

**Bilbrook Church of England Middle School**  
**Physical Activity Policy May 2009**

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**1. Background information**

*Relevance to other school targets:*

OFSTED SEF: 2a 2b 4a 4b 4d

Every Child Matters: being healthy, enjoying and achieving; making a positive contribution.

School Travel Plan

*Relevance to other related school policies/strategies*

School Development Plan

Curriculum Policy

Healthy Eating standards

Health and Safety Policy

School Travel Plan

**2. Rationale**

Regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self esteem and confidence and counter anti social behaviour. School plays a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

**3. Resource provision and facilities**

There is an annual budget for physical education. Additional equipment is also purchased using voucher schemes offered by commercial companies. The PE co-ordinator is responsible for overseeing this budget.

Some additional resource is available via activities and developments offered by the School Sport Partnership.

*Facilities available for physical activity include:*

Onsite: hall, dining hall, 3 asphalt courts, playing fields.

Offsite: swimming pool.

#### **4. Staff co-ordination and development**

##### *Responsibilities*

Physical Education: S Stinton

PSHE: I Edwards

Out of School Hours Learning: J Whitehouse

Community Links: J Whitehouse; S Stinton

Active Travel: I Edwards

- All staff involved in promoting, supporting or leading physical activity are provided with regular opportunities for continuing professional development.
- All Adults Supporting Learners (ASLs) involved in out of school hours provision have appropriate training/qualifications and have undergone a CRB check.

#### **5. Aims**

- To increase the physical activity levels and well being of the whole school community by developing a supportive environment conducive to the promotion of physical activity.
- To develop an understanding of the importance of regular physical activity amongst the whole school community for maintaining a healthy life.

#### **6. Objectives**

- To ensure that all children and young people have the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity for at least an hour each day and to establish and maintain an interest in regular physical activity.
- To improve children, young people, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity.
- To provide a wide range of quality physical activity opportunities both within and outside the curriculum for children, young people, staff and parents/carers and enable children to participate in at least 2 hours of high quality PE and school sport each week.
- To ensure that physical activity provision in the school reflects the cultural, personal, social and medical needs of all children and young people.

#### **7. How are objectives are delivered**

##### *Ethos and environment*

- All those leading physical activity sessions adopt a caring and supportive approach and have a commitment to every child.
- The school identifies children and young people who do not participate regularly in physical activity and those who need extra support to participate, and implements strategies to encourage and support them to be more active.
- Facilities are improved and developed to promote increased participation in physical activity in consultation with children, young people, staff and parents/carers.
- The participation of children and young people in physical activity is recognised and celebrated through presentations in assemblies, information on noticeboards and in newsletters.

##### *Curriculum*

- Every child receives at least two hours curricular physical education per week.

- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all children and young people.
- Schemes of work are in place which outline a planned approach to health related activity.
- All children and young people learn how active they should be, and activity levels are regularly monitored.

#### *Out-of-School-Hours Learning*

- All children and young people are provided with opportunities to be physically active through out-of-hours activities via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all children and young people, regardless of ability.
- Physical activity is promoted before school, during breaks, lunchtimes and after school.
- Specific events (e.g. sports day) are organised throughout the year that promote physical activity and raise its profile across the whole school community.
- Most OSHL activities are led by school staff with some being delivered by outside coaches.

See appendix 1 for the range of activities offered.

#### *Community Links*

- The school links with School Sports Co-ordinators and other relevant individuals and organisations in the community, to utilise the available expertise and enhance the quality and range of provision.
- Children and young people are made aware of physical activity opportunities beyond school through a variety of means.

#### *Active Travel*

- The school has a travel plan in place, planned in association with the School Travel Adviser.
- Children, young people, staff and parents/carers are encouraged to walk or cycle to school through the strategies in the school travel plan and these are publicised through a variety of means including the school newsletter.

#### *Consultation*

- Children, staff and parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered.
- Consultation takes place through the school council, staff (department) meetings, annual PE questionnaire and through other opportunities for pupils to make suggestions.
- The school takes steps to remove barriers to participation identified by consulting with children and, where possible, involves them in these developments.

#### *Involving staff and parents/carers*

- An information leaflet is sent out to parents/carers highlighting the benefits of physical activity for their children, the ethos of the school and the opportunities available at the start of the year.
- The school hall is available in the late afternoon for parents/carers use and a Tai Chi class has been established.

#### *Safety*

- The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and the Health and Safety Policy.

## **8. Monitoring and Evaluation**

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self evaluation and are reviewed annually.

Aspects that are monitored include:

- Children, staff and parents/carers knowledge of and attitude towards physical activity.
- Progress/attainment in physical activity for children and young people.
- The range of physical activity opportunities offered to children, staff and parents/carers and the levels of participation.
- The percentage of children participating in 2 hours per week of high quality PE and school sport within and beyond the curriculum.
- The number of links to clubs/activities within the community and the participation of children in these.
- The number of children walking or cycling from/to home.
- The number of children who achieve an hour of physical activity each day
- The number of professional development courses attended by staff/activity leaders
- How and when children, staff and parents/carers have been consulted.

The methods of evaluation include:

- Assessing the achievements of children and young people.
- Reviewing schemes of work
- Reviewing programmes of activities
- Reviewing registers for activities
- Children and staff discussions
- Minutes of school council meetings
- Questionnaires
- Annual participation awards
- Annual PESSCL survey

## **9. Key Development Targets**

- Consult with reluctant participants and take action to engage them in physical activity.
- Get outside help to help implement high quality dance units in Key Stage 3.
- Plan new Key Stage 3 curriculum so that it meets the needs of all pupils.
- Develop further opportunities for ‘gifted and talented’ pupils . This is also a target across the local sports partnership.
- Develop further the extra support opportunities for dyspraxic pupils.

**Appendix 1: Current range of OSHL activities**

<b>Area of activity</b>	<b>Intra-school opportunities</b>	<b>Inter-school opportunities</b>
Dance	Dance club	Cluster dance show April 08 Pendrell Hall show June 08
Gymnastics	KS2 Gym club Whole school gym club	Gym visit to Liverpool July 08
Athletics	Athletics club	
Games	Basketball club Boys and girls football club Hockey club Volleyball club Tri-golf club	Get Set Tournaments Basketball tournament Football matches and tournaments Hockey matches Golf competitions
OAA	Visit to Outward Bound (KS3)	
Combat sports	Taekwondo Kickboxing	