
Accepted by: Board of Directors October 2009

Leadership Team Lead Reviewer: Head of Physical Education/Assistant Head Teacher (Curriculum)

Review Cycle: 2 Years

Last reviewed: September 2021

Date for next review: September 2023

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:

Through its positive 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.

We understand we have an important part to play by introducing our children to a broad variety of physical activities and removing barriers to participation.

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
Travelling to and from school
Break and lunchtime activity
Accessible facilities
Staff opportunities
Involvement with parents/carers
“Looking After Me Day” and further elements of all Social, Moral, Spiritual and Cultural days programme in school.
Whole school Sports Day (Key Stage 3 and GCSE PE pupils only)
Whole school inter house sporting events (Key Stage 3)
National School Sports Week
Charity Events

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.

Physical Education Lessons

There are sequential Learning Journey's for 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. Every student in each year shall have the opportunity to participate in regular physical education for the entire school year, including students with SEN.

Students in Key Stage 3 have at least 120 minutes of Physical Education per week.

At Key Stage 4 the school offers 180 minutes of Physical Education per fortnight to students in the A band and 120 minutes per fortnight to students in bands B and C. Those students studying GCSE or Vocational Physical Education courses receive an additional 300 minutes of Physical Education per fortnight, some of which is practical.

This curriculum commitment is enhanced by the comprehensive extra-curricular physical activity timetable which has a very positive attendance record. This gives all students the opportunity to partake in 120+ additional minutes of physical activity per week regardless of ability, experience or physical capability.

The Physical Education Learning Journey's make effective use of school and community resources and equitably serve the needs and interests of all students

and staff, taking into consideration all protected characteristics noted within the school Single Equality Scheme. This and other related policies can be located at www.hurworthschool.org.uk/policies

Extra Curricular Physical Activity

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

Students have a diverse choice of activities in which they can participate. Such activities are structured and include both competitive and non-competitive activities including some physical activity options.

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

Activities include: Football, Netball, Rugby, Dance, Cricket, Basketball, Badminton, Athletics, Swimming, Table Tennis, Trampoline, Tennis, Orienteering, Cross Country Running, Handball, Rounder's, Tag Rugby, Hockey and Disc 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.

Travelling to and From School

The school has created a travel plan which aims to develop safer routes to school and encourage active methods of travelling. However given the location of the school it is imperative that suitable safe routes to school for cyclists are created before we can implement the plan in its entirety.

Before School, Break and Lunch Time Activity

Before school, during break and at lunchtimes there is the opportunity for physical activity (e.g. pupils have designated areas in which they can play football), which help students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings and fields. 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.

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 programme.

Access to the Sports Hall and playgrounds after school hours is permitted

wherever it is appropriate to do so.

The school completed an extensive building programme to develop new indoor sporting facilities and modernise its existing changing rooms in September 2013. The Sports Hall is four Badminton court sized and has brand new state of the art equipment.

Staff Opportunities

We provide opportunities for staff to engage in physical activity. In Years 7 to 9 staff join their tutor groups in the inter house Rounder's. Form tutors are also encouraged to join their form teams in all other Interhouse events in order to manage their teams.

Involvement with Parents/Carers

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

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if students are to participate in physical activity outside school. For example:

Parents are encouraged to spectate and support their child at school fixtures.

The local community are able to use the sports facilities and clubs on offer after school for the community on the school site.

Specific time is allocated to each year group with the exception of Year 11 to focus on elements of 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, are involved in activities during these days. In addition all Key Stage 3 pupils participate in National School Sports Week annually allowing them to sample sporting activities that are not always available during curriculum time. The department is also involved with several sporting themed charities over the year including Sport Relief, BHF and World Marathon Challenge. Awareness of these events are raised during year group assembly time.

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 the Appraisal Programme and subsequent teacher coaching model. Training Opportunities with relevance for the whole school and curriculum development are circulated to school staff during inset days/staff meetings

Monitoring and Evaluation

The Head of Physical Education will provide clear leadership and management to develop and monitor the Physical Activity Policy. Other members of the department will regularly monitor levels of participation, and activity inside and outside the curriculum and make appropriate adjustments. The Head of Physical Education will consult with students and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided in which all students can participate.