

Physical Activity Policy

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Robertsbridge Community College

Physical Activity

Policy

Rationale:

We have identified within our school that a large percentage of our students fall below the national average in terms of their cardiovascular fitness levels. (Currently 60% of KS3 students and 67% of KS4 students)(Correct as of Dec 2016).

The Government has stated that all pupils should undertake 30 minutes of physical activity at school each day, and schools should be rated on their efforts to promote a healthy lifestyle among pupils. These and other measures have been announced as part of its strategy to tackle childhood obesity. (The Key 2016)

Introduction

At Robertsbridge Community College we believe in the importance of promoting a healthy lifestyle for our students. We strive to maximise opportunities for pupils to be physically active by promoting a range of avenues for physical activity. This includes within the curriculum, the school environment and our wider community. Physical activity is both enjoyable in its own right and valuable in its contribution to good health. There is an important link between a healthy body and the ability to learn effectively. Through this and related policies, the school seeks to improve the health of the school community by teaching ways to establish and maintain lifelong physical activity habits. We strongly believe that every young person has the right to experience PE and out-of-hours physical activity in a safe and healthy environment.

The National Health Service has published the following guidelines for 5- to 18-year-olds:

To maintain a basic level of health, children and young people aged 5 to 18 need to do:

- at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis.
- On three days a week, these activities should involve exercises for strong muscles, such as push-ups, and exercises for strong bones, such as jumping and running.

Many vigorous activities can help build strong muscles and bones, including anything involving running and jumping, such as gymnastics, martial arts and football.

Children and young people should reduce the time they spend sitting watching TV, playing computer games and travelling by car when they could walk or cycle instead.

What counts as moderate activity?

Examples of activities that require moderate effort for most young people include:

- walking to school
- playing in the playground
- riding a scooter
- skateboarding
- rollerblading
- walking the dog
- cycling on level ground or ground with few hills

What counts as vigorous activity?

Vigorous activity is linked to better general health, stronger bones and muscles, as well as higher levels of self-esteem. There is good evidence vigorous activity can bring health benefits over and above that of moderate activity. A rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity. There's currently no recommendation on how long a session of vigorous activity should be for this age group.

Examples of activities that require vigorous effort for most young people include:

- playing chase
- energetic dancing
- swimming
- running
- gymnastics
- football
- rugby
- martial arts, such as karate
- cycling fast or on hilly terrain

(<http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>)

Aims

- For physical activity to become part of our whole school ethos
- To promote increased pupil participation in physical activity both within and outside curriculum time
- To promote and improve student health and fitness levels.
- To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
- To help parents/guardians to understand the benefits of physical activity and encourage their involvement in the planning and delivery of physical opportunities, both sporting and through alternative forms of exercise such as gardening.

Activities and approaches for developing student physical activity levels:

- A Time allocation. A minimum of 2 hours per week (4hrs a fortnight) structured physical activity will be available to all pupils, within the school curriculum at both Key Stages 3 & 4.
- The Physical Education programme will play a major part in the school's provision for physical activity.
- The school will provide opportunities for all pupils to access extra-curricular PE provision to enable pupils to participate in a broad range of extra-curricular activities, e.g. Football, Rugby, Basketball, Dance, Netball, Gymnastics, Trampolining, Rounders, Tennis, Cricket, Athletics and Badminton.
- The school has many links to clubs and organisations such as Cricket, Dance, Football, Gymnastics, Netball & Rugby.
- Extra weekly fitness style sessions will be made available to students who may require extra support in attaining a healthy active lifestyle.
- Fitness sessions to include activities from the NHS guidelines for developing bone and muscular strength as well as vigorous exercise to improve cardiovascular performance.

- Alternative non-sporting opportunities for students to be physically active on a daily basis to be promoted and created such as within “The Living Garden Project”. This will be offered both within class and extra-curricular time.
- All subjects across the curriculum to be encouraged to get students physically active within lessons.
- Student Health Ambassadors to work with students across the school with a focus on improving student physical and mental health through diet, exercise and mentoring.

Procedures:

- **Equal Opportunities:**
Physical activities will be available to all pupils, regardless of ability. Where students have special needs because of physical disability, advice should be sought about how they may be helped to participate. The aim should always be to maximise opportunities for participation and the promotion of self- esteem.
- **Safety:**
Attention should be paid to safety in all physical activities and should ensure that students are appropriately dressed and that there are adequate warm-up and cool-down exercises.
Students should be regularly reminded of safety rules and these should be strictly adhered to. Staff conducting PE/School Sport within and outside the curriculum (including non PE department staff) to work within the health and safety guidelines: ([https://czone.eastsussex.gov.uk/teachinglearning/curriculum/sport/Documents/ES CC%20Guidance%20for%20PE%20and%20School%20Sports.doc](https://czone.eastsussex.gov.uk/teachinglearning/curriculum/sport/Documents/ES%20CC%20Guidance%20for%20PE%20and%20School%20Sports.doc))
- **Break and Lunchtime:**
Active play and break and lunch activity has been proven to greatly increase participation and contribute to the 60 active minutes a day for young people, especially with PE time-tabling constraints. Some facilities will be made available for physical activity at break and lunchtimes and students will be encouraged to be active at these times. Lunchtime and afterschool clubs, both within sport and other alternative options for students to be physically active, such as being able to work in “The Living Garden” will be available and encouraged.
- **Staff participation:** All members of staff are encouraged to take part in sporting activities and non-PE Teachers are welcome to help lead clubs in areas of interest to them to be role models of our activity and sport for all ethos. Staff sporting activities to be published via staff briefing.
- **Travel to school:** Walking to school is encouraged where applicable, we have a very wide catchment area and many students have to get the bus or train. However we encourage students to walk to the bus stops and train stations where it is safe and practicable to do so.
- **Partnerships:**
 - We are part of Hastings and Rother School Sports Partnership and actively participate in a range of fixtures and competitions.
 - Members of the British Gymnastics Association.
 - We have links with the Laban School of Dance and run yearly workshops.
 - Universal Dance
 - Sussex Cricket
 - England Netball

-Brighton University
-Basketball

- **SSCO:** Our SSCO is Jane Dallaway her role is to manage our Student Sports Leaders, and create links with our local Primary Schools.

-Yr 10 sports leaders assigned to each of our cluster primaries; Bodiam, Etchingam, Hurst Green, Northiam, Salehurst and Staplecross. Their role is to assist in the delivery of a variety of sports to Key Stage 1 and 2 pupils and prepare teams for Cluster events that are held at RCC.

The teams deliver Gymnastics, Sports Hall Athletics and Multi Skills sessions in their Primaries and organise X Country, Gymnastics, Football, Netball, Badminton, Multi Skills and Cricket competitions at RCC. The leaders provide a role model for younger pupils.

In term 6 the Sports leaders and GCSE PE students plan, prepare and organise the Primary Cluster Sports Day.

At the end of the year they will present a sports report in assembly at their primary celebrating the achievements and participation of the pupils.

-Their other vital role is to support the PE department in the delivery of Inter house activities and to promote sport throughout school by maintaining sports noticeboards.

The appointment of a Yr. 10 sports photography student has enabled the team to have access to photos to add to sports reports and school noticeboards thus will further promote sport throughout the school.

- **Monitoring and evaluation:** Annual faculty self-evaluation is monitored by the paired member of SLT (JJ)
- **Well-being Team:** The school has our own well-being team lead by SC. A survey is carried out annually to understand the wellbeing needs within the school. There is a wellbeing team of staff who meet regularly to discuss the action plan and move the wellbeing of the staff forward.

Linked policies and documents:

Healthy Eating Policy.

