

# BANK VIEW HIGH SCHOOL



Bank View High School

## PHYSICAL ACTIVITY POLICY

Reviewed: .....

Signed Chair Governors: .....

Next Review date: .....

# BANK VIEW HIGH SCHOOL

## Physical Activity Policy

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BANK VIEW HIGH SCHOOL Policy on the Physical Activity Curriculum

Bank View High School believes that physical activity is a central and essential part of the school curriculum. Physical activity contributes to the school curriculum by enabling pupils to increase their physical competence and confidence in a range of physical activities. The process involves developing knowledge, skills and understanding which will enable pupils to think as well as perform.

Physical activity promotes physical skills and physical development through a continuous process of planning, performing and evaluating with the greatest emphasis places on learning through physical activity.

BANK VIEW HIGH SCHOOL is of the view that:

- Physical activity is important to the overall development of young people and beyond.
- Physical activity provides opportunities for young people to develop their knowledge, skills and understanding of the body and its movement.

- Physical activity develops physical awareness, skills and competence and contributes to healthy growth and physical development.
- Physical activity develops artistic and aesthetic understanding in and through movement.
- Physical activity influences the development of healthy lifestyles and lifelong habits.
- Physical activity provides opportunities to promote spiritual, moral, social and cultural development and develops personal qualities such as self - esteem, independence, citizenship, tolerance and empathy.
- Physical activity provides opportunities to promote key skills such as communication (verbal and non-verbal), application of number, I T, working with others, improving own learning and performance and problem solving.
- Physical activity makes a strong contribution to the development of pupils language through the extensive use of speaking and listening skills.
- Appropriate provision should be made for pupils who need activities to be adapted to enable them to be included and participate in physical activity lessons.
- Pupils should experience a broad and balanced curriculum which fulfils the requirements of the National Curriculum and experience a range of activities relevant to their age, abilities and own aptitudes.
- In the early years children should be involved in physical activities every day and that there should be a minimum of two hours of curriculum physical activity every week across all key stages.
- High quality physical is best promoted, developed and sustained through high quality teaching, from fully qualified teachers, which should ensure that pupils learn effectively to reach their potential.

#### BANK VIEW HIGH SCHOOL Policy on the Contribution of Physical Activity to the Whole Curriculum

BANK VIEW HIGH SCHOOL believes that physical activity can make a valuable contribution to numeracy, literacy, I CT, key skills, PHSE and citizenship through a well-structured and appropriately delivered programme of work. While the principal focus of the subject will always be related to achieving the distinctive contribution set out in NCPE,

there is a wealth of opportunity for work in physical activity to develop autonomous, caring and well balanced individuals able to make a significant contribution to society.

BANK VIEW HIGH SCHOOL is of the view that:

- With the adoption of a positive, encouraging teaching approach the subject can enhance pupil self confidence and self esteem.
- With use of appropriate teaching methods the subject can encourage and develop both pupil decision making and communication skills.
- With effective organisation and management of pupil groupings, the subject can encourage and develop pupil interpersonal skills.
- With appropriate use of opportunities in competitive situations the subject can introduce and reinforce acceptable moral behaviour.
- With appropriate use of opportunities across all activities the subject can introduce and reinforce aspects of the concept of number, size and space.
- With appropriate use of opportunities outdoor adventurous activities the subject can develop respect for the environment.
- With appropriate use of opportunities the subject can heighten aesthetic awareness and encourage acceptable expression of emotions.
- The subject has a unique role to play in initiating pupils into many aspects of health activity.
- Provide opportunities for a lifelong active and healthy lifestyle.

BANK VIEW HIGH SCHOOL policy on Equal opportunities

BANK VIEW HIGH SCHOOL believes that quality physical activity should be available to all pupils regardless of social background, gender, ability, culture, physique, religion or race.

Acknowledgement should be made of the wide spectrum of pupils fundamental needs. This should allow all pupils to be challenged appropriately, enabling them to explore their capabilities and fulfil

their potential in terms of planning, performing and evaluating physical activities.

BANK VIEW HIGH SCHOOL is of the view that:

- Physical activity curricular should be broad, balanced and differentiated to ensure that all pupils experience a range of activities which they enjoy and which develop their understanding of skills.
- Schemes of work should incorporate differentiation with realistic goals which ensure that all pupils are challenged and encouraged to make the most of their potential.
- Extended curricular provision should be available to all pupils to consolidate work covered within the curriculum and experience new activities. Extra – curriculum activities should provide for all pupils to encourage them to move into community exercise and sports provision: the more able have specific needs within the extended curriculum to help them progress to higher performance levels.
- All pupils should be encouraged to explore opportunities to develop physical activity beyond school, which may allow the more able to develop individual skills or others to move towards a healthy life style after leaving school.
- Pupils should be allowed access to suitable examination courses and schools are encouraged to explore availability of all such courses.
- Inclusive practices such as the use of adapted equipment and playing area should be effected to ensure access.
- Links with outside agencies should be encouraged to increase teacher subject knowledge through CPD and to improve learning of pupils.
- Facilities and equipment should be of sufficient quality and quantity that all pupils have easy access to enhance their learning.

## BANK VIEW HIGH SCHOOL Policy on CPD

BANK VIEW HIGH SCHOOL believes that continuing professional development (CPD) is an entitlement for all teachers. CPD plays a critical role in sustaining and enhancing high quality physical activity in school and should be seen as an essential aspect of teachers work. Effective CPD enables teachers to build from I TT and subsequent experience, to challenge themselves to acquire new expertise and to keep up to date with developments in all aspects of the subject.

See separate sheet

BANK VIEW HIGH SCHOOL is of the view that:

- CPD should foster and promote a critically reflective approach to teaching leading to continuous improvements in performance.
- All teachers of physical activity lessons have a right to an accessible programme of CPD that enables them to achieve recognised standards in teaching and receive accreditation for their study.
- Many teachers of physical activity would benefit from substantial courses in mentoring including opportunities to share good practice.
- All physical activity teachers are entitled to CPD in ICT related to physical activity.
- All teachers of physical activity have an entitlement to a professional and confidential performance review, an agreed action plan with clear targets and the necessary resources to work towards these goals.
- CPD should help teachers of physical activity lessons to gain promotion and enhance their career prospects.
- The spiritual, moral and cultural development of all pupils should be enhanced, when appropriate, through physical activity.

To realise this BANK VIEW HIGH SCHOOL will:

- Work to support teachers, via courses and resources, to achieve effective differentiation in their curriculum work.
- Actively promote open access extended curricular opportunities that encourage all pupils to participate.
- Work with other relevant agencies to promote links between schools, local sports centres, clubs and governing bodies to cater for the needs for all pupils.

BANK VIEW HIGH SCHOOL Policy on Physical Activity and Health

BANK VIEW HIGH SCHOOL believes that a quality physical activity programme recognises and addresses the close relationship between physical activity and health. Physical activity, the context through which learning occurs in physical activity, is a key health behaviour which provides physical, mental and social benefits for young people. In addition the content and delivery of physical activity has a key influence on young people's attitudes to physical activity and consequently their participation throughout their lives.

BANK VIEW HIGH SCHOOL is of the view that:

- Quality physical activity programmes enhance health - related knowledge and understanding, influence values and attitudes, and facilitate the acquisition of physical behavioural skills.
- Well planned, delivered and evaluate physical activity curricular and extra - curricular programmes positively influence lifestyle changes and lifelong habits.
- Health-related learning within physical activity should be broadly defined to incorporate knowledge, understanding, physical and behavioural skills and attitudes.
- Health -related understanding and skills need to be taught.
- Fitness and health are associated but are not synonymous.

- Fitness testing is acceptable only if it is part of a planned programme of study focusing on understanding the effects of exercise and increasing activity levels.
- Health –related learning should be a key component of both I TT and CPD
- There should be close links with related areas such as science, food technology, PSHE and citizenship.
- Physical activity has a major role to play within whole school policies promoting physical activity and health.

To realise this policy BANK VIEW HIGH SCHOOL will:

- Work to provide resources to support the teaching of health related understanding and skills. These will include guidance on how to create active learning to achieve specific learning objectives clearly written into schemes, units and lessons.
- Promote CPD in health related learning.
- Support whole school polices focusing on the promotion of healthy and active environments, such as the healthy school, Activemark and Sportsmark.
- Work to promote the development of an ethos in every school which encourages, enables and rewards safe physical activity for pupils and staff, developing self-esteem and self confidence.
- Work to promote school/community links which ensure the provision of opportunities and pathways for all children.

### BANK VIEW HIGH SCHOOL Policy on Post 16 Activity

BANK VIEW HIGH SCHOOL believes that physical activity can make a valuable contribution to lifelong health promoting exercise. In addition Post 16 physical activity develops knowledge, understanding and competencies that will enable participation in adult sport, clubs and activities. It offers opportunities to develop self effigy which will result in self motivated, confident continued activity.

BANK VIEW HIGH SCHOOL is of the view that:

- Opportunities in physical activity should be an entitlement of all students in post 16 activity.
- With appropriate timetabling the subject can encourage a broad range for co operative and competitive activities.
- With appropriate use of opportunities in a variety of situations physical activity can further enhance spiritual, moral cultural and physical development of all students.
- With appropriate use of opportunity in co operative and competitive situations the subject can develop the enthusiasm and commitment required for continued participation in lifelong health – promoting activities.
- With appropriate use of opportunities in outdoor and adventurous activities physical activity can develop key skills such as communication, problem solving and leadership which would contribute to the development of early management skills.
- Post 16 and physical activity courses should provide the foundation for a range of vocations within the sport and leisure industry.

### Addendum

As part of the development of our activity policy Bank View High School has initiated a programme of activities outside of curriculum time including:

Basketball coaching outside school hours with recognised Basketball coach, football, netball, tennis and cricket outside school hours with recognised SSCO coaches and Bank view ESA'S.

We also have SSCO coaches working before school and break times.

We involve children in football, tennis and swimming tournaments outside of school.

Parents and carers are kept fully informed of all extra curricular clubs and events such as the Merseyside games and are invited to spectate. Parents are also invited to school sports days and any other sporting events held in school and are kept informed of any other activities through the termly Newsletter.

We have, as part of our health policy large quantities of equipment which is given out to children for break times. Activities are supervised by staff on duty on the playground.

The extra staff working with the PE Teacher (basketball coaches, football coaches and swimming coaches) all have the relevant qualifications necessary for their tasks.

The PE Teacher in school regularly attends courses run by the local authority, as part of his personal development, and is regularly involved with school sports partnership meetings to keep abreast of current developments.