

Testwood Sports College Physical Activity Policy



Key responsibility area: Director of specialism

Last Review: Dec 2007

Next Review: Dec 2009

Principles

Testwood Sports College is committed to promoting a co-ordinated approach for physical activity that is accessible to all members of the college community throughout all areas of the College and which reflects the value of physical activity as a means to enhancing a healthy lifestyle.

Overall Aims

The policy supports a whole college approach to raise awareness of physical activity in order to:

1. promote an understanding of the importance of regular physical activity for maintaining a healthy lifestyle
 2. ensure that all aspects of physical activity undertaken in college promote the health and well being of pupils, staff and visitors
 3. encourage and promote links with the community to enhance opportunities for involvement in Physical Activity outside of the formal College setting
-

Key Objectives

The agreed strategy for physical activity sets out to:

- raise the profile of physical activity throughout the college and to promote an awareness of its value in relation to a healthy lifestyle
 - help students understand how physical activity can improve health and fitness and be part of everyday life
 - increase students' knowledge, understanding, experience and positive attitudes towards physical activity
 - provide quality physical activity opportunities both within the curriculum and as part of extended school activities
 - ensure all pupils have access to opportunities to participate in at least 2 hours a week of high quality PE and sport within the curriculum and as part of extended College activities
 - promote all aspects of physical activity in the College for the health and well-being of pupils, staff and visitors
-

The policy will be reviewed bi-annually in the light of the monitoring programme outlined in the working practices section of the policy.

Date Policy agreed: Dec 2007

Date of Review: Dec 2009

Signature of Chair of Governors:

Date:

The following working practices are in place to support the policy:

Ethos & Environment

- The college takes steps to ensure barriers to participation identified by students are minimised as far as possible.
 - Students' achievements and participation in physical activity are recognised and celebrated.
 - There is a sensitive approach to applying the requirements for appropriate sports clothing.
 - All physical activity sessions are structured and delivered to maximise learning, enjoyment and activity levels for all students.
 - Facilities and equipment are made available for students to use at break time and lunch time.
-

Curriculum

- The College is working towards providing at least two hours of curricular P.E for each year group.
 - The P.E programme is broad and balanced, complies with statutory requirements, and is accessible and personalised to meet the needs and interests of individual students.
 - Schemes of work are in place which outlines a planned approach to health related activity.
 - P.E. is timetabled to maximise activity time and to help facilitate pupil participation in OSHL.
-

Out of Hour's Provision

- All pupils are provided with opportunities to access a wide range of activities as part of extended school provision.
 - Physical activity is promoted during break and lunch time and pupils are encouraged to be more active at these times.
-

Community Links

- The College links with School Sport Co-ordinator and other relevant individuals and organisations in the community to enhance and extend physical activity opportunities through partnership with others
 - Students are provided with information on activity opportunities within the local community and the school.
 - Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community.
-

The policy is monitored through the use of:

- Student/Parent Questionnaires
 - The on-going evaluation of the programme of activities
 - The PESSCL survey OSHL and participation rates
-

This policy should be read in relation to other college policies and documents including:

- PE curriculum plan
- Sports College Bid
- PSHEE Policy
- College Travel Plan
- Pupil Voice
- School Sports Partnership Plan