

# Furze Platt Senior School



## Physical Activity Policy

## **1. The aims of the policy are to:**

- Promote the understanding of the importance of a healthy lifestyle for children and adults.
- Involve the school sports coordinator and other community resources in the provision of activities.
- Consult with students about physical activity opportunities offered by the school, identify any barriers to participation and seek to remove them.
- Ensure there is appropriate training provided for those involved in providing physical activities.
- Encourage all staff to undertake physical activity.

## **2. In order to achieve these aims we will:**

- Provide opportunities for all students to participate in two hours of high quality PE and sport per week.
- Provide access to relevant CPD for staff involved in PE delivery.
- Provide adequate funding and resources for physical activity.
- Ensure safe and stimulating environments for students to be active in.
- Raise the profile of physical activity throughout the school and encourage cross curricular links.
- Make facilities available for students, before and after school and during lunch and break times for informal activity.
- Encourage more students and staff to walk or cycle to school. In line with the school policy on total compliance of wearing a cycle helmet.
- Develop leadership, volunteering and accreditation opportunities.

## **Physical Education Curriculum**

The main outline is as follows:

- All students will be fully changed for every PE lesson.
- Those who cannot be fully involved due to injury will take on officiating or coaching capacities.
- Students in KS3 receive 2x60 min lessons per week. Students in KS4 receive 3x60 min per fortnight.
- Leadership activities are offered within lessons at KS3 in terms of leading small group activity. This becomes more formalised at KS4 where students can follow the Sports Leaders Award course and at KS5 where students have the option to follow the Community Sports Leaders course.
- Schemes of Work are in place for every activity and are regularly evaluated and improved.
- Students are reported on formally throughout the school report system on a termly basis, but are also given regular feedback during activities.
- The school is involved in the Charters School Sports Partnership and has an SSCO on a two day basis. This has fostered many positive links with local primary schools and sports clubs, including Reading.
- The school has good links with local sports clubs.

### Opportunities beyond the Curriculum

- There are a variety of extra curricular clubs offered to all students all year round. These are run at lunchtime and after school.
- There is an informal programme established which allows students the opportunity to use facilities at varied times throughout the week.
- Students have the chance to get involved in both competitive and non competitive activities.
- All students in KS3 will compete in at least one inter-house activity every year.
- All students are offered the opportunity to participate in the school ski trip.
- Year 7 and 8 students are offered the opportunity in the PGL Activities week.
- Students in KS4 and 5 can participate in the Duke of Edinburgh Award.

### Leadership, Volunteering and Accreditation Opportunities

- Some students in Year 10 follow the Junior Sports Leaders Award.
- All students in Year 12 are offered the opportunity to follow the Community Sports Leaders Award.
- Students at KS3 are given opportunities within lessons to act as coaches and officials.
- Links with local schools and clubs provide students with opportunities to volunteer within the community.
- GCSE and 'A' level PE are offered within curriculum time.
- AS/A2 and GCSE Dance are offered within curriculum time.
- BTEC Sports Studies is offered at KS4.
- Year 12 have the opportunity to gain a first aid qualification.
- A system of House captains and prefects is in place which allows older students the opportunity to lead others and to gain an insight into coaching extra curricular activities.
- Sixth Formers are encouraged to help out in younger students lessons during their free periods and in after school activities.
- Early morning fitness club for staff and students.

### Staffing levels and responsibilities

- Within the PE department staff have responsibility for different activities.
- Staff are suitably qualified for the activities they are required to teach.
- External coaches are used for some activities.

### Facilities, resources and funding

- The facilities on site are good – the dance studio is an excellent state of the art facility. The gym and sports hall are of a good size and well equipped.
- The school has also been fully involved in several schemes e.g. Tesco and Sainsbury sports for schools in order to gain further equipment.
- Grants have been also sourced for new clubs e.g. football foundation grant.
- Local facilities are made use of e.g. the Magnet Leisure Centre for KS4 and 5 lessons and Kidwells Park for Borough netball matches.

#### Health and safety

- In all physical activities carried out students are required to be suitably dressed and this is monitored by staff or by sports prefects in charge of the sessions.
- Rules regarding clothing and jewellery are displayed within the PE department and in the Student Diary.
- Risk assessments are carried out as appropriate.

#### Opportunities for the wider community

- To promote healthy lifestyles throughout

#### Dressing appropriately

When representing the school students will wear school sports uniform. Students can choose from a range of clothing to suit their personal and cultural needs.