



**THE CAMDEN  
SCHOOL FOR GIRLS**

# Physical Activity Policy



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## 1. Introduction

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile and the effect it has on a young person's health and wellbeing, their ability to learn effectively and achieve in school. As a healthy school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle.

**The school actively promotes and aspires to the Childhood Obesity Plan for Action campaign to provide 30 minutes of activity for all pupils within each school day and encourage 30 minutes at home/ outside of school.**

## 2. Aims of the policy

- To show how we promote a fit and healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games
- To provide guidance and clarity to staff about their role in promoting physical activity
- To provide information to parents and carers about what is taught and how they can support the policy to show how the school meets national guidelines for physical activity, including PE and sport

## 3. Our approach to promoting physical activity

The percentage of young people meeting the physical activity recommendations for health benefits drops dramatically during secondary school for boys (down to 15% by 15 yo) and girls (down to 9% by 15 yo) (NHS Health Survey England, 2015) we provide physical activity programmes that are fun, inclusive, educational, age and skill level appropriate to help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life. Our approach is:

- To provide all pupils with the best possible physical activity opportunities and experiences, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity. At key stages 3 to provide a well-planned and structured programme of a minimum of 90 minutes of high quality PE per week in the curriculum for all students (aiming for at least two hours)
- At key stage 4: to provide 90 minutes of physical activity per week, with a leadership focus to develop skills for life whilst also participating in and enjoying physical activity.
- To focus on celebrating achievement and progress
- To provide a range of opportunities for all pupils to participate in intra- and inter-school sporting competitions and experience a range of sports
- To provide a range of non-competitive extracurricular activities across all age groups
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities
- To provide appropriate resources and facilities
- To enable students to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity

- Provide specific activities for groups that may need more support to be physically active e.g. pupils who are the least active, those that are overweight or very overweight, those that do not participate in extracurricular activities

#### **4. Policy development**

Our policy was developed by auditing our provision for PE, sport and physical activity and gathering the views of the school community, particularly students about activities they want to participate in such as lunch time and after school clubs and understanding what stops them from participating in physical activity and working with staff to overcome these barriers.

We also consulted with

- Students through the school council
- Staff
- School wellbeing team
- Other Camden PE departments

#### **5. Links to other policies**

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Equality and Teaching and Learning.

#### **6. Responsibility for physical activity**

Angelene Devine (Head of PE) has overall responsibility for PE, sport and physical activity and the development, monitoring and review of the provision of physical activity. Her role includes: developing the PE curriculum and ensuring high quality teaching and learning, ensuring annual health and safety checks of all PE equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, and coordinating intra- and inter school sporting competitions.

Michael Graham (Deputy headteacher) has responsibility for ensuring effective delivery, leadership and management of PE.

Staff who provide PE, sport and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

#### **7. External providers**

PE is taught by specialist PE teachers within the PE department. However, we sometimes involve trained coaches to support PE and physical activity within and outside the curriculum and where relevant ensure that the expertise supports the professional development for staff. We make use of the support from Camden Active Schools, including access to borough and regional competitions and sports coaches the school uses the UK sports coaches in schools portal for guidance.

This policy is made available to external providers and we ask them to consider the following questions in preparation for their visit:

- Does the visitor understand the school's PE, sport and physical activity policy?
- What will they offer that the teachers cannot?

- How will the visitor's sessions be integrated into the PE programme?
- What role will teachers take during the session?
- How will the session be followed up?
- How will the sessions be evaluated and pupil progress assessed?

We participate in Camden's Learnings' programmes aimed at increasing physical activity participation e.g. Health Champions and Camden's annual Race to Health competition.

## **8. Health and Safety**

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. We follow the advice contained in the AfPE (Association for PE) publication 'Safe Practice in Physical Education and Sport' 2016

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm.)
- Pupils remove shoes when participating in indoor activities such as gymnastics and dance.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity

We undertake an annual risk assessment of the school premises and PE equipment. Risk assessments are carried out for school sporting trips.

## **9. Curriculum**

### **PE**

All students in KS3 and KS4 have 90 minutes of PE a week during curriculum time. Lessons involve a range of activities including Netball, Trampolining, Football, Dance and Fitness amongst others. The curriculum covers the programme of study for PE in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Students are assessed to ensure progress is made. Summative assessments are then reported to parents on an annual basis. The importance of Physical activity for a healthy lifestyle is included in science, PSHE, and ICT.

Information about our PE curriculum can be found on our website.

## **Participation in PE**

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of students' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that students of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity.
- Students who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing.
- Students are expected to change into their PE kit and be involved in all lessons. CSG PE Kit is a white t-shirt and black or navy tracksuit bottoms (or shorts) with suitable trainers. We will provide spare kit for pupils who forget their PE kit.
- Information from parents must be received if a student is excluded for any short or long term health reason.

## **Facilities available for physical activity**

On-site facilities include:

- Gym: gymnastics mats, trampolines, half size basketball court and hoops, badminton court
- Outside court: x 1 netball court

Off-site facilities include:

- Canteloves astroturf pitch: markings for 3 netball courts, 3 5 a side football pitches (and goals), 9 a side pitch

## **10. Physical activity outside of the curriculum**

### **Extra-curricular activities and clubs and inter and intra-school competitions**

A range of lunch time and after school clubs are available. These clubs reflect the interests that students have expressed through surveys and we also offer clubs that reflect the Camden Shield competitions to challenge the most able. We analyse the attendance at clubs and target students or groups to attend where we think it is appropriate to encourage participation. For groups that are under-represented we consult to find out what the barriers are to attendance and work to remove them.

Pupils also take part in a range of inter-school competitions. The school is an active member of the Camden School Sport Federation (CSSF) and pupils participate in a range of intra-school sporting competitions with other schools across Camden as well as participating in whole borough and regional competitions organised by Camden Active Schools. We also have good links with local clubs e.g. in athletics, football and handball. Information about our sport and extra-curricular activities can be found on our website.

## **Active Travel to and from school**

We encourage pupils to walk, cycle or scoot to school. Safe storage facilities for bikes and scooters are provided to further promote active travel. We have a travel plan which is reviewed on an annual basis to identify where improvement planning can be undertaken. Where appropriate we will walk to venues for school trips or events to promote active travel.

## **Inter-form**

We organise annual inter-form competitions in a variety of activities, with every student being involved. Students organise their own teams, and are encouraged to have a sense of community within their form groups both within and across the year groups.

## **11. Involving parents and carers**

We recognise the important part parents and carers play in encouraging students to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters, and notice boards.

## **12. Monitoring and evaluation of physical activity**

The Senior Leader (Deputy Headteacher) and Head of PE are responsible for the overall monitoring of the quality of physical activity provision.

PE in the curriculum is monitored through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence
- Annual PE subject review
- Monitoring of equipment
- Feedback from staff
- Feedback from governor curriculum group
- Student questionnaires
- Parent and carer questionnaires
- Student records of participation and effort
- Feedback from pupils/school council about PE and general physical activity
- Annual PE survey (organised by Camden LA)
- Student achievement in sporting competitions

When external providers are used to deliver physical activity we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

### **13. Celebrating achievement and success**

We understand the importance of celebrating achievement and success in PE, sport, and physical activity and have a range of strategies in order to ensure students feel valued and proud of their achievements:

#### **Student nominations**

The PE department work with Year teams to recognise excellent sporting achievement and also excellent attitude and effort for individual students who are recognised at Year assemblies.

#### **Jack Petchey nominations**

Each year the PE department nominates a student for outstanding achievement or progress in PE, sport or physical activity.

#### **PE Ambassadors**

Each year, up to 3 students are chosen from each year group to be PE Ambassadors. As part of this role, the ambassadors promote physical activity and sport in main school and year group assemblies, help out at clubs and fixtures and any events within the PE calendar.

#### **Dance show**

The PE department organises an annual Dance Show to showcase and celebrate the work students are doing in lessons.

#### **Residential trip**

The PE department organises an annual residential trip for Year 8 and 9 students. This trip is a reward for student's consistent involvement in extra-curricular clubs. They participate in a variety of outdoor and adventurous activities, challenging themselves both physically and mentally. The trip also promotes social inclusion for all, as well as resilience.

#### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all students, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For students with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Students who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer.

#### **14. Training and support for staff**

We ensure relevant staff access high quality professional development annually on PE, sport and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by Camden and other organisations.

##### **Dissemination of the policy**

The policy is available to parents and carers and pupils via school website and the full is available to parents and carers and pupils on request.