



**OAKLANDS CATHOLIC SCHOOL**

**AND**

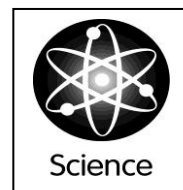
**SIXTH FORM COLLEGE**

**PHYSICAL ACTIVITY POLICY**

<b>APPROVED BY GOVERNORS</b>	<b>MARCH 2008</b>
<b>REVISION DUE</b>	<b>MARCH 2013</b>
<b>MEMBER OF STAFF RESPONSIBLE</b>	<b>ASST. HEAD TEACHER / HEAD OF P.E.</b>
<b>STATUTORY / NON-STATUTORY</b>	<b>NON-STATUTORY</b>



Community



Unity

Opportunity

## **WHOLE SCHOOL PHYSICAL ACTIVITY POLICY**

### **HOW THE POLICY WAS FORMULATED:**

The Policy was formulated through consultation with students, parents 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 REQUIRMENTS/TARGETS:**

OFSTED self-evaluation criteria: 2a 2b 4a 4b 4d

Every child matters: being healthy; enjoying and achieving

PESSCL: 2 hours high quality PE and School Sport

### **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

Healthy Schools

### **RATIONAL:**

*Why this policy is important*

- The healthy benefits of regular purposeful physical activity are substantial. The Chief Medical Officer's Report 2004 states:

“There are few public health initiatives that have greater potential for improving health and well-being than increasing the activity levels of the population of England”.

“Schools can play a significant role in promoting healthy active lifestyles so that all pupils get a good start in life”.

- The 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 participation rates among young people to help achieve the Public Services Agreement to ‘Halt the year on year rise in obesity among children under the age of 11 by 2010’
- 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

- 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, staff and parents are consulted and involved in decisions during ‘healthy schools’ meetings and school sport 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 KS 4 are allocated 1 hour physical activity during curriculum time.

### **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.

### **Community Links**

- Pupils are provided with information on activity opportunities
- School club links

### **Other**

- Time and 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 top5 realistic physical activity development targets:*

1. Encourage more pupils to participate in physical activities outside curricular time, both inside and outside school.
2. Work towards ensuring all pupils have 2 hours high quality PESS
3. Raise the status of physical activity by celebrating achievements and recognising participation.
4. 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.
5. Encourage more staff to be active and help deliver PESS

### **MONITORING AND EVALUATION:**

- Attendance registers during curricular and extra curricular activities
- Minutes of sport council meetings
- Survey of staff and students
- OFSTED Self Review
- PESSCAL survey
- Oaklands Partnership Action Plan
- Partnership review.