



PHYSICAL ACTIVITY POLICY

Rationale

Regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and provide focus. Nidderdale High School plays a key role in promoting active lifestyles to students through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity and Sports Leadership. We therefore support the two hours high quality compulsory Physical Education and the opportunity to participate in extra-curricular physical activity.

Aims and objectives

- To increase the physical activity levels of the whole school community through the development of a supportive environment conducive to the promotion of physical activity for all.
- To develop an understanding of the importance of regular physical activity for maintaining a healthy lifestyle including physical and emotional health.
- To provide the whole school community with the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity in line with the 'five hour offer' and maintain an interest in regular physical activity.
- To improve the whole school community's knowledge, understanding and attitude towards participation in physical activity.
- To provide a wide range of quality physical activity opportunities both within and outside the curriculum, both on and off site thus removing barriers and promoting lifelong participation.
- To ensure that physical activity provision in the school reflects the Cultural, Personal, Social and Medical needs of all students.

Principles and Practice

Ethos and Environment

- All those leading physical activity sessions either school staff or visitors adopt a caring and supportive approach to children in their care.
- Provision is improved and developed to promote increased participation in physical activity.
- Participation in physical activity is promoted through notice boards, newsletters, assemblies and publication on the school's website.
- Competitive House Competitions provide a platform for students to challenge themselves.

Curriculum

- There are four hours provision across the two week timetable for PE in curriculum time for all students in Key Stage Three and three or four hours for Key Stage 4.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all students.

- Schemes of work in place for PE, PSHE and Science reflect the benefits of health related activity and lifelong participation.
- Extra-curricular opportunities such as lunch-time sports clubs are continually available and advertised regularly throughout school and on the school website and promote physical activity.
- A range of physical activities are available to Years 7-10 through the Finish with a Flourish programme.

Out of school hours learning

- All children and young people are provided with opportunities to be physically active through out-of-school-hours activities via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all children and young people, regardless of ability.
- Physical activity is promoted during breaks, lunchtimes and after school.
- Specific events are organised throughout the year that promote physical activity.
- PE teachers promote the government's recommendation of 60 minutes of activity a day for young people. This is reiterated as a homework focus.

Community links

- Nidderdale High School links with Harrogate Sports Partnership and other relevant individuals and organisations in the community, utilising available expertise in order to enhance provision.
- The Director of Learning for Wellbeing and PE staff ensure students are made aware of physical activity opportunities. Students are given contact details of local clubs and opportunities provided by Harrogate Borough Council through posters, leaflets and staff discussion. Any opportunities brought to the attention of PE staff are passed on to the students.

Safety

Nidderdale High School is committed to safe and effective exercise procedures and these are clearly stated within the PE handbook and Schemes of work following the guidelines and principles set out by the Association for Physical Education (AfPE).

The NiddVenture curriculum provides further opportunities to be physically active through the intervention and rewards programmes. The NiddVenture curriculum aims to develop confidence and resilience through a variety of outdoor activities. We ensure these are fully risk-assessed following guidelines from relevant national governing bodies such as Mountain Training England and the British Mountaineering Council.

- Equipment and facilities are checked annually by an external company through arrangement with the Site Manager.
- Risk assessments are carried out for all areas associated with physical activity and these are reviewed annually.

Students are regularly informed about minimising risks in physical activities. This is usually done at the start of an activity and is reinforced throughout.

Consultation

- Students and parents are consulted about the range of provision of physical activity at Nidderdale High School through their lessons and feedback from Parents' Evening questionnaires.
- Consultation takes place with the students in their PE lessons and through Flourish surveys.

Roles and Responsibilities

Under the direction of the Headteacher, the Director of Learning for Wellbeing has the responsibility for the implementation, condition, monitoring and evaluation of the Physical Activity policy. Monitoring and Evaluation of the Physical Activity policy takes place throughout the year and involves:

- Progress and attainment in physical activity for children and young people.
- The range of activities offered to students, staff, parents/carers and the levels of participation (including monitoring school users of the Nidderdale Sports Centre).
- The number of professional development courses/opportunities attended by staff.
- How the parents/carers, staff, children and young people are consulted.

The methods of evaluation include:

- Assessing the achievements of students.
- Reviewing schemes of work.
- Reviewing programmes of activities.
- Reviewing registers for activities using Classcharts.
- Minutes of Student Voice meetings.
- Questionnaires

Reapproved Full Governing Body 20 March 2023

Date of next Review March 2026