

PHYSICAL ACTIVITY POLICY

RICHMOND SCHOOL

Aim

It is the aim of the school to assist young people to achieve physical fitness, good health, and a life-long interest in physical activity through a varied programme of sport and exercise.

The purpose of this policy

The purpose of this policy is to provide the principles and objectives to guide the school's Improvement Plan in developing a framework of resources and activity that will help to improve the physical health of all who are part of Richmond School.

The policy is adopted within the context of:

- Every child matters.
- National targets for physical education.
- National statistics drawing attention to concerns about the physical state of many young people.
- The relationship between physical health and effective learning.
- The aims of many national sports organisations to improve the skills and abilities of young sports men and women.
- National governing body awards: coaching and leadership.
- Lifelong learning and recreation strategies.

The objectives of the policy are:

- To increase the physical activity levels of all students in line with national targets.
- To provide students with as full a range of sports and fitness activities as possible within the taught curriculum, and through an extra-curricular programme.
- To provide students with excellent facilities and resources for physical activities.
- To increase students' knowledge, understanding and appreciation of the importance of physical fitness.
- To encourage an interest in physical activity that develops and continues through each person's life (eg through links with local clubs).
- To provide the people who work here with physical activity opportunities to match their condition and interests.
- To consistently promote the benefits of physical activity to all who work within the school.
- To provide a teaching and training programme that enables young people to reach their age-related potential in their chosen sport/s.
- To provide young people with physical challenges that serve to enhance self-esteem, confidence, and the ability to work together effectively.
- To identify target groups whose participation is low, and increase their activity levels.

Guidelines for implementation:

The taught curriculum:

- Physical Activity is given recommended time within the curriculum at all Key Stages.
- The PE curriculum caters for as many interests as possible, and is inclusive.
- PE resources and facilities are reviewed as often as possible within the limits of the school's budget.
- Students' fitness is measured and monitored regularly within the programme at each Key Stage.
- Students are set SMART targets to increase their fitness and physical skills (related either to specific sports or to exercise programmes e.g. aerobics).
- The PE curriculum challenges students to take responsibility for their continual physical improvement throughout their time at school.
- Opportunities are available for young people to gain sports qualifications.
- The contribution of Dance and Drama to physical development is recognised.
- Suspended timetables allow for activity days and outdoor educational visits to supplement the opportunities for physical activity.

Extra curricular activities

- All students are encouraged and given the opportunity to engage in extra-curricular physical activity.
- A realistic proportion of the school's budget is used to provide and enhance facilities and equipment to support minority interest activities and sports.
- Staff are encouraged to lead physical activities for students, and are given support for doing so.
- The school seeks to release the energy of young people through constructive challenging physical activities at breaks and lunchtimes by providing safe innovative play areas and activities.
- Success and achievement in sport and exercise are recognised, celebrated and rewarded through a series of assemblies, ceremonies, and displays that are regular features of the school year.
- Informal, non-competitive, fun activity is encouraged and facilitated through a calendar of events that reward participation and "having a go" rather than winning.
- The school holds a series of informal competitive sports events encouraging inter-tutor, inter-age group, and mixed ability activity to promote engagement, participation and interest in sport.
- The school sports teams participate in all local and regional leagues and cups.
- The school seeks to provide administrative support for the organisation of extra curricular activities.

Staff development and leadership

- Staff are supported in attaining qualifications and certificates that will enable them to coach young people in sports and physical activity.
- Staff are supported in joining regional and national conferences and courses held to promote physical fitness and well-being.
- The school assists young people to obtain certificates and leadership qualifications in sport and physical activities (e.g. the Community Sports Leadership Award).

- Staff are supported in aiming for personal fitness goals in whatever way appropriate (e.g. sponsorship).
- Staff Training Days can offer the occasion for physical activity to aid creativity, well-being and personal development.

Whole school dimension

- The PE Department is represented on the school's Healthy Schools Committee.
- The school seeks to develop an environment conducive to physical activity and physical recreation.
- Healthy travel to, and from, school is encouraged and facilitated through the provision of pedestrian and cycle facilities, entrances and exits.
- Physical activity is a core element of the school's Travel Plan.
- Groups and individuals of the community are able to access and use the school's sports and fitness facilities.
- The school promotes participation in regional and national physical activities held to raise funds for charity.
- Students, parents and governors are regularly consulted for their views about the school's facilities, opportunities and plans for physical activity.

Monitoring, review and evaluation

- This policy forms a section of both the school's Healthy Schools Policy and the PE Department's Development Plan.
- The PE Department's annual Development Plan identifies the key improvements which are to be addressed each school year.
- The PE Department Self Evaluation Form measures the success of each year's key improvement objectives, and evaluates the overall effectiveness of the policy in practice.
- A regular review is made of staff qualifications relevant to sports and physical activity.
- The school's overall SEF includes reference to key improvements made to physical activity opportunities, facilities and resources during the year, and highlights future objectives.
- The School Sports Co-ordinator is consulted in any evaluative discussion and contributes to the outcomes.
- An annual report on the state of physical activity in the school, referring to the objectives listed in this policy, is compiled by a committee of the Healthy Schools Co-ordinator, the School Sports Co-ordinator, the Head of PE, a member of the PE Department and a Deputy Head, and is presented to the Governing Body.

The Governing Body and senior staff of the school endorse the Physical Activity Policy, and will assist staff, parents and students to meet its objectives and secure its success.

Review: March 2009