school inter house sporting events
14. Staff and students recreational games

School Ethos

Every student shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, all staff are encouraged to participate in and model physical activity as a valuable part of daily life.

Physical Education Lessons

There are sequential schemes of work, units of work and lesson plans for physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff; and is coordinated within the PE department. Every student in each year shall participate in regular physical education for the entire school year, including students with SEN.

Students in Year 7 & 8 have at least 120 minutes of Physical Education per week. In Year 9 students taught in the B band again receive at least 120 minutes of Physical Education per week. Students in the A band receive at least 180 minutes of Physical Education per fortnight.

At Key Stage 4 all students receive at least 180 minutes of Physical Education per fortnight. Although those students studying GCSE or BTEC Physical Education courses receive an additional 300 minutes of Physical Education per fortnight.

These lessons are supplemented by the comprehensive extra-curricular physical activity timetable, for which there is a good turn out, which allows all pupils the opportunity to partake in 120+ minutes of physical activity per week regardless of ability or physical need.

The schemes of work makes effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into

consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.

Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; Science through fitness testing/lung capacity, delivering literacy, speaking and listening through drama, numeracy through brain gym etc.

Extra Curricular Physical Activity

This school offers a physical activity programme that features a broad range of activities and meets the following criteria:

- Students have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options.
- Every student has an opportunity to participate regardless of physical ability.
- Students have the opportunity to be involved in the planning, organisation, and administration of the programme.

Activities include: Football, Netball, Rugby, Dance, Cricket, Basketball, Badminton, Athletics, Swimming, Table Tennis, Trampoline, Tennis, Orienteering, Cross Country Running, Rounders, Tag Rugby and Disc Sports

Hurworth School has secured additional funding to purchase electronic dance mats specifically to target girls' participation in P.E at Key Stage 4. These have been available for use from March 09.

All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required e.g. serious accident.

Travelling To and From School

The school has created a travel plan which aims to develop safer routes to school and encourage active methods of travelling. However given the location of the school it is imperative that suitable safe routes to school for cyclists are created before we can implement the plan in its entirety.

Before School, Break and Lunch Time Activity

Before school, during break and lunchtimes there is opportunity for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings and fields.

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment. There may be exceptional circumstances where this is not possible.

Facilities

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity programme.

The use of Physical Education facilities for non-instructional purposes, such as using the gymnasium for school assemblies and examinations during times scheduled for Physical Education classes is minimised.

Access to the gymnasium and playgrounds after school hours is permitted wherever it is appropriate to do so.

The school takes part in the Tesco and Sainsbury's Active Kids campaign to raise money for new sporting equipment in school. Parents are very supportive of this.

Staff Opportunities

We provide opportunities for staff to engage in regular physical activity. Activities include football, badminton, tennis and staff walks. During year 11 inter house events there is always a staff team that enters. These sports include football, basketball and netball. In year 7 to 10 staff join their tutor groups in the inter house rounders.

Involvement with Parents/Carers

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers receive induction about relevant school policies, procedures, and standards of conduct and will be subject to CRB, background and reference checks.

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if students are to participate in physical activity outside school. For example:

- Parents are invited to the school's annual Sports Day.
- The local community are able to use the sports facilities and clubs on offer after school for the community on the school site.

Involvement with School Sports Coordinator and cluster working

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity through joint school and community recreation activities.

The school is part of the wider Darlington School Sports Coordinator programme and participates in events, training, school competitions etc organised through Partnership. We are also actively involved in working within our designated cluster to provide additional opportunities for physical activity and competition for primary age students.

Social, Moral, Spiritual and Cultural Education

Specific time is allocated to each year group with the exception of year 11 to focus on elements of healthy lifestyles, which includes physical activity taster activities where children can try new activities not currently offered by school. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources, are involved in activities during these days.

Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. Rewards and recognition are given for those students who excel in sport and/or participate well and try their best. Therefore every child has a chance to receive recognition in our achievement assemblies. Sports Colours are also awarded to students representing school teams for a set number of games.

Equal Opportunities

Physical activity needs to serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels, thereby encouraging participation.

CPD Opportunities

The Schools Sports Coordinator (SSCo) receives regular training from the LA and the School Sports Partnership.

Training needs are identified and agreed within the Performance Management Programme and subsequent teacher coaching model. Training Opportunities with relevance for the whole school and curriculum development are circulated to school staff during inset days/staff meetings. The Physical Education Co-ordinator is up to date with current initiatives and has close links with the LA's Education Officer for PE and the School Sports Partnership.

Monitoring and Evaluation

The Head of Physical Education will provide clear leadership and management to develop and monitor the physical activity policy. The SSCo will regularly monitor levels of participation, and activity inside and outside the curriculum and make appropriate adjustments. The Head of Physical Education will consult with students and staff to identify barriers to participation and ensure that a broad range of extra-

curricular activities that promote physical activity are provided in which all students can participate.