



"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: 30th January 2019

Minute Number: 12.5

Renewal Frequency: Annual



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PHYSICAL ACTIVITY

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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