

# **HAVEN HIGH TECHNOOLOGY COLLEGE**

## **Physical Activity Policy**

### **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 the college 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 College**

Physical activity in college is provided through the following;

1. College ethos
2. Physical Education Lessons
3. Active lessons
4. Extra-curricular physical activity
5. Travelling to and from college
6. Before College, Break and lunchtime activity
7. Accessible and adequate facilities
8. Staff opportunities
9. Involvement with College Sports Partnership and other community resources
10. Healthy Lifestyles themed day/week in citizenship/pshe lessons
11. Achievement Assemblies

## **1. College 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 will have timetabled PE for 2 hours per week, more in KS4 depending on options.

The scheme of work makes effective use of college 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. See College Physical Education scheme of work.

## **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 college 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 car washing 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.
- Saturday School of Sport operates for students in yrs 8-11

See PE department displays for details on what is available this term.

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 college should be available nearby for the duration of the club in case support is required eg serious accident.

## **5. Travelling To and From College**

The college has a travel plan that has developed safer routes to college and encourages active methods of travelling. There is secure cycle storage offered by the college.

## **6. Lunch Time Activity**

PE department provide opportunities for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.

These 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.

## **7. Facilities**

The college 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 college assemblies during times scheduled for physical education classes will be minimised.

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

## **8. Staff Opportunities**

There are planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity. Activities involve badminton, fitness activities and staff/student matches.

## **9. Involvement with Parents/Carers**

Family members and other adult volunteers are encouraged to become involved with college activities. All volunteers shall receive an induction about relevant college policies, procedures, and standards of conduct and will be subject to background and reference checks.

- Parents are invited to the Colleges Annual Sports Day and some help marshal events. The HHA organise fundraising opportunities to raise money for the college which often involves physical activity for families.
- We provide support for families whose children participate in county/national or international sporting events and fixtures.
- The local community are able to use the Sports Facilities and clubs on offer after college for the community on the college site, which has proved very popular with parents.

## **10. Involvement with College Sports Partnership and Other Community Resources**

The college works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity joint college and community recreation activities.

## **Celebrating Physical Achievements**

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. The college believes 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 (Primary Link Teacher/SSCo) receives regular training from the LA and the School Sports Partnership. The college 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 Management Reviews with the Headteacher. Training Opportunities with relevance for the whole college are circulated to the rest of the college staff during inset days/staff meetings. The Head of Physical Education is up to date with current initiatives and has close links with the LAs Education Officer for PE and the College Sports Partnership.

## **Kite Marks**

We have the Healthy Schools Award and Sports Mark.

## **Monitoring and Evaluation**

Physical Activity is monitored by the Head of Faculty for PE and the member of SLT responsible for Healthy Schools. The members of staff responsible provide clear leadership and management to develop and monitor the physical activity policy. They will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. The college will consult with students 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 students to participate in.