



James Bateman Junior High School

Physical Activity Policy

Aim of Policy

We have a responsibility to help pupils 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 pupils' 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.

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 fitness, regularly participate in physical activity, understand the short and long-term benefits of such activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, older pupils are encouraged to take responsibility for their own health and the health and fitness of the younger pupils by becoming a Sports Leader.

2. Physical Education Lessons

There is a sequential scheme of work of 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 pupils enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff; and is coordinated with the PSHE curriculum. Every pupil in each year shall participate in regular physical education for the entire school year, including pupils with disabling conditions and those in alternative education programs.

Our commitment to physical activity is such that this year our weekly provision continues to be 3, 55 minute lessons.

The scheme 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.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; 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. E.g. the Sports Captains organise and train the House Teams in netball and football.
- Pupils are consulted, via the School Council, which physical activities they want to have at lunchtimes and after school.

Activities include: Netball, Football, Rugby, cheerleading, dance and many more.

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.

Every pupil in the school has the opportunity to go on a week long residential course. During this time, pupils are encouraged to participate in a number of physical activities that they may not have done or is not available in the regular school based curriculum, such as, canoeing, rock climbing and orienteering. Pupils are encouraged to take part in many competitive sports, often competing against other schools but also Cross Country matches where the emphasis is on beating an individual's own score on a week-by-week basis.

5. Travelling To and From School

The school has a travel plan that has developed safer routes to school and encourages active methods of travelling. Walking and cycling to school is actively encouraged in general and through the Walk to School week. There is secure cycle storage.

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 with playground markings which the pupils use on a regular basis. Lunchtime supervisors engage pupils in physical activity at lunchtime (Huff and Puff) which reduces boredom and 'squabbles' and the time it takes to sort such issues out. Peer Mediators help pupils in dispute work out their problems through discussion. Disputes can range from bullying to unkind behaviour or disagreements in playground.

Break times shall complement, not substitute for, 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 may be exceptional circumstances where this is not possible.

Many activities take place at lunchtime (see 'Clubs sheet) to encourage pupils of all years and abilities to be active.

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 program.

The school utilises both the hall and the gym for physical activity lessons, events and clubs.

The AstroTurf is used in all weathers and is an indispensable resource.

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

8. Staff Opportunities

Many staff often participate in and support sponsored events such as the 'Race for Life' and the annual Moon walk to raise money for charities.

There is a focus on staff well-being through a planned programme of activities offered during one named week each year. Staff offer activities and external agencies are 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 shall receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

This school involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions. Swimming is a great way for families to enjoy fun and exercise together. It is also an activity that people can enjoy at any age, and hopefully children will develop into lifelong swimmers as a way of keeping fit and having fun.
- Parents are invited to our Health and Sports Week and are able to participate in activities with the children.
- Parents have been consulted on physical activity opportunities in school.
- Parents are invited to the Schools Annual Sports Day and the Fun Sports Day. The PTA 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, joint school and community recreation activities.

The school has achieved the Active Mark and regularly liaises with the pyramid of schools to further enhance the provision of community activities. Having a Sports College in the pyramid allows us to jointly run many special events like Dance Festivals and Tag Rugby Festivals.

Healthy Lifestyles Themed Day/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 pupil'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.

Equal Opportunities

Physical activity needs to serve the 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 receives regular training from the LEA and the School Sports Partnership.

Training needs are identified and agreed within Performance Development Reviews with the Head teacher. Training opportunities with relevance for the whole school are circulated to the rest of the 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 LEAs Education Officer for PE and the School Sports Partnership.

The Lunchtime Supervisors have had training in Huff and Puff. They are now able to initiate and organise playground games to involve children in physical activity.

Kite Marks

We have 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; Active mark.

Monitoring and Evaluation

The Faculty leader is Joanne Sale.

The above member of staff provides clear leadership and management to develop and monitor the physical activity policy.

The leader will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. Will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra curricular activities that promote physical activity are provided for all pupils to participate in.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors, LEA 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.