

# West Park School

*'A caring school where we put pupils and their achievement first'*



## Physical Education Policy

Approved by:	Head of PE
Last reviewed on:	February 2025
Next review due by:	February 2028

## **West Park School Physical Activity Policy**

### **Aim of the Policy**

We have a responsibility to help pupils and staff establish and maintain lifelong habits of being physically active. According to the Department of Health, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being.

Regular physical activity reduces the risk of long-term health conditions and quality of life in general. Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase pupils' capacity for learning.
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure.
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.
- Developing competency and confidence for pupils of all abilities, through the learning of skills and tactics within a range of sports.
- Promote achievement and understanding of competitive situations, in a range of sports and activities.

Therefore, this policy promotes practices within the school to reinforce our vision of developing pupils' competency and confidence within sport and physical activity.

This policy supports the overall school strategy, which aims to increase participation in physical activity and increase the awareness of the benefits. We understand we have an important part to play in this strategy by introducing pupils to a broad variety of physical activities and removing barriers to participation.

### **Physical Activity and the Ofsted Framework**

The Education Inspection Framework: overview of research by Ofsted states:

*'A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.'*

## **Provision of Physical Activity in West Park School**

Physical activity in school is provided through the following;

- 1. Physical Education Lessons**
- 2. Active Lessons**
- 3. Extra-curricular Activity**
- 4. Travelling to and from School**
- 5. Before School, Break and Lunchtime Activity**
- 6. Accessible and Adequate Facilities**
- 7. Staff Opportunities**
- 8. Involvement with Derby City and Other Community Organisations**
- 9. Celebrating Physical Achievements**

### **1. Physical Education Lessons**

Our PE curriculum looks to build on experiences and skills over each pupils' journey at West Park. The curriculum and schemes of work are sequential and well thought out to give pupils the best experience possible. All taught aspects of physical education involve moderate to vigorous physical activity on a regular basis, alongside the development of skills and tactics; these teach knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that pupils enjoy and can pursue throughout their lives and is taught by qualified and passionate staff. Every pupil in Key Stage 3 shall participate in 3 hours of PE per week for the entire school year and every pupil in Key Stage 4 with at least 1 hour per week. This includes pupils with disabling conditions and those in alternative education programmes. Over the course of their time at school each pupil will on average have access to over 2 hours per week.

The schemes of work make effective use of school and community resources and equitably serve the needs and interests of all pupils and staff, taking into consideration differences of gender, physical and cognitive abilities and fitness levels.

### **2. Active Lessons**

All staff look for opportunities to plan active lessons where possible and appropriate, for example; Geography field trips, Science, and respiration unit of work where the pupils measure their pulse/heart rates and Drama and Performing Arts. This ensures cross-curricular learning is taking place with specific emphasis on the importance of regular exercise.

### **3. Extra-Curricular Activity**

West Park school offers a physical activity programme that features a broad range of activities and meets the following criteria:

- All pupils have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured and un-structured.
- Every pupil has an opportunity to participate regardless of physical ability.

- Pupils have the autonomy to choose the sports and activities they would like to take part in during extra-curricular times.

Activities include: Netball, football, basketball, rugby, rounders, dance, badminton, trampolining, cricket, cross country, athletics, martial arts and table tennis.

All activities will be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of any club led by a coach in case support is required e.g. in case of a serious accident.

#### **4. Travelling to and from School**

The school has a travel plan that has developed safer routes to school and encourages active methods of travelling. There is cycle storage in a large cycle store. Pupils are asked to wear a cycle helmet if they cycle or scoot to school (e-scooters are not permitted).

#### **5. Before School, Break and Lunch Time Activity**

Our break times provide opportunities for physical activity, which help pupils stay alert and attentive in class and provide other educational and social benefits.

The school has hard court areas and a large field. A significant number of pupils initiate games involving physical exercise during break and lunchtime. Break times complement, not substitute for, physical education classes. Alongside this we do include some break time opportunities for sport, such as badminton, basketball and table tennis.

#### **6. Accessible and Adequate Facilities**

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity programme. We instil within students the importance to respect and help maintain the sports equipment we have within the department, demonstrating respect and pride for the school and PE department.

The use of physical education facilities for non-PE activities, such as using the Hall for other school subjects during times scheduled for physical education classes is minimised.

Access to sports halls and playgrounds after school hours will be permitted wherever it is appropriate to do so under qualified supervision.

#### **7. Staff Opportunities**

Staff are made aware of sporting opportunities provided by the wider school community. Staff often participate in and support sponsored events such as the charity events, held throughout the school year.

## **8. Involvement with Derby City and Other Community Organisations**

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to pupils and staff for physical activity joint school and community recreation activities. As a PE department, we endeavour to attend as many competitive school competitions as possible, giving as many pupils as possible the opportunity to represent the school.

## **9. Celebrating Physical Achievements**

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the pupils' confidence and self-esteem, which in turn may encourage them to continue being active. We have an annual Awards Evening when pupils receive awards for their sporting abilities within and beyond the school.

## **Equal Opportunities**

Physical activity needs to serve the needs and interests of all pupils and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation. We aim to reduce any barriers pupils face to taking part in PE through reasonable adjustment so that all pupils can participate in the School's physical activities.

## **CPD Opportunities**

Training needs are identified and agreed through Performance Management Reviews within the School. Training Opportunities with relevance to individual staff are circulated. The Head of Physical Education is kept up to date with current initiatives.

## **Assessment & Reporting**

As a department we will report home, in line with the whole school policy, twice per academic year. This will include a number correlating their behaviour and effort within PE, along with a performance grade.

At KS3, we use a clear framework that highlights the skills, tactics and decision-making elements within each sport. Pupils are then given a score in each sport, with their overall score being a combination of their best 3 sports.

At KS4, students are given a behaviour and effort score only. Unless they have taken an examination subject. Their grades will be given based on the specifications of their examination board.

## Monitoring and Evaluation

The Head of Physical Education is responsible for providing 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 appropriate adjustments. They will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided for all pupils to participate in.

## Sanctions

We strongly encourage all our pupils to play an active part in the opportunities West Park School provides. This primarily takes into account the safety of all pupils, as well as staff:

### Jewellery

- ***When taking part in physical activity all jewellery must be removed.***

If jewellery cannot be removed, then the sanction utilised is an immediate C3 and students are placed in the Reset Room. Students need to be getting their piercings with enough time for it to heal so that it can be removed for all PE lessons.

As a department and school, if Jewellery is not removed we will follow the below procedure:

Number of Occasions	Action by PE Department/School
1 <sup>st</sup>	<ul style="list-style-type: none"><li>• Immediate C3 and a call from your child's teacher</li></ul>
2 <sup>nd</sup>	<ul style="list-style-type: none"><li>• Immediate C3 and a call from the Head of PE or Assistant Head of PE</li></ul>
3 <sup>rd</sup>	<ul style="list-style-type: none"><li>• Immediate C3 and meeting with the Head of PE and Assistant Head of PE</li></ul>
4 <sup>th</sup>	<ul style="list-style-type: none"><li>• Immediate C3 and a meeting with a member of the leadership team</li></ul>

If the issue persists, there will be further sanctions and intervention from the leadership team.

## PE Kit

As a department we strive to develop all aspects of pupils at West Park School. This also includes the organisation and forward thinking of pupils regarding their PE lessons. We aim to develop these skills whilst offering a supportive and reflective system for students.

Below is a table explaining the actions the PE department will take if pupils arrive to lesson either:

- Without kit
- Missing items of kit
- With the wrong kit

(The West Park School PE kit can be found on the school website) – please refer to this for the appropriate kit within PE.

If parents / carers know that their child has an issue with their kit prior to the lesson, they should either:

- E-mail your child's PE teacher
- Handwrite a note to the PE teacher for your child, explaining the reason for missing / forgotten kit, or
- Call our reception team to explain why, where the message will be passed on to the PE department.

Reporting an issue with their kit may prevent your child being issued with a kit mark.

Number of Occasions Kit Mark Given	Action by PE Department
1 <sup>st</sup> & 2 <sup>nd</sup>	<ul style="list-style-type: none"><li>• No action taken</li></ul>
3 <sup>rd</sup>	<ul style="list-style-type: none"><li>• E-mail to parent/guardian notifying them of the number of times their child has had a kit issue</li></ul> and <ul style="list-style-type: none"><li>• Offer of support to find a suitable solution to the issue</li><li>• This gives the opportunity for parents to contact the PE department to highlight any issues</li></ul>
5 <sup>th</sup>	<ul style="list-style-type: none"><li>• 1 hour after school sanction</li></ul>
Every 3 times after this	<ul style="list-style-type: none"><li>• 1 hour after school sanction</li></ul> ○ and <ul style="list-style-type: none"><li>• Email to parent / carer to discuss the matter to find a suitable solution to the issue</li></ul>

## Example Sports & Timetable

Please see below an example of what a year would look like within PE for both KS3 & KS4 PE. This may slightly change on a yearly basis, depending on available spaces, staffing and cohort needs:

### KS3

Year 7	Boys	1	RUGBY	October Half Term	OAA	FOOTBALL	Christmas Cup	Christmas	FOOTBALL	B	February Half Term	ADMINTON	Easter Holidays	ROUNDER	S	May Half Term	Sports Day Heats	TENNIS	Summer Holidays
		2	RUGBY			HANDBALL			HANDBALL			OCKEY		CRICKE				CRICKET	
		3	BASKETBALL			TABLE TENNIS			TABLE TENNIS			RAMPOLINE		ATHLETIC				ATHLETICS	
	Girls	4	NETBALL	November Half Term	OAA	BASKETBALL	XMAS	Christmas	BASKETBALL	H	February Half Term	ANDBALL	Easter Holidays	ROUNDER	S	May Half Term	Sports Day Heats	ATHLETICS	Summer Holidays
		5	FOOTBALL			BADMINTON			BADMINTON			ANCE		TENNI				CRICKET	
		6	TRAMPOLINE			HOCKEY			HOCKEY			ETBALL		ATHLETIC				ATHLETICS	
Year 8	Boys	1	RUGBY	October Half Term	OAA	FOOTBALL	Christmas Cup	Christmas	FOOTBALL	B	February Half Term	ADMINTON	Easter Holidays	ROUNDER	S	May Half Term	Sports Day Heats	TENNIS	Summer Holidays
		2	HOCKEY			HANDBALL			HANDBALL			EM		CRICKE				CRICKET	
		3	BASKETBALL			TABLE TENNIS			TABLE TENNIS			RAMPOLINE		ATHLETIC				ATHLETICS	
	Girls	4	NETBALL	November Half Term	OAA	BASKETBALL	XMAS	Christmas	BASKETBALL	H	February Half Term	ANDBALL	Easter Holidays	ROUNDER	S	May Half Term	Sports Day Heats	ATHLETICS	Summer Holidays
		5	FOOTBALL			BADMINTON			BADMINTON			ANCE		TENNI				CRICKET	
		6	TRAMPOLINE			HOCKEY			HOCKEY			ETBALL		ATHLETIC				ATHLETICS	
Year 9	Boys	1	RUGBY	October Half Term	OAA	FOOTBALL	Christmas Cup	Christmas	FOOTBALL	B	February Half Term	ADMINTON	Easter Holidays	ROUNDER	S	May Half Term	Sports Day Heats	TENNIS	Summer Holidays
		2	RUGBY			HANDBALL			HANDBALL			OCKEY		CRICKE				CRICKET	
		3	BASKETBALL			TABLE TENNIS			TABLE TENNIS			RAMPOLINE		ATHLETIC				ATHLETICS	
	Girls	4	NETBALL	November Half Term	OAA	BASKETBALL	XMAS	Christmas	BASKETBALL	H	February Half Term	ANDBALL	Easter Holidays	ROUNDER	S	May Half Term	Sports Day Heats	ATHLETICS	Summer Holidays
		5	FOOTBALL			BADMINTON			BADMINTON			ETBALL		TENNI				CRICKET	
		6	TRAMPOLINE			HOCKEY			HOCKEY			ABLE TENNIS		ATHLETIC				ATHLETICS	

### KS4

Year 10	Option 1	BASKETBALL	Half Term	MULTI-SPORTS	Christmas	BADMINTON	Half Term	ULTIMATE FRISBEE	Easter	ROUNDERS	Half Term	ROUNDERS	Summer
	Option 2	TRAMPOLINE				WALK & TALK				CRICKET		CRICKET	
	Option 3	FOOTBALL				DODGEBALL				TENNIS		TENNIS	
	Option 4	FITNESS				HOCKEY				LACROSSE		LACROSSE	
Year 11	Option 1	BASKETBALL	Half Term	MULTI-SPORTS	Christmas	BADMINTON	Half Term	ULTIMATE FRISBEE	Easter	ROUNDERS	Half Term	Exams & Revision Timetable	Summer
	Option 2	TRAMPOLINE				WALK & TALK				ROUNDERS			
	Option 3	FOOTBALL				DODGEBALL				ROUNDERS			
	Option 4	FITNESS				HOCKEY				ROUNDERS			

## Policy Development and Review

This policy will be reviewed regularly by the Head of Physical Education.