



Eastbrook School Physical Activity Policy

Person responsible for drafting the policy:

Miss J Arnill

Who was consulted in drafting this policy:

Children, young people, all staff, parents/carers, governors.

Relevance to other school requirements/targets:

- Whole school 2 hour provision in new 5 period timetable

Relevance to other related school policies/strategies:

- School Development Plan
- Physical Education Policy
- Healthy Eating Policy/ Whole school food policy
- PSHE Policy
- Health & Safety Policy
- School Travel Plan
- Teaching and Learning Policy

Rationale

Regular Physical Activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. Schools play a key role in promoting active lifestyles to young people and help reduce the prevalence of obesity through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to Physical Activity.

Resource provision and facilities

Some additional resource is available via activities and developments offered by the School Sport Partnership and extended schools.

Facilities available for Physical Activity include:

Onsite: sports hall, badminton court gym, hard court, dance/drama studio, fitness suite, playing fields.

Offsite: swimming pool, climbing wall, bowling, Golf, ice skating.

Aim(s)

- To increase the Physical Activity levels and wellbeing of the whole school community by developing a supportive environment conducive to the promotion of Physical Activity.
- To develop an understanding of the importance of regular Physical Activity amongst the whole school community for maintaining a healthy lifestyle and wellbeing.

Objectives

- To ensure that all children and young people have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least an hour each day and to establish and maintain an interest in regular Physical Activity throughout life.
- To improve children, young people, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in Physical Activity.
- To provide a wide range of quality Physical Activity opportunities both within and outside the curriculum for children, young people, staff and parents/carers and enable children to participate in at least 2 hours of high quality PE and School Sport each week.
- To ensure that Physical Activity provision in the school reflects the cultural, personal, social and medical needs of all children and young people

How our Objectives are Delivered

Ethos and environment

- All those leading Physical Activity sessions adopt a caring and supportive approach and have a commitment to every child.
- The school identifies children and young people who do not participate regularly in Physical Activity and those who need extra support to participate, and implements strategies to encourage and support them to be more active.
- Facilities are improved and developed to promote increased participation in Physical Activity in consultation with children, young people, staff and parents/carers.
- The participation of children and young people in Physical Activity is recognised and celebrated through presentations in assemblies, information on notice boards and in newsletters.

Curriculum

- The school is working towards providing at least two hours curricular physical education for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all children and young people.
- Cross Curricular Schemes of work are in place and being extended which outline a planned approach to health related activity.
- All children and young people learn how active they should be, and activity levels are regularly monitored.

See PE Policy for additional detail on curricular provision.

Out-of-School-Hours Learning (OSHL)

- All children and young people are provided with opportunities to be physically active through out-of-hours activities via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all children and young people, regardless of ability.
- Physical Activity is promoted before school, during breaks, lunch-times and after school.
- Specific events are organised throughout the year that promote Physical Activity and raise its profile across the whole school community.
- Most extra-curricular activities are led by school PE staff with some being delivered by coaches from community clubs.

Community Links

- The school links with School Sport Co-ordinators (where appropriate) and other relevant individuals and organisations in the community, to utilise the available expertise and enhance the quality and range of provision
- Children and young people are made aware of Physical Activity opportunities beyond school through a variety of means.
- The school is further developing the School Travel Plan in association with the School Travel Adviser.
- The school has a School Travel Plan, promotes active travel and has put in place a number of strategies and initiatives to support this which are outlined in our School Travel Plan.
- Children, young people, staff and parents/carers are encouraged to walk or cycle to school through the strategies in place and these are publicised through a variety of means including notice boards and the school newsletter.

Consultation

- Children, young people, staff and parents/carers are consulted and involved in decisions about the range and type of Physical Activity opportunities offered.
- Consultation takes place through the School Council, staff meetings, a short questionnaire at the end of each year and a 'suggestion' box placed in the entrance hall and PE area.
- The school takes steps to remove barriers to participation identified by consulting with children and young people and, where possible, involves them in these developments.

Involving staff and parents/carers

- Staff and parents/carers are consulted and involved in decisions about, and the delivery of, Physical Activity and other Healthy Schools issues through regular questionnaires and requests in the school newsletter.
- Students from KS4, staff and parents/carers can access the school health website.
- The school's activity facilities are made available for staff and moving towards allowing parents/carers to use after school.

Safety

- The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and the Health and Safety Policy.

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self evaluation and reviewed annually.

Aspects that are monitored include:

- children, young people, staff and parents/carers' knowledge of and attitude towards Physical Activity
- progress/attainment in Physical Activity for children and young people
- the range of Physical Activity opportunities offered to children, young people, staff and parents/carers and the levels of participation
- the percentage of children and young people participating in 2 hours per week of high quality PE or school sport within and beyond the curriculum, broken down into gender, age and ethnicity.
- the number of children and young people walking or cycling from/to home
- the number of professional development courses attended by staff/activity leaders
- how and when children, young people, staff and parents/carers have been consulted.

The methods of evaluation include:

- assessing the achievements of children and young people
- reviewing schemes of work
- reviewing programmes of activities
- reviewing registers for activities
- children, young people and staff discussions
- minutes of School Council meetings
- questionnaires
- annual participation awards
- annual PESSYP survey
- annual school travel survey.

Areas for development

- Role models within staff and community
- Adults actively seen by students taking part and supporting sporting events.