



Cranborne Middle School Whole School Physical Activity Policy

Background information

Who was consulted in drafting this policy:

Craig Watson	Headteacher
Sandi Malpas	Chair of Governors
Richard Stevens	Deputy Headteacher
Andrea Williams	Subject Leader for PE

Relevance to other school requirements/targets:

Helping Children Achieve: being healthy; enjoying and achieving
PESSCL: 2hours high quality PE and School Sport

Relevance to other related school policies/strategies:

Physical Education Policy
School Development Policy
Inclusion Policy
PSHCE Policy
School Travel Plan
Health and Safety Policy
Every Child Matters
Teaching and Learning Policy

Relevance to other related local policies/strategies:

School Travel Plan
Poole and East Dorset School Sports Association (PEDSSA)
Every Child Matters

Rationale

- The health benefits of regular purposeful physical activity are substantial. The Chief Medical Officer's Report 2004 states:
- *"There are few public health initiatives that have greater potential for improving health and well-being than increasing the activity levels of the population of England"*
- Schools can play a significant role in promoting healthy active lifestyles so that all pupils get a good start in life.
- The current public health recommendation is that all children and young people should engage in 60 minutes of **at least** moderate physical activity every day. (Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers (2011)) Schools need to maximise the opportunities available for regular physical activity and engage with all pupils in order to help them meet the requirements.
- One of the major threats to health is the obesity epidemic. Schools have a key role in encouraging increased participation rates among young people to help achieve the Public Service Agreement to 'Halt the year on year rise in obesity among children under the age of 11 by 2010'.
 - Providing a whole range of purposeful physical activities can promote the corporate life of a school by stimulating and providing opportunities for teachers, pupils and ancillary to find mutual satisfaction in individual and team successes.
- Placing a high value on purposeful physical activity can promote further participation beyond the school.

Aim(s)

- To enable children to develop and explore physical skills with increasing control and co-ordination.
- To encourage children to work and play together in group situations.
- To increase children's ability to use what they have learnt to evaluate and improve their performance.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To develop the way children, perform skills and apply rules and conventions to different activities.

Objectives

- A curricular Physical Education programme which meets the statutory national Curriculum requirements.
- To offer pupils the opportunity to participate in extra curricular physical activity with no barriers to participation. These should be available at lunch times and after school.
- Maintain a high profile for physical activity in all aspects of school life.
- Raising the profile of physical activity throughout the school and encouraging cross curricular links.
- Provide pupils with the information and confidence they need to take advantage of physical activity opportunities in the local community.
- Provide opportunities for student to compete in inter school and intra school competitions, across a variety of platforms.

How our objectives are delivered

- Positive reinforcement with effort rewarded, improvement acknowledged, pupils praised and positive feedback provided.
- We aim to use a variety of teaching and learning styles in PE lessons and we do this through a mixture of whole class or individual teaching.
- Differentiation – physical activity at Cranborne Middle School is developmentally appropriate and a variety of teaching and learning approaches are adopted.

Ethos and environment

- All those leading physical activity sessions adopt a caring and supportive approach and have a commitment to every child.
- The school identifies pupils who do not participate regularly in physical activity and those who need extra support to participate and implements strategies to encourage and support these pupils to be more active.
- Facilities and equipment are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parents/carers.
- Pupils' participation in physical activity is recognised and celebrated through presentations in assemblies, information on notice boards, blogs on our website and in newsletters.
- A 'stripes' badge system is in place to recognise commitment and success, both individually and as a team within the school.

Curriculum

All pupils in years 5 and 6 are allocated 2 x 45 minutes of curriculum time for physical education which is broad, balanced and inclusive, suiting the needs of the pupils. Staff ensure that PE lessons include periods of time in which the pupils are 'stretched' physically.

All pupils in years 7 and 8 are allocated 1 x 1.5 hour lesson which is broad, balanced and inclusive. As well as this, year 7 and 8 pupils also partake in an additional 45 minutes of curriculum time physical education which is focussed on improving health and fitness across a range of different fitness components and activities.

Key Stage 2 and 3 have schemes of work to ensure national curriculum requirements are met. The schemes of work runs throughout the 4 years to ensure continuity across the Key Stages. Each unit has set objectives, lesson ideas and assessments.

Out of hours learning

- All pupils are provided with opportunities to be physically active through out of hours activities via a wide range of activities including individual and team/ group and non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all pupils.
- Physical activity is promoted during mornings, breaks, lunchtimes and after school
- Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community.
- Most OSHL activities are led by school staff with some being delivered by coaches from community clubs.
- The vast majority of our clubs are free of charge, making the clubs accessible to all. Those that incur a charge are currently heavily subsidised by the school in order to maintain high numbers of participation and take up.

Community Links

- Ensures the school regularly participates in local, East Dorset area, County-wide and regional events which promote physical activity.
- Ensures that the PE Subject Leader takes responsibility for forging strong local community club links.
- Ensures that the school utilises external professional and qualified coaches for OSHL

Key Development targets

Our top 3 realistic physical activity development targets:

1. To involve parents and carers and encourage them to attend after school matches.
2. To raise awareness among staff and pupils of the benefits of physical activity and provide more opportunities for staff involvement.
3. To target, annually, those groups who are current non-participants and take appropriate action.

Monitoring and evaluation

Methods of evaluation include;

- Assessing pupil achievement
- Reviewing schemes of work
- Reviewing registers for activities
- Staff and pupil discussions
- PEDSSA and Pyramid meetings
- Information on school newsletters and website and other media about forthcoming fixtures