



TIMU ACADEMY TRUST

Policy Document for: Physical Activity

Approved: November 2017

Due for Review: November 2020

Aim of Policy

We have a responsibility to help students 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 students' 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 our trust schools to reinforce our vision, and to remove or discourage practices that negate them.

This policy supports the National 3 hour commitment to physical activity (2 hours PE and 60 minutes every child, every day), and we recognise that we as an academy trust play an active role in achieving this.

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 and activities of daily living'.

Provision of Physical Activity in School

Physical activity in school is provided through the following;

1. Academy 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 Games Organisers and other community resources
11. Healthy Lifestyles themed day/week
12. Achievement Assemblies

1. Academy Trust Ethos

Every student shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, all staff are encouraged to participate in and model physical activity as a valuable part of daily life.

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 students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff; and is coordinated with the PSHE curriculum. Every student in each year shall participate in regular physical education for the entire school year, including students with disabling conditions and those in alternative education programs. (All Students shall participate for at least 120 minutes per week).

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

The Trust implements DPA into each year groups curriculum so that all pupils are accessing at least an additional 15 to 30 minutes of physical activity per week.

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

Each school offers a physical activity programme that features a broad range of activities and meeting 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 eg gardening or drama.
- Every student has an opportunity to participate regardless of physical ability;
- Home schooled students should have access

Activities include: Football; Rugby; Netball; Hockey; Kwik Cricket; Rounders; Athletics; Racquet Sports; Multi Skills; Gymnastics; Fitness; Judo; Sport Stacking and other relevant activities.

All activities shall be supervised by qualified staff, coaches or instructors and will be inline with Kent Adults Supporting Learning guidelines.

5. Schools Competitions

As a school we do our best to offer pupils the opportunity to compete at many different levels in an environment that challenges all. To achieve this we do the following:

Level 1 Competitions:

All pupils take part in at least 1 internal virtual competition per term where scores are collected during PE lessons and pupils compete for both top honours (winners certificates) and pushing their own PB's which go towards an end of year certificate that all children receive (Decathlon Ladder certificate). We also offer a wide range of OSH sports clubs where pupils that attend have the opportunity to compete for spaces in external Level 2 competitions (KS2).

Level 2 Competitions:

All pupils that attend KS2 sporting clubs have the opportunity to represent the school in our Timu Academy friendly fixtures. These happen on the final week of a club and our 2 sites have round robin fixtures against each other.

From these clubs we also select are team to represent the school at external level 2 competitions. These include Oasis Academy Competitions, Sheppey & Sittingbourne Tournaments and event held by ourselves or other schools.

There may be exceptions to this method of team selection when a club has not been held for a upcoming competition, notably, Sports Hall Athletics (decathlon scores are used).

Level 3 Competition: (County, Regional, Kent School Games etc...)

These are events that are at the next level up and are by invite only.

If a team wins a place in a level 3 competition, except in exceptional circumstance, it will be made up of the same team that won the level 2 event.

Some events/trials we are asked to nominate pupils for, this will be down to the school discretion where knowledge of pupils performances both in and out of school will be taken into consideration.

5. Travelling To and From School

The two sites have their own issues with walking to and from school:

Iwade:

As the majority of pupils live within a mile of the school we actively encourage pupils to walk to school (Walk on Wednesday). Year 5&6 pupils have the opportunity to complete Bikeability level 1 & 2, and a bike storage area is available to all pupils.

Bobbing:

A large number of pupils live on a local estate which has a number of busy roads en route. In previous years the school has adopted a walking bus. Year 5&6 pupils have the opportunity to complete Bikeability level 1 & 2, and a bike storage area is available to all pupils.

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 schools have playgrounds, playground markings, toys and equipment available for free play. Mid-day supervisors and PALs engage pupils in physical activity at lunchtime which reduces boredom and 'squabbles' and the time it takes to sort such issues out. The PALs organise activity for those that want it at lunchtime. Peer Mediators help pupils in dispute work out their problems through discussion. Disputes can range from bullying to unkind behaviour or disagreements in playground.

Along with opportunities for free play, at lunchtimes there will be organised physical activities that pupils can opt to take part in.

Break times shall complement, not substitute for, physical education classes.

Pupils are able to participate in before school exercise.

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.

7. Facilities

The Trust 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 use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes will be minimised.

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

The Schools take part in the Sainsbury's Active Kids Voucher campaign to raise money for new sporting equipment in school. Parents are very supportive of this. The Academy Trust is also keen to be involved in other local and national voucher schemes and event that promote physical activity (Sports Relief).

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.

Our schools actively involve 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.
- Parents are invited to the Schools Annual 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 Games Organisers and Other Community Resources

The schools work 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 schools work with the SGO at the Oasis Academy and participates in events, training, school competitions etc organised by the Partnership.

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 children/young people'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 needs and 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 SGO Partnership. The trust has accessed staff training through the National PE Professional Development Programme and further opportunities are available to staff.

Training needs are identified and agreed within Performance Development Reviews with the Principal. Training Opportunities with relevance for whole schools are circulated to the rest of the staff during inset days/staff meetings. The Physical Education Co-ordinator is up to date with current initiatives and has close links with the LAs Education Officer for PE and the School Sports Partnership.

Monitoring and Evaluation

The Physical Activity Co-ordinator in school is Rob Sapp.

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

The co-ordinator will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. He 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.