

Robert Napier 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 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 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;

1. School ethos
2. Physical Education Lessons
3. Active lessons
4. Extra-curricular physical activity
5. Travelling to and from school
6. Before School, Break and lunchtime activity
7. Accessible and adequate facilities
8. Staff opportunities
9. Involvement with parents/carers
10. Involvement with School Sports Partnership and other community resources
11. Healthy Lifestyles themed day/week
12. 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 are sequential schemes of work, units of work and lesson plans 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; and is coordinated within the PE department. Every student in each year shall participate in regular physical education for the entire school year, including students with SEN and our visually impaired students. (Students in Key Stage 3 and 4 have at least 120 minutes of PE each week, with Year 7, GCSE PE, GCSE Dance, BTEC Sport and 'A' level Dance students having extra practical lessons over the week)

The schemes 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 Handbook and schemes of work.)

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; Science through fitness testing/lung capacity, 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 meets 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: Football, Netball, Rugby, Gymnastics, Dance, Cricket, Basketball, Badminton and Athletics.

Robert Napier School has secured lottery funding to enable additional physical opportunities for disaffected girls in Key Stage 4 over a three year period.

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 is implementing a travel plan which will develop safer routes to school and encourage active methods of travelling. There is secure cycle storage, cycle safety and maintenance courses offered by the school.

6. Before School, Break and Lunch Time Activity

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.

The school has playgrounds, playground markings, fields and equipment available for free play. The school's 'peer mentors' help students in dispute work out their problems through discussion; they specifically deal with students who are bullied. Disputes can range from bullying to unkind behaviour or disagreements in playground. The Sports Leaders Award is in operation and students are encouraged to organise sporting opportunities for students with special needs during a lunch time.

Break times do not replace, but complement 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.

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 programme.

The use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies and examinations during times scheduled for physical education classes is minimised.

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

The School takes part in the Tesco and Sainsbury's Active Kids campaign to raise money for new sporting equipment in school. Parents are very supportive of this.

8. Staff Opportunities

There are planned, established, and implemented activities to promote physical activity among staff and we provide opportunities for staff to engage in regular physical activity. Activities involve badminton, yoga, football, basketball and staff walks. Staff are made aware of sporting opportunities provided by the local council, and free membership is available for the local (Medway Park) Leisure Centre..

There is an annual focus on staff well-being through a planned programme of activities offered during one named week each year. Staff will be offered activities and external agencies will be 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 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 invited to the school's annual Sports Day. The Friends of Robert Napier 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 for the community 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 through joint school and community recreation activities.

The school is part of the Howard School Sports Partnerships and participates in events, training, school competitions etc organised by the Partnership.

Healthy Lifestyles Themed Assemblies/Days/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 this 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 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 in our achievement assemblies. Silver and Gold Sports Colours are also awarded to students representing school teams for a set number of years.

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 Co-ordinator (SSCo) receives regular training from the LA and the School Sports Partnership. 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 the Performance Management Programme. Our staff development manager needs to be informed to ensure training can take place. Training Opportunities with relevance for the whole school and curriculum development are circulated to school staff during inset days/staff meetings. The Physical Education Co-ordinator is up to date with current initiatives and has close links with the LA's Education Officer for PE and the School Sports Partnership.

Kite Marks

We are working towards new National Healthy School 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, 'Sportsmark'. This award will be determined by the data gathered through the annual PESSCL data collection rather than an application process. Our 'Artsmark' demonstrates our commitment to Dance and Drama. Our Inclusion mark (IQM) highlights we are a fully inclusive school.

Monitoring and Evaluation

The Physical Activity Co-ordinator in school is Mike Walsh (Head of Physical Education).

The coordinator will provide 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. The co-ordinator 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.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including students, parents, school staff, Governors, LA representatives, school nurse and local Healthy School Programme.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

It will be reviewed on an annual basis.

Signed : F Miller (Headteacher)

Signed: R Balneaves (Chair of Governors)

Date: 14 November 2007

Policy Links

Physical Education	confidentiality	PSHE policy	food policy
health and safety	school development plan	extended schools strategy	School Council
school sport partnership plan	inclusion/equal opportunities	behaviour policy	school travel plan

(Adopted at the Governors' Meeting held on 14 November 2007)