

## Physical Activity Policy

*Updated October 2020*

### Aim

To increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.

### Objectives

- To provide two hours per week of curricular physical education for all students in Years 7 to 9 in which a broad and balanced programme is provided;
- To provide 3 hours per fortnight of curricular physical education for all students in Years 10 and 11 in which a broad and balanced programme is provided;
- To provide access to physical activity opportunities for students in KS5;
- To provide quality physical activities opportunities both within and outside curriculum time which:
  - Consider the needs and interests of all students;
  - Promote positive attitudes towards participation in physical activity;
  - Enable students to develop a full range of basic movement skills;
  - Increase students' knowledge and understanding of the importance of physical activity
  - Encourage students to learn to officiate and coach through leadership programmes
- To increase student participation in physical activity within and outside of curriculum time;
- To provide relevant in-service training opportunities for all those leading physical activity sessions, including teachers other than of PE;
- To make efficient use of the available resources and funding for physical education to provide the best possible Physical Education and access to Sporting Activity;
- To ensure safe and effective exercise procedures and safe and stimulating areas in which students can undertake physical activity;
- To raise the profile of physical activity throughout the school and encourage cross-curricular links;
- To make facilities and equipment available for students to use beyond timetabled PE lessons and encourage students to be active at these times;
- To provide opportunities for staff and parents to gain appropriate qualifications so that they can be involved in out-of-hours learning provision;
- To provide students with the information and confidence they need to take advantage of physical activity opportunities in the local community and to move from dependence on the teacher to independent action;

- To liaise with relevant professionals and local clubs in the community to help develop physical activity pathways beyond school;
- To work with the joint venture company known as Wotton Sports to promote the schools' facilities and those of Wotton Community Sports Foundation in order to increase participation in physical activity by students outside the school day and by adult members of the local community;
- ☑ To provide active links with local primary schools in order to promote physical activity during Reception, Key Stage 1 and Key Stage 2.

### **Entitlement and Equal Opportunities**

All physical activity opportunities are designed to be inclusive. All students are entitled to a comprehensive programme of physical activity which takes into account their individual needs and interests;

### **Safety**

The school follows the latest afPE (Association for Physical Education) guidance for the provision of physical activity.

Staff teaching PE receive appropriate training and information in order to minimise risk in Physical Education and Sports Activities.

Where certification is required for members of staff and external coaches to supervise particular activities, copies of the certification are retained by the Headteacher's Secretary..

Regular assessments are carried out of risks associated with general procedures, facilities, equipment and exercise practice as part of the school's teaching and learning self-evaluation structures.

Students are taught about all the appropriate procedures and information regarding the minimising of risks associated with PE.

### **Monitoring and Evaluating Physical Activity Development**

Measures to be used will include:

- The number and range of out of hours learning opportunities
- Student participation in out of hours activities
- Participation by members of the local community in sporting activity using the school's facilities
- Parental feedback

Physical activity development will also be reviewed as a part of any link governor visit to the PE department.

*Discussed and approved by the Governors' Wellbeing committee – 7 October 2020  
For review – Autumn 2023*