

## PHYSICAL ACTIVITY POLICY

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<b>Committee Responsible</b>	SBS
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<b>Date of next review:</b>	March 2024

### PHILOSOPHY

The health of the whole school community is taken extremely seriously at Grey Court School and we recognise our responsibility to help both students and staff establish and maintain lifelong habits of being physically active. 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 the risk of diabetes, heart disease and high blood pressure 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 composition and weight, and blood pressure.
- Positive experiences with physical activity at a young age help lay the foundation for being regularly active throughout life.
- Physical activity is important in contributing to school unity.
- Social skills are developed through students communicating in team games.
- Life skills are developed such as resilience, discipline, communication, teamwork, leadership and employability

Grey Court is a school that understands the value of sport and provides a wealth of opportunities for all students to excel at all levels which in turn can transform the life chances of young people in their personal, social, academic and working environments.

## **PURPOSES**

### **Aims:**

- To improve the health of students and staff by helping to influence their physical activity habits through increasing their knowledge and awareness of the relationship between health, fitness and physical activity.
- To provide opportunities to increase the level of physical activity among students and staff within the school, particularly among those who exercise least.
- To raise children's self-esteem and confidence through physical activity.
- To set out a coordinated approach to physical activity throughout the school day and to ensure that we are giving consistent messages about physical activity and health.
- To communicate our shared vision and values relating to physical activity in our school.
- To inform part of our school's development plan, providing a strategic vision that everyone understands.
- To ensure the physical activity provision in school is open to everyone and reflects the ethical, cultural, special educational needs and medical requirements of staff and students.
- To make participation in physical activity an enjoyable and safe experience.
- To encourage and teach good manners and courtesy whilst taking part in physical activity.

## **OBJECTIVES**

To integrate these aims into all aspects of school life, in particular:

- Provision of adequate resources and funding for physical activity.
- The curriculum (PE lessons, clubs and matches in particular).
- Extra-curricular activities (both within and outside of school hours).
- Lunch and break times.
- Specific Events that promote and raise the profile of physical activity.
- To ensure that all stakeholders are actively involved in developing, monitoring and amending this policy, including, governors, staff, students, parents/carers and the school's wider community.

## **PROCEDURES**

### **Games and Physical Education Lessons**

- All students complete 100 minutes of Physical Activity per week.
- Students in Year 7 complete one additional period of practical activity.
- Sport scholars in year 7 have an extra 3 lessons of PE per week.
- Students taking GCSE PE and VCERT have an additional three periods per week.
- PE teachers promote the health benefits of physical activity in their lessons.
- Students in KS4 are provided with opportunities to learn recreational sports and activities. They have the opportunity to choose: golf, swimming, cycling, boxing, Fitness, Pilates, yoga and Zumba. They are clearly shown where they may continue these activities when they leave school.

- Students are physically active for at least 85% of the total lesson time.
- In the absence of the regular PE teacher, wherever possible, practical activity is provided as cover work.
- Equal Opportunities – the school is committed to providing equal opportunities for all students, including those with special needs, within its provision of physical activity.
- Teaching and Learning – physical activities provided are appropriate; a variety of approaches are used to ensure that tasks are matched to students abilities, and students at different starting points all make progress
- Students complete fitness testing at least once a year to determine strengths and weaknesses and to highlight any potential health concerns.
- Students are put into groups that allow them to be challenged and progress while creating a purposeful learning environment.

### **Pastoral Support**

- Form Tutors will support this promotion by reinforcing its importance in target setting and when delivering appropriate parts of the PDW programme, where the importance of physical activity and health are discussed at length.
- Year 7 Tutors assist their tutees to complete the weekly mile.
- Fitness targets are discussed with students and set each year. Most of these targets relate to increasing levels of physical activity and the benefit this will have to their health and wellbeing.

### **Extra Curricular Physical Activity**

- Students are provided with a wide range of extra curricular opportunities to increase their physical activity levels. This includes morning, lunch and after school clubs. These include a wide range of activities in which they can compete against other schools. E.G. Borough Football and Netball leagues, Surrey County Football Cup, ESFA Football Cup, ESAA Athletics Track and Field Cup.
- Students are provided with a wide range of activities in which they can compete against other students in the school (inter house competitions).
- Students experience using local physical activity providers to encourage future use outside of school lessons and clubs.
- The school continues to develop links to clubs in the local area that provide opportunities for Grey Court students to be physically active.
- These links are promoted to all students.

### **Travelling to and from School**

- Facilities are provided to encourage students to cycle to school (bike sheds).
- Students are encouraged to walk or cycle to school every day.

### **Lunch and Break Times**

- Opportunities are provided for students to engage in physical activity during break and lunch times (in addition to organised clubs) e.g. use of astro area for year 7 students and the field in the summer
- Within PDW curriculum the consequences of physical activity and health are discussed at

length

## **Staff Acting as Positive Role Models**

Teachers and staff set a positive example to students by:

- Cycling or walking to school whenever possible.
- Taking part in organised staff and staff v student sporting activities and matches.
- As far as possible maintaining a healthy body composition.
- Promoting the benefits of physical exercise (in any form) that they may or may not take part in.
- Working beyond the normal school day to offer lots of opportunities to the students, showing enthusiasm, drive and dedication.

## **Facilities and Equipment**

- Appropriate facilities and equipment are provided to allow students to engage in a wide range of physical activities.
- Facilities and equipment are maintained to a high standard which will increase awareness of and enthusiasm for different types of physical activity.
- The local community has the opportunity to make use of the school's facilities to increase their physical activity levels.

## **Physical Activity across the Curriculum**

- Science provides an opportunity to learn about health and physical activity.
- Music and Drama both provide the opportunity to engage in practical activities which can place significant physical demands on students.
- Geography provides opportunities through field trips to become physically active.
- Technology requires that students take part in dexterous physical activities related to building and creating.
- Art requires students to develop the physical skills of drawing, painting and modelling.
- Food technology helps the students understand about the components of a balanced diet.
- Ski Trip is an opportunity to learn a new skill which is physically demanding.
- Sports Tours gives the opportunity for students to develop character and their teamwork.
- Multi Activity Trips set challenges and develop physical skills enhancing students' resilience.
- Work related learning provides opportunities to carry out work experience in industries that require physical activity.

## **Partnership with Parents and Carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health and physical activity is concerned. Each must reinforce the other. Parents and carers are updated on students' fitness levels and informed on measures that can be taken to improve them. This is done through end of year reports, target setting and on parents evenings.

Parents are encouraged to support students to take part in extracurricular activities and in clubs and teams outside of school. Parents/Carers have access to the Extra Curricular timetable.

## **Role of the Governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

## **Links to Other Policies**

- Health and Safety: appropriate steps are taken to ensure the safety of students taking part in physical activity and that a record is kept of accidents and injuries by the medical team.
- Wellbeing Policy: reinforces the importance of physical activity to mental health and wellbeing.
- RSE and Health Education Policy: consolidates learning about the importance of physical activity to a healthy lifestyle and good mental health and wellbeing.
- LGBTQ+ Policy: sets out our aim for equality and inclusivity
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