

STOKE NEWINGTON SCHOOL

Physical Activity Policy

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 reduced 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.

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:

School ethos

Physical education lessons

Active lessons

Extra-curricular physical activity and sporting competition

Travelling to and from school (we also have a school travel plan which is updated annually and explores how pupils and staff travel to and from school)

Before school, break and lunchtime activity

Accessible and adequate facilities

Staff opportunities

Involvement with parents/carers

Involvement with School Sports Partnership and other community resources

Healthy Lifestyles themed day/week

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 healthful 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 in 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 Life Skills curriculum. Through extensive links with local clubs, we encourage our pupils to maintain and progress levels of physical activity out of school hours. We try to ensure that through lessons we promote healthy lifestyles, commitment, knowledge and understanding, participation in a variety of sports, fun, safety, skills of evaluation and participation in extra curricular sports. Every student in each year, shall participate in regular physical education for a minimum of two hours per week, for the entire school year. This includes students with disabling conditions and those in alternative education programmes (students in the Foundation Stage shall participate in physical education for at least 120 minutes during each school week).

The scheme of work makes effective use of school and community resources and equitably serve the needs of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. The department have worked very hard to ensure that we provide for both SEN and G&T students. Currently we provide specialist coaching and projects for G&T students. For SEN students we have adaptive equipment and schemes of work. See School Physical Education Policy statement and scheme of work.

The school also provides an excellent range of extracurricular activities, in addition to our club links. This will be discussed later in this document.

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 school offers a physical activity programme that features a broad range of activities and meeting the following criteria.

Students 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. gardening or drama.

Every student has an opportunity to participate regardless of physical ability.

Students have the opportunity to be involved in the planning, organisation and administration of the programme.

Home schooled students should have access.

Activities include: gym, dance, netball, football, b/basketball, badminton, tennis, rugby, sports science, athletics, striking and fielding, indoor rowing, gaelic football and cricket.

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 times, there is secure cycle storage, cycle safety and maintenance courses offered by the school.

6. Before School, Break and Lunch Time Activities

Our breakfast club and break times provide opportunities for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.

At lunch and after school we run over 30 free sports clubs for students. This leads to teams being created and fixtures attended at a range of levels. Also we run inter-form competitions for all year groups.

Break times shall compliment, not substitute for, physical education classes.

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment. There maybe exceptional circumstances where this is not possible.

Additionally out of school hours students are given the opportunity to attend clubs with specialist coaching.

7. Facilities

The school endeavours to ensure 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 gym for school assemblies during times scheduled for physical education classes will be minimised.

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

The School takes part in the Sainsbury's Active Kids and Tesco sports equipment for schools campaigns to raise money for new sporting equipment in school. Parents are very supportive of this. Should this be more general about National campaigns that either encourage physical activity or encourages fund raising for equipment e.g. collecting vouchers from stores, etc.

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 badminton, yoga and staff walks. Staff are made aware of sporting

opportunities provided by the local council. Also, staff often participate in and support sponsored events such as The London Marathon to raise money for charities.

There is an annual focus on Staff well-being through a planned programme of activities offered during one named week each year. Staff offer activities and external agencies are invited into school during that week.

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, police 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. For example:

Parents are invited to our Healthy Lifestyles Week and are able to participate in activities with the children.

Parents have been consulted on physical activity opportunities in school and several parents now support us with other after school clubs, with one parent helping to coach the school's football team, baseball club and the badminton club.

Parents are invited to the school's annual Sports Day. The PTA organise fundraising opportunities to raise money for the school which often involves physical activity for families.

The local community are able to use the Sports Facilities and clubs on offer after school on the school site, which has proved very popular with parents.

10. Involvement with School Sports Partnership 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 Stoke Newington School Sports Partnerships. We currently have an SSCO which links our school to 4 primaries and 1 other secondary school, within this partnership we co-ordinate projects and G&T support. The partnership also provides training, school competitions.

Healthy Lifestyles Themed Day/Week

Specific time is allocated each school year to focus on promoting healthy lifestyles, which includes physical activity taster activities where children can try new activities not currently offered by school. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources, such as Sports Development are involved in activities during the day/week.

Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the students 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.

In addition to the once a term achievement assemblies, the PE department hold an annual Sports Presentation Evening to celebrate sporting achievement throughout the academic year.

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

The Physical Education Coordinator receives regular training from the borough and the School Sports Partnership. The PLT's who have been in post since Sept 2003 will have gained their national Subject Leader Award. This is a generic subject award with a focus on Physical Education which can be transferable across all subject areas. The school 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 Professional Development Reviews with the Headteacher. 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 Coordinator is up to date with current initiatives and has close links with the borough's Education Officer for PE and the School Sports Partnership.

Kite Marks

We are working towards new National Healthy Schools Status and this policy forms part of this award.

This school works hard to achieve recognised status for physical activity and school sport, for example; Activemark, Sportsmark and Sports Partnership Mark. These awards will be determined by the data gathered through the annual PESSCL data collection rather than an application process.

Monitoring and Evaluation

The Physical Activity Co-ordinator in school is Sonia Close.

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

The co-ordinator will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. 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 policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governor's, LT representatives and the local Healthy School Programme.

This document is freely available to the entire school community. It has also been made available in the staff hand book, in all departments and the school web site.

Chair's signature: _____ Date: _____

Name: Ms Caroline Stagg

Physical Activity Policy review date: Spring 2014