



Sports Faculty - Physical Activity Policy

Aim of Policy

We have a responsibility to help learners and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2020), 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.

Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase learners' capacity for learning.
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on cardiovascular health, muscular strength, body weight, blood pressure, bone health, self-confidence, and social skills.
- 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 academy to reinforce our vision, and to remove or discourage practices that negate them.

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'.

It is recommended that children and young people aged 5-15 years should follow these guidelines in relation to physical activity.

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

(Chief Medical Officer, Department of Health 2020)

Provision of Physical Activity in the Academy

Physical activity in the academy is provided through the following.

1. Academy ethos
2. Physical Education lessons
3. Active lessons
4. Extra-curricular physical activity
5. Travelling to and from the academy
6. Before academy, break, and lunchtime activity
7. Accessible and adequate facilities
8. Staff opportunities
9. Involvement with community resources
10. Healthy Lifestyles themed day/week in citizenship/pshe lessons

1. Academy Ethos

Every learner 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.

2. Physical Education Lessons

There is a sequential scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis; it teaches knowledge, motor skills, self-management skills, and positive attitudes; it promotes activities and sports that learners enjoy and can pursue throughout their lives; it is taught by well-prepared and well-supported staff; and is coordinated with the PSHE curriculum. Every learner in KS3 and KS4 will have timetabled PE for 2 hours per week, more in KS4 depending on options.

The scheme of work makes effective use of academy and community resources and equitably serve the needs and interests of all learners and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. See Academy Physical Education scheme of work.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example, delivering literacy speaking and listening through drama, numeracy through brain gym etc.

4. Extra-Curricular Physical Activity

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

- Learners have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options e.g. car washing or drama.
- Every learner has an opportunity to participate regardless of physical ability.
- Learners can be involved in the planning, organisation, and administration of the programme
- Every learner can participate in an extensive extra-curricular programme

See PE faculty displays for details on what is available for each term.

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 academy should be available nearby for the duration of the club in case support is required e.g. serious accident.

5. Travelling To and From the Academy

There is secure cycle and scooter storage offered by the academy, which includes the encouragement for all students to wear helmets.

6. Lunch Time Activity

PE faculty provides opportunities for physical activity, which help learners stay alert and attentive in class and provides other educational and social benefits.

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

Staff will make every effort not to deny a learner'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.

7. Facilities

The academy 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 academy assemblies during times scheduled for physical education classes will be minimised.

Access to sports halls and playgrounds after academy hours will be permitted wherever it is appropriate to do so.

8. Staff Opportunities

There are planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity. Activities include staff/learner matches.

9. Involvement with Parents/Carers

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

- Parents are invited to attend all the Academy's Extra-Curricular Sporting activities, to encourage and support their child and some parents assist staff with officiating duties in certain sports/activities (but only they are suitably qualified in that particular discipline and have received the relevant disclosure checks).
- We provide support for families whose children participate in county/national or international sporting events and fixtures.
- The local community can use the Sports Facilities and clubs on offer after academy curriculum hours for the community on the academy site, which has proved very popular with parents.

10. Involvement with Community Resources

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

11. Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. The academy believes 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. Certificates are given to children who are trying their best at a new activity or who have achieved their personal best. Therefore, every child has a chance to receive a certificate in our achievement assemblies.

12. Equal Opportunities

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

13. CPD Opportunities

The Physical Education staff receive regular training. The academy has accessed staff training through the National PE Professional Development Programme and further opportunities are available to staff.

Training needs are identified and agreed within Appraisal Reviews. Training opportunities with relevance for the whole academy are circulated to the rest of the academy staff during inset days/staff meetings. The Faculty Leader of Physical Education is up to date with current initiatives.

14. Monitoring and Evaluation

Physical activity is monitored by the Faculty Leader for PE and evaluation is supported by the SLT link. The members of staff responsible provide clear leadership and management to develop and monitor the physical activity policy. They will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. The academy will consult with learners and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided for all learners to participate in.

Reviewed June 2016

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N Bishop – Head of Sports Faculty