



"I am able to do all things by the one who strengthens me" - Phillipians 3:14

GROWING - BELIEVING - SUCCEEDING

"We will all achieve our very best by loving learning, showing resilience and by developing Christian values within our community".

PHYSICAL ACTIVITY

Why have a physical activity policy?

We have a responsibility to help students 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; and
- 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.

What is 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".

How is Physical Activity Provided?

1. School ethos
2. Physical Education Lessons
3. Active lessons
4. Extra-curricular physical activity
5. Travelling to school
6. Supervised break time activity
7. Accessible & adequate facilities
8. Staff opportunities
9. Community involvement

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 on-going part of a healthful lifestyle. In addition, staff are encouraged to participate in and model physical activity as a valuable part of daily life.

Physical Education Lessons

There is a sequential scheme of work of 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 with the PSHE curriculum. Every student in each year, shall participate in regular physical education for the entire school year, including students with disabling conditions and those in alternative education programmes. (Students in the Foundation Stage, Key Stage 1 & 2 shall participate in physical education for at least 120 minutes per week.)

Policy approved.....at a Full Governors Meeting

Date of meeting: 9th March 2023

Renewal Frequency: 3 years



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The scheme 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.

Other curriculum opportunities for activity

All staff look for opportunities to plan active lessons where possible & appropriate, for example; delivering literacy, speaking & listening through drama, learning multiplication tables through catching and throwing outside.

Extra-curricular Physical activity

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

- students have a choice of a diverse activities in which they can participate. Competitive, non-competitive, structured, un-structured, & including some non-sport options eg gardening or arts and crafts.
- every student has an opportunity to participate regardless of physical ability;
- students have the opportunity to be involved in the planning, organization, and administration of the programme.

All activities shall be supervised by qualified staff, who may or may not be qualified teachers.

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

Travelling to school

The school has a travel plan that has developed safer routes to school & encourages active methods of travelling.

Break time Activity

Break time provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings, toys & equipment available for free play. Mid-day supervisors engage pupils in physical activity at lunchtime. The Playground Friends organise activity for those that want it at break time.

Break times shall complement, not substitute for, physical education classes.

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, nor should they cancel it for instructional makeup time. 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 hall for school assemblies during times scheduled for physical education classes will be minimized.

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

Community Involvement

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 joint school and community recreation activities.

Equal Opportunities

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

Personnel

The Physical Activity Co-ordinator is Justin Comasky.

Monitoring & Evaluation

The member of staff responsible will monitor levels of participation, & activity inside & outside the curriculum regularly and make appropriate adjustments. Pupils, parents & the wider community may also have a role in this process.

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