

THE NELSON THOMLINSON SCHOOL PHYSICAL ACTIVITY POLICY

AIM

We have a responsibility to help students establish and maintain lifelong habits of being physically active. According to the Department of Health; physical activity is one of the most important things people can do to maintain and improve their physical, mental and social well-being. Regular physical activity reduces the risk of death, heart disease, high blood pressure, cancer and diabetes.

It is vital to promote a physically active lifestyle in young people as:

- Through its effects on mental health, physical activity can increase students learning capacity.
- Physical activity has long term benefits for children including improving strength and endurance. It can also make students aware of body weight issues and blood pressure.
- Positive exercise experiences in the early years will help to sustain physical activity in the later years and keep students active throughout life.

Within this policy we are attempting to promote the positivity that occurs through physical activity.

Definition of Physical Activity

Physical activity is defined as “any force exerted by skeletal muscle that results in energy expenditure above resting level”. It also includes “the full range of human movement from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living”.

Provision of Physical Activity in School

Physical activity in the Nelson Thomlinson School is provided through the following:

1. School ethos.
2. Physical education lessons.
3. Extra curricular activities.
4. Travelling to and from school.
5. Activities at lunchtime and after school.
6. Intra School Sport
7. The school has representative teams in a wide range of sports for both boys and girls, competing in District, County and National Competitions.
8. Access to facilities.
9. Staff sport.
10. Involvement with Schools Sports partnerships.
11. Health awareness in assemblies.
12. Celebration of sporting success.
13. Activities Days.

1. School Ethos

In school we promote success and high standards of achievement both in and out of the classroom. Every student shall be physically educated – that is, shall develop the knowledge and skills to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

2. Physical Education Lessons

- Every student in KS3/4 receives two hours curricular physical education.
- Students in KS5 have one hour physical education in curricular time.
- Exam based courses in KS4 (from September 2009) will include GCSE PE and BTEC Sports Studies. AS & A2 Physical Education are taught in KS5.
- The PE programme is broad and balanced, complies with statutory requirements.
- Schemes of work are in place which outline a planned approach to health related activity.
- See PE Policy for additional details on curricular provision.
- PE staff use the end of topic expectations from QCA and the level descriptors in the National Curriculum.
- The school is part of the Allerdale Schools Sport partnership and the SSCO works closely with primary feeder schools to provide a programme of physical activity.

3. Extra Curricular Activities

Nelson Thomlinson offers a physical activity programme that features a broad range of activities.

- Students have a diverse choice of activities to participate in both competitive and non competitive.
- All students have the opportunity to take part.

Examples of the activities Nelson Thomlinson has to offer include:

Football, rugby, netball, rounders, hockey, cross country, dance, trampolining, badminton, drama, chess, athletics, tennis, cricket and Rock Challenge, Gymnastics

All activities are supervised by qualified staff and coaches. Other students in the school maybe involved in peer coaching etc. but will always be supervised by a qualified teacher.

4. Travelling to and from school

- We have a large rural catchment area, (50% of students catch a school bus.),

but those students within the town are encouraged to walk or cycle to school and are reminded of the safety considerations during assemblies.

- A new bicycle store was provided in 2010 which has encouraged more people to cycle to school

5. Lunchtime activities

- Clubs at lunchtime provide opportunities for physical activity.
- The school has a multi-use games area and large playing fields which allow pupils to be physically active at lunchtimes and many can be found playing games, football etc.

6. The school has an annual inter-form Sports Day for Yrs 7-10 and a Sports Day completion for KS5 pupils. There are other Inter form sports competitions and also a Sixth Form friendly games and fixtures with other schools.

7. Facilities

- The school has a sports hall, 3 netball courts (which convert to 3 tennis courts in summer), 3 permanent all weather tennis courts, a large gym, a dance/drama area, 2 rugby pitches, 2 football pitches, a hockey pitch and a multi-use games area. (Recently extended.)
- The school facilities are booked out to the public after 6pm and at weekends.

8. Staff sport

- Staff sport takes place after school sessions and includes football and netball.
- Some staff participate in and support sponsored events such as Sport Relief and the Great North Run, to raise money for charities.

9. Involvement with Schools Sports Partnership

- The Nelson Thomlinson School is part of the Allerdale Schools Sports Partnership which runs and organises the SSCO scheme. Our SSCO organises tournaments, festivals, coaching session and help improves the links between the primary schools and us.
- The PE dept is running the Sports Leaders programme into the curriculum at KS4.
- The SSCO organises the Step into Sport programme at KS5.

10. Health Awareness in Assemblies

- Assemblies are held throughout the year making students aware of topics such as healthy eating, drugs, alcohol and road safety.

11. Celebration of Sporting Success

- Sporting success is a regular part of Assemblies and serves to raise students self-esteem and self-confidence which will hopefully encourage them to remain participating in sport.
- Photographs and results of sporting activities are put on the Life Channel TV's around school to celebrate/encourage participation in physical activities.
- Sports Prizes are awarded at the annual School Prize Days. These include sportsman/woman contribution to School Sport, best GCSE PE student and a leadership award.

- There is a Sports Presentation evening in which Certificates/trophies and colours are awarded to a large number of students (120) for their varied contributions to the sporting life of the school.

12. Activities Day

Annual Activities Day in the Summer term.

13. Marketing and Evaluation

The physical activity co-ordinator in school is Mrs J Lee.

The above member of staff responsible provides clear leadership and management to Develop and monitor the physical activity policy.

The co-ordinator will monitor levels of participation, and activity inside and outside the curriculum regularly and make adjustments where necessary, will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra curriculum activities that promote physical activity are provided for all pupils to participate in.

Adopted July 2009

Reviewed by the Pastoral Committee September 2011.

Review: Every 3 years or earlier if required.

Next review due: September 2014