

St. Joseph's Roman Catholic High School



Physical Activity Policy

Rationale

The policy should aim to encourage the physical activity of our students as this has been shown to:

- 🏆 Improve overall health;
- 🏆 Increase opportunities for social interaction & improved social and moral development;
- 🏆 Reduce risk of developing adult diseases;
- 🏆 Promote a sense of wellbeing & self-esteem;
- 🏆 Create a reduction in anxiety and stress;
- 🏆 Help maintain an energy balance;
- 🏆 Improve cognitive functioning & academic achievement in school.

Objectives

- 🏆 To provide consistent messages in school about physical activity both within and outside the taught curriculum.
- 🏆 To increase the physical activity levels of pupils in line with national targets.
- 🏆 To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.
- 🏆 To improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- 🏆 To provide the opportunity for pupils to develop valuable life time skills.
- 🏆 To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- 🏆 To ensure physical activity provision in school reflects the cultural and medical needs of pupils.
- 🏆 To contribute to out of hours learning for pupils.

Guidelines

Physical Activity will be monitored by the Assistant Headteacher, the PE Department Leader and the Partnership Development Manager.

PE will be taught in curriculum time – Years 7, 8, 10 & 11 each having three lessons (150 minutes) of PE and year 9 two lessons (100 minutes).

The PE department will be actively encouraged to maintain the wide range of extra-curricular activities that they provide. This includes the many fixtures that take place against other schools in a wide variety of sports.

The school has a 'School Travel Plan' and there are secure facilities for the storage of cycles.

The premises are used out of school time by the local community and external coaches are employed to give specialist coaching in different fields.

The benefits of a healthy lifestyle which includes physical activity is encouraged and promoted: in displays around school; on the website; in pupil planners and in curriculum time allocated to PHSE.

Surveys are carried out in PE lessons, there is a school council and students sit on the sports college steering group each giving pupils the opportunity to have their voice and the opportunity to influence decisions made about physical activity.

Governors take an active interest about physical activity in the school. Full support is given to staff regarding training on physical activity.

