

PHYSICAL ACTIVITY POLICY

A high-quality physical education curriculum inspires all students to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for students to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

National Curriculum in England 2014/Department for Education

Physical education develops students' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve them.

Mission and Aims

Physical Education plays a vital and a unique role in the development of each individual and, as such, contributes uniquely to the school's Mission Statement. Students should have opportunities for personal development, and experience every improvement, no matter how small, as a success to be celebrated. Every student should experience the opportunity to work towards the long term benefits from regular physical participation within both the curriculum and the extra-curricular programme, especially in our increasingly sedentary and passive society. The development of confidence and an understanding and appreciation of physical exercise as a life skill can subsequently contribute to the constructive use of leisure time and opportunities, together with the leading of a healthy lifestyle.

At St. Bernard's Catholic GS, we strive to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community. The programme for individual students and classes is a compulsory part of the curriculum in place and is stated in the schemes of work for PE and will support and reflect the mission and aims of this School and this policy.

Our aims are as follows:

1. To enable students, and staff, to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To provide and promote opportunities for all to be physically active throughout and beyond the school day.
3. To increase physical activity levels of students towards the national target of 60 minutes each day.

All physical activity opportunities offered at St. Bernard's are designed to be inclusive, and cater for different ability levels. The school has a sports hall with various line markings for different games, and has stored fixed and portable equipment to cater for a wide range of games, athletics and movement based activities; it is also home to a fully equipped fitness gym. The school also has a gymnasium which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. Outside, for the teaching of games, athletics and outdoor adventurous activity, there is a large hard area, with various line markings, and a two pitch field, large enough to hold a 300m running track. A regular audit of all physical education equipment is conducted by the Head of the PE Department in order to prioritise any necessary expenditure for the year. Resources for games, athletics, dance and outdoor adventurous activities can be found in the main store.

Curriculum Provision

The National Curriculum PE programme for KS3 & 4 is delivered by specialist teachers, with each student receiving a minimum of 1 hour timetabled activity each week. In both key stages we teach gymnastics, dance, games, fitness, athletics and outdoor adventurous activities. At KS5, the provision focuses upon recreational activity, with the students involved receiving 1 hour timetabled activity each week, delivered by a mix of specialist teachers, other staff or qualified external coaches.

Whilst retaining its unique contribution to our students' movement education, PE also has considerable potential to contribute to much wider areas of learning, such as communication and leadership skills, numeracy, PSHE and ICT skills.

Extra-curricular Provision

The PE Department offers a wide range of physical activity opportunities for the students, both at lunchtime and after school. We aim to encourage all students to take part in a range of activities and the department is able to identify those who do not take part in (extra) regular exercise, which is something they raise with parents at Parents' Evenings. As well as the extra-curricular programme, there is also the opportunity for students to be involved in a range of intra-school events and competitions, such as House Sports, Lenten Sports and Sports Day, and inter-school competitions in activities such as hockey, football, netball, basketball, athletics, cricket, rounders and tennis.

The outdoor facilities of the hard area and field are available to all students at both break and lunch to use for physical activity and many avail themselves of the opportunity, often bringing their own ball, bat or racket with which to play. This is a popular option at both break and lunch.

Health & Safety

Please refer to the school's Health and Safety Policy and Risk Assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on CRB /DBS staffing checks.

Monitoring & Evaluation

The Head of the PE Department will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives.

Agreed by the Catholic Life of the School Committee 02/05/18

Next review: Spring 2020