



OAKLANDS CATHOLIC SCHOOL

AND

SIXTH FORM COLLEGE

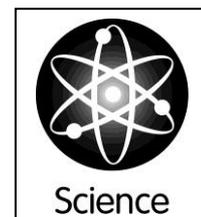
**With delegated responsibility from the Catholic
Academy Trust in Havant**

PHYSICAL ACTIVITY POLICY

APPROVED BY SLT	MAY 2016
REVISION DUE	MAY 2019
MEMBER OF STAFF RESPONSIBLE	ASST. HEAD TEACHER / HEAD OF P.E.
STATUTORY / NON-STATUTORY	NON-STATUTORY



Community



Unity

Opportunity

WHOLE SCHOOL PHYSICAL ACTIVITY POLICY

HOW THE POLICY WAS FORMULATED:

The Policy was formulated through consultation with students, teaching and support staff and Governors of the school. When it is due for revision, any developments and amendments must continue to be by consultation with all parties.

These amendments must be communicated clearly and consistently to all.

RELEVANCE TO OTHER SCHOOL REQUIREMENTS/TARGETS:

OFSTED self-evaluation criteria

Ofsted Report, *Beyond 2012 – outstanding physical education for all*,

RELEVANCE TO OTHER RELATED SCHOOL POLICIES/STRATEGIES:

Physical Education Policy – Aims and Objectives of the department

Physical Education Policy – Clubs/Visitors/Extra Curricular Activities Policy

Equal opportunities policy – The school is committed to providing equal opportunities for all pupils, including those with special needs.

Teaching and Learning policy

Safety Policy

RATIONAL:

Why this policy is important

Ofsted Report, *Beyond 2012 – outstanding physical education for all*, states:

Physical education (PE) is part of every child's entitlement to a good education. It is unique in that it is taught through physical activity in weekly practical lessons both indoors and outdoors, in a wide range of physical, creative and aesthetic settings. It provides pupils with the generic skills, knowledge and understanding they need to become physically literate, and at the same time gives most of them their first regular experiences of sport. When taught well, physical education enthuses and inspires pupils to participate fully and develop a life-long love of physical activity, sport and exercise.

- The old PESSCL target of two hours of high quality physical education and school sports each week is only one contribution to the public health recommendation that young people participate in 60 minutes of at least moderate physical activity every day. Schools need to maximise the opportunities available for regular physical activity and engage with all pupils in order to help them meet requirements.
- One major threat to health is an obesity epidemic. Schools have a key role in encouraging increased physical participation rates among young people. Providing a whole range of purposeful physical activities can promote the corporate life of a school by stimulating and providing opportunities for teachers, pupils and ancillary staff to find mutual satisfaction in individual and team successes.

- Placing a high value on purposeful physical activity can promote further participation beyond the school

AIM (S):

Our overall ambition (s).

‘To increase the physical activity levels of the whole school community through the provision of a supportive environment that encourages and enhances physical activity’

‘To increase the level of awareness and understanding of the importance of regular physical activity for maintaining a healthy life.’

OBJECTIVES:

What we want to achieve

- To encourage more pupils to participate in extra curricular sporting opportunities.
- To target the pupils who do not enjoy current physical activity provision by offering alternative vigorous based activities that promote a healthy lifestyle, which in turn may improve students self esteem.
- Work towards ensuring KS3 and 4 pupils have access to a range of opportunities to participate in at least 2 hours high quality physical activity per week.
- Encourage more staff to be active role models including organising student clubs and activities.
- To develop pupils’ knowledge and understanding of how physical activity plays an important part in a healthy, active lifestyle.

HOW OUR OBJECTIVES ARE DELIVERED:

Specific actions taken to meet objectives

Ethos and environment

- Pupils and Staff are consulted and involved in decisions during whole school council meetings.
- Pupil participation in physical activity is recognised and celebrated.
- Facilities and equipment are made available for pupils to use before school, break times, lunchtimes and after school.
- Facilities and equipment are made available to staff before and after school

Curriculum

- Pupils in KS3 are currently allocated 2 hours, and those in KS4 are allocated 1 hour physical activity during curriculum time per week.

Out of hours learning

- Through a very wide range of extra curricular activities pupils have the opportunity to be physically active.
- Areas around the school are allocated for different year groups to encourage pupils to be active during break and lunch times.
- External opportunities to provide specialist sports other than those run by school staff.

Gifted and Talented

- Identified students given opportunity to attend gifted and talented sports groups in Rugby, gymnastics, basketball and cricket amongst others.
- External coaches / parents where needed are hired / used as volunteers to further students' levels of ability. eg Girls Rugby
- Students selected to attend trials for Borough and County teams in football, rugby, cricket and netball.

Competitive Sports, Trips and Visits

- The school will endeavour to have a squad in each Year Group for the following competitive sports; Girls football, netball, rugby, athletics, cricket and rounders.
- Teams will be entered into Borough / District / Regional / National leagues and competitions as appropriate.
- The PE Department will run a variety of physical activity trips to enhance the curriculum and broaden the experiences of students. Such trips include the annual Ski Trip, the annual Rugby visits to professional matches.

Community Links

- Pupils are provided with information on activity opportunities
- School club links
- School facilities available for hire

Other

- Facilities are allocated for staff to participate in physical activity
- Sporting events are organised throughout the year that promote physical activity, raise awareness and the profile of the school and its PESS (PE and School Sport).

KEY DEVELOPMENT TARGETS:

Our top 7 physical activity development targets:

1. Encourage more pupils to participate in physical activities outside curricular time, both inside and outside school.
2. Raise the status of physical activity by celebrating achievements and recognising participation.
3. Target pupil self esteem and confidence through physical activities by offering vigorous based activities that promote a healthy lifestyle, which in turn may improve student self-esteem.
4. Encourage more staff to be active and help deliver PESS
5. Improve pupils' fitness by keeping them physically active throughout all lessons and engaging them in regular, high-intensity vigorous activity for sustained periods of time
6. Raise their expectations of what more able pupils are capable of achieving and provide them with challenging, competitive activities that lead to high standards of performance
7. Apply agreed schemes of work and assessment procedures consistently so that all teaching is at least good.

(Targets 5 to 7 align with the Ofsted *Beyond 2012* summary report)

MONITORING AND EVALUATION:

- Attendance registers during curricular and extra curricular activities
- Minutes of School council meetings
- Whole school Extra Curricular Survey (March time)
- Departmental feedback to School council
- Survey of staff and students
- OFSTED Self Review PE department input into whole school review