



## **THE JUBILEE ACADEMY**

*Aspire and Achieve*

<b>Title:</b>	<b>Physical Activity Policy</b>
<b>Date Approved:</b>	<b>June 2020</b>
<b>Date Last Reviewed:</b>	<b>July 2022</b>
<b>Status:</b>	<b>Non-Statutory</b>
<b>Delegation:</b>	<b>Head of School</b>
<b>Responsibility:</b>	<b>SBM H&amp;S</b>
<b>Review Frequency:</b>	<b>Annually</b>
<b>Policy Locations:</b>	<b>Website/Staff Shared Drive/Hard Copy</b>
<b>Next Review Date :</b>	<b>July 2023</b>

# Physical Activity Policy

## 1. School Background Information

1.1	Type of School	Alternative Provision Free School Academy
1.2	Member of Healthy Schools Scheme since	July 2018
1.3	Average No. on roll	80
1.4	No. of classes in year	3
1.6	Gender	Mixed

## 2. Key contacts

TJA Healthy School Working Party (HSWP) and School Travel Plan Working Party (STWP)

## 3. Dissemination

Key information from this policy will be incorporated into the school prospectus and on the website

## 4. Aim

To ensure that all aspects of physical activity are promoted for the health and wellbeing of pupils, staff and visitors

## 5. Rationale

At The Jubilee Academy, we aim to promote understanding of the importance of a healthy lifestyle for children and adults. Physical activity is both enjoyable in its own right and valuable in its contribution to good health. There is an important link between a healthy body and the ability to learn effectively. Through this and related policies, the school seeks to improve the health of the school community by teaching ways to establish and maintain lifelong physical activity habits.

## 6. Purpose or objectives

- To provide consistent messages in school about physical activity both within and outside the taught curriculum.
- To improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- To contribute to out of hours learning for pupils
- To encourage staff to undertake physical activity

## 7. Equal Opportunities

Physical activities will be available to all pupils, regardless of ability. Where students have special needs because of physical disability, advice should be sought about how they may be helped to participate. The aim should always be to maximise opportunities for participation and the promotion of self-esteem

## 8. Resource Provision

An annual budget is assigned to PE and Extra curricular activities

## 9. Staff Training, Development & Activity

The staff are encouraged to take part in sporting activities. Activities are published via staff briefing.

## 10. Curriculum Provision

The physical education programme will play a major part in the school's provision for physical activity

Students at The Jubilee Academy who choose to study PE will have the opportunity to take part in both practical and theoretical elements of the course. The subject is provided for all students in Key Stage 3 and is an option at GCSE. The subject is delivered by both Mr. Sutherland and Mr. Artrey.

Student progress is regularly assessed throughout the school year. This is achieved through both formative and summative assessment. Students are provided with feedback in line with school's policy on Teaching and Learning. This will include regular '4 part-marking', as well as through peer- and self-assessment.

## KS3 Curriculum

All students who come to the Jubilee Academy in KS3 will take part in six hours of the subject over a two-week period.

The key focus of KS3 PE is **Health and Practical Performance**

Consisting of:

- World sports
- Health, Fitness & Wellbeing
- Use of Data
- Team & Individual Sports

## KS4 Curriculum

All students who chose PE at GCSE level will study Edexcel GCSE (9-1) in Physical Education which comprises of Four Components.

Edexcel GCSE (9-1) in Physical Education has been designed to provide a smooth progression from GCSE to post 16. It Builds on the understanding developed at Key Stage 3, supporting a smooth transition to the next level of study. It encourages learners to become more competent, confident

and expert in their techniques, and apply them across different sports and physical activities. It Helps students develop important transferable skills for progression to the next level, including numeracy, communication and an understanding of practical performances. The blend of scientific and social knowledge positions candidates to access a range of qualifications.

The Practical element is designed to enable all students to further their understanding of the subject through application. Students will be encouraged to engage in physical activity and sport by contextualising the theory and applying their knowledge to their practical performance.

## ASSESSMENT

The new PE (9-1) GCSE is 70% external examination and 30% practical assessment – there is no coursework or controlled assessment. This means three examination papers are sat at the end of year 11.

## 11. Extra -Curricular Provision

The school will provide opportunities for all pupils to participate in a broad range of extra-curricular activities, e.g. Table Tennis, boxing, orienteering, athletics – 100m, 200m 400m, 800m, relay 4 x 100m , 100m hurdles, long jump, shot putt and high jump

A minimum of 2 hours structured physical activity will be available to all pupils, both within and outside the school curriculum. At Key Stage 3, the 2 hours are within the curriculum

Facilities will be made available for physical activity at break and lunchtimes and students will be encouraged to be active at these times.

Intra sports day competitions are promoted every year involving staff and students.

The school encourages outdoor education experiences for pupils/students throughout the year.

## 12. Active Travel

The school has a School Travel Plan Committee and Youth Travel Ambassadors that work in partnership with the local authority to promote sustainable forms of travel.

Could you expand on your school travel plan a little?

## 13. Community Partners & Links

The school has many links to clubs and organisations such as: Harrow school, consortium partners, Cedars Community Centre, local cadets. Detailed information about clubs and organisations is available via the PE /Pastoral team and on website.

## 14. Health and Safety

Attention should be paid to safety in all physical activities and should ensure that students are appropriately dressed and that there are adequate warm-up and cool-down exercises. Students should be regularly reminded of safety rules and these should be strictly adhered to. Staff conducting PE/school sport within and outside the curriculum (including non-PE department staff) work within

the APFE guidelines.

## **15. Implementation & Monitoring**

A named member of Senior Leadership Team (SLT) will be responsible for developing and monitoring the physical activity policy – at present this is the Additional Programmes Manager

Annual self evaluation is monitored by the paired member of SLT

## **16. Conclusion**

A copy of this policy will be supplied to all staff and governors and available on the website. A full copy will be made freely available to parents on request and if appropriate a summary will be published in the school prospectus and on the school website. Copies will also be supplied to other professionals whose work relates to physical activity or who may be involved in its delivery.