

Furze Platt Senior School



Physical Activity Policy



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 pupils about physical activity opportunities offered by the school, identify any barriers to participation and seek to remove them.
 - Give parents and carers the opportunity to be involved in the planning and delivery of physical activity opportunities.
 - Help parents and carers understand the benefits of physical activity for themselves and their children.
 - 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 pupils 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 pupils to be active in.
 - Raise the profile of physical activity throughout the school and encourage cross curricular links.
 - Make facilities available for pupils, before and after school and during lunch and break times for informal activity.
 - Encourage more pupils 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 pupils will be fully changed for every PE lesson.
- Those who cannot be fully involved due to injury will take on officiating or coaching capacities.
- Pupils in KS3 receive 2x60 min lessons per week. Pupils 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 pupils can follow the Sports Leaders Award course and at KS5 where pupils have the option to follow the Community Sports Leaders course.
- SoW are in place for every activity and are regularly evaluated and improved.
- Pupils 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 Reading FC, Maidenhead CC and Phoenix RFC.

Opportunities beyond the Curriculum

- There are a variety of extra curricular clubs offered to all pupils all year round. These are run at lunchtime and after school.
- There is an informal programme established which allows pupils the opportunity to use facilities at varied times throughout the week.
- Pupils have the chance to get involved in both competitive and non competitive activities.
- All pupils in KS3 will compete in at least one inter-school activity every year.
- All pupils are offered the opportunity to participate in the school ski trip.
- Year 7 and 8 pupils are offered the opportunity in the PGL Activities week.
- Year 8 and 9 pupils are offered the opportunity to participate in the Real Madrid Football trip.

Leadership, Volunteering and Accreditation Opportunities

- Some pupils in Year 10 follow the Junior Sports Leaders Award.
- All pupils in Year 12 are offered the opportunity to follow the Community Sports Leaders Award.
- Pupils at KS3 are given opportunities within lessons to act as coaches and officials.
- Links with local schools and clubs provide pupils with opportunities to volunteer within the community.

- GCSE and 'A' level PE are offered within curriculum time.
- GCSE Dance is offered within curriculum time.
- AS/A2 Dance is offered as an extra curricular activity.
- Year 12 have the opportunity to gain a first aid qualification.
- A system of schools captains and prefects is in place which allows older pupils the opportunity to lead others and to gain an insight into coaching extra curricular activities.
- Sixth Formers are encouraged to help out in younger pupils lessons during their free periods, including peer mentoring, paired reading and paired mathematics.
- Running club introduced by non-PE staff to help with students who are less fit to improve.

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.
- Links with local sports development unit allows further opportunities to be offered.

Facilities, resources and funding

- The facilities on site are good – the new dance studio is an excellent state of the art facility. The gym and sports hall are of a good size and well equipped.
- PE budget has been healthy for the last few years and the school has a good commitment to maintain resources.
- 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.
- We are liaising with local public schools regarding a facility sharing scheme to include swimming.

Health and safety

- In all physical activities carried out pupils 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.
- Risk assessment.

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.