

SCALBY SCHOOL

PHYSICAL ACTIVITY POLICY

HISTORY OF DOCUMENT

Issue No.	Author	Date Written	Approved by Governors	Comments
1	D. Read	October 2011	9.11.11	
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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. Scalby School plays a key role in promoting active lifestyles to students through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity. We therefore support the two hours high quality compulsory Physical Education and the opportunity to do extra-curricular physical activity.

Aims and objectives

- To increase the physical activity levels of the whole school community through the development of a supportive environment conducive to the promotion of physical activity for all.
- To develop an understanding of the importance of regular physical activity for maintaining a healthy lifestyle including physical and emotional health.
- To provide a wide range of quality physical activity opportunities both within and outside the curriculum, both on and off site thus removing barriers and promoting lifelong participation.
- To ensure that physical activity provision in the school reflects the Cultural, Personal, Social and Medical needs of all students.

Principles and Practice

Ethos and Environment

- All those leading physical activity sessions either school staff or visitors adopt a caring and supportive approach to children in their care.
- Provision is improved and developed to promote increased participation in physical activity.

- Participation in physical activity is promoted through notice boards, newsletters, assemblies and information on the school's website.

Curriculum

- There is a full two hours provision for PE in curriculum time for all students in Key Stages Three and Four.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all students.
- Schemes of work in place for PE, Life and Science reflect the benefits of health related activity and lifelong participation.
- Extra-curricular opportunities such as after school sports clubs are continually available and advertised regularly throughout school and on the school website and promote physical activity.

Out of school hours learning

- All children and young people are provided with opportunities to be physically active through out-of-school 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.
- Specific events are organised throughout the year that promote physical activity.

Community links

- Scalby School links with the Scarborough School Sports Partnership and other relevant individuals and organisations in the community, utilising available expertise in order to enhance provision.
- A School Sports Coordinator is appointed and ensures that students are made aware of physical activity opportunities within and beyond school.

Safety

Scalby School is committed to safe and effective exercise procedures and these are clearly stated within the PE handbook and Schemes of work.

- Risk assessments are carried out for all areas associated with physical activity and these are reviewed annually.
- Students are regularly informed about minimising risks in physical activities. This is usually done at the start of an activity and is reinforced through a unit of work for students who take Sport Leadership Awards, GCSE and BTEC Physical Education.

Consultation

- Students and parents are consulted about the range of provision physical activity at Scalby School e.g. through the student survey.
- Consultation takes place with the students in their PE lessons.

Roles and Responsibilities

The Head of P.E. and the School Sports Coordinator (SSCo) have responsibility for the implementation, monitoring and evaluation of the Physical Activity policy.

Monitoring and Evaluation of the Physical Activity policy takes place throughout the year and involves:

- Progress and attainment in physical activity for students (HOD)
- The range of activities offered to students, staff, parents/carers and the levels of participation (HOD, SScO)
- The number of professional development courses/opportunities attended by staff. (HOD, SScO)
- How the parents/carers, staff, and students are consulted. (HOD, SScO)

The methods of evaluation include:

- Assessing the achievements of students (HOD)
- Reviewing schemes of work (HOD)
- Reviewing programmes of activities (HOD, SScO)
- Reviewing registers for activities. (HOD, SScO)
- Questionnaires (HOD, SScO).

These factors will be reflected in the P.E. and whole School SEF.