



## **Barking Abbey School Physical activity plan**

The Governing Body approved this Statutory Policy:

Review date:

Barking Abbey School is committed to providing opportunities for all its students and staff to be physically active. We are actively working to increase physical activity of both staff and students. The Physical Activity Policy seeks to establish good practice in promoting physical, social and mental health and a commitment to providing good quality opportunities for physical activity within the curriculum and outside lesson time.

## **Principles**

To develop and increase student awareness in the benefits of physical activity

To give students the opportunity to take part in high quality physical activities during lessons and outside lesson time

To make clear the role physical activity plays in supporting academic achievement and social learning

## **Purpose of the Plan**

**Making activities challenging, interesting and fun**

**Promoting activity as a means of positive social activity**

**Helping students and parents understand the link between good health gained from physical activity to short and long term well being**

**Providing equipment for students to use to be active at lunchtimes**

**Encouraging more staff to be active**

**Raising the profile of physical activity and the awareness of its value in promoting good health**

**Instilling the physical skills for living within and beyond school**

**Seeking student views through feedback at school council level**

## **Students**

Students currently have 2 hours of PE in curricular time and this supported by clubs and team practices at lunchtimes and after school, as well as more specialist clubs led by outside coaches. The department also organizes annual inter class competitions, health events, and use of playground and sports facilities at lunch time

## **Outside coaches**

The PE staff are aware that they do not always have the time or expertise to offer all the activities that students would like to do. To increase participation they therefore organise outside coaches to come in and lead activities. Students given the opportunity, through the school council and notices on the student board, to make requests for clubs they would like to participate in at school. Outside Coaches on the school, premises staff these at lunchtimes or after school

## **Encouraging participation and overcoming obstacles**

The PE department has a policy of 'all must do in lessons'. Notes are not normally accepted, except from a doctor, and parents are phoned to discuss non-participation in lessons. There is always spare clean clothing, which students can borrow; the PE technician washes this each time it is worn. Students do not have to change for lunchtime activities, as long as they are wearing suitable footwear.

## Physical activity in the community

The PE department seeks to provide a curriculum that responds to the needs of **young people** in today's society. The curriculum meets the requirements of the National Curriculum but also seeks to meet the needs and preferences of the KS3 and KS4

The school actively bids for funding for projects that promote physical activities. Jack Petchey and London Challenge Youth Opportunities fund have also allowed students to take part in **a variety of activities**

Students in KS4 have the option of taking an additional award Sports Leaders Level 1 Award which develops their skill in organising their peers and younger students in physical activities. These students then assist at interform, lower school practices and at playground activities in school and at Primary School events organised by **Barking Abbey's School Games Organiser**

We regularly display posters of athletes and sports personalities. Students work is also displayed alongside photographs of students in action. Posters and articles on specific health issues are also displayed.

## Staff

The school responded to requests for activities for staff. These were initially staffed by the PE department but later were funded and outside trainers employed. The PE facilities are also available for staff use after school

## Activities available

Currently the following activities take place

Staff football

Access to fitness suite before during and after school

## EXTRA CURRICULAR PROVISION

### Break times / lunch times

Lunchtime passes are available for students to attend clubs. These include Basketball, table tennis, Gym and football The children are responsible for monitoring their equipment In addition, children are encouraged to use the field at lunchtime to take part in any game they wish This is a popular option at lunch, particularly with boys.

### After school clubs

We aim to encourage all pupils to take part in a range clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Football, basketball, Netball, Handball, Health and Fitness, table tennis, badminton, Rugby, Athletics, Rounders, Cricket, and Dance clubs are on offer each year to prepare children for competitions.

## **Competition**

Pupils take place in a range of intra-school and inter-school competitions organized through the KS3 and KS4 I/C PE. They also take part in borough, county and national competitions. These include.... Football, Rugby, Netball, Handball, Badminton, Athletics

## **School trips**

The school offers a number of trips local and Worldwide. These include outdoor activities, Skiing, Football and Netball

## **ACTIVE TRAVEL**

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in Walk to School Week annually.

## **COMMUNITY PARTNERS / LINKS**

We have also established links with the local authority partnership and a number of local clubs including Romford football club, Manor Netball club, Karate club, Barking ladies football club and West ham in the community.

## **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. racing the children at sports day. Staff often play games with children at lunch and demonstrate physical activity during PE lessons.

## **HEALTH & SAFETY**

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on Safeguarding and DBS / staffing checks.