

# Oak Field School Policy for Physical Activity

## Aim of Policy

We have a responsibility to help students and staff 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:

- 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
- 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.

## 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'.

## Provision of Physical Activity in School

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education lessons
3. Active lessons
4. Extra-curricular physical activity
5. Before school, break and lunchtime activity
6. Accessible and adequate facilities
7. Staff opportunities
8. Involvement with parents/carers
9. Involvement with School Sports Nottingham , Inclusive PE and Sport Officer and other community resources
10. Healthy Lifestyles themed day/week
11. Achievement Assemblies

### 1. 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 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; 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, 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. See School Physical Education Policy.

## **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 PE etc

## **4. Extra Curricular Physical Activity**

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

- Every student has an opportunity to participate regardless of physical ability;
- Students have a diverse choice of activities in which they can participate.
- Students have the opportunity to be involved in the planning, organisation, and administration of the programme through the school council and sports leaders' courses.

Activities include dance, table tennis, fitness, badminton and multi sports.

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

## **5. Travelling To and From School**

The school has a travel plan that has developed safer routes to school and encourages active methods of travelling. There is a traffic free zone outside school at critical hours. There is secure cycle storage.

## **6. Lunch Time Activity**

The school has playgrounds, playground markings, toys and equipment available for free play. Mid-day staff engage pupils in physical activity at lunchtime

## **7. 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 program.

## **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 involve multi sports as well as free access to the fitness suite. Staff are made aware of sporting opportunities provided by the local council. Also, staff often

participate in and support sponsored events such as the Don Scott Marathon to raise money for charities.

## **9. Involvement with Parents/Carers**

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

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school.

- Parents have been consulted on physical activity opportunities in school and several parents now support us.
- Parents are invited to the Schools Annual Sports Day and Swimming Gala. The PTA organise fundraising opportunities to raise money for the school which often involves physical activity for families.
- Parents are invited to use the fitness suite.

## **10. Involvement with School Sport Nottingham and Other Community Resources**

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.

The school is part of School Sport Nottingham, what was the School Sports Partnership, and participates in the events, training and school competitions, organised.

There is a Special Olympics club for students from the school and local community. There are also after school hours clubs, in dance, sport, fitness, and badminton

## **Celebrating Physical Achievements**

During assemblies we celebrate physical achievements as well as academic performance. We believe 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.

## **Equal Opportunities**

Physical activity needs to 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 thereby encouraging participation.

## **CPD Opportunities**

Training needs are identified and agreed within CPD with the Head teacher. Training Opportunities with relevance for the whole school are circulated to the rest of the school staff during inset days/staff meetings. The Physical Education Teacher is up to date with current initiatives and has close links with the LAs Education Officer for PE, School Sport Nottingham and the Inclusive PE and Sport Officer

The midday supervisors have received training and are now able to initiate and organise playground games to involve children in physical activity.

### **Kite Marks**

We are constantly working towards strands of the National Healthy School Status and this policy forms part of this award.

This school has worked hard in the past to achieve recognised status for physical activity and school sport, for example; Activemark, Sportsmark and Sports Partnership Mark.

### **Monitoring and Evaluation**

The Physical Education Coordinator is Carol Lawson

The above member of staff provides clear leadership and management to develop and monitor the physical activity policy.

The co-ordinator will regularly monitor levels of participation and activity, inside and outside the curriculum and make appropriate adjustments. He/she will consult with pupils 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 pupils to participate in.

### **Policy Development and Review**

This document is freely available to the entire school community. It will be reviewed on an annual basis.

Reviewed Sept 2017

Next review Sept 2018