



PHYSICAL ACTIVITY POLICY

Mount St Mary's Catholic High School Physical Activity Policy
Adopted by Mount St Marys' Governing Body on 20 September 2022

Signed

Chair of Governors

Review date: 20 September 2025

This policy should be read in conjunction with the Behaviour Policy, the Safeguarding Policy and the Single Equality Policy.

Rationale

At MSM, we firmly believe that there are positive links between participation in physical activities and academic success at school. Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with physical inactivity. There is a belief that a sedentary lifestyle can lead to an increase in social and emotional health concerns.

Consequently, PE sessions are seen as an important part of our school curriculum. Participation is not optional, and parental support of our approach is expected.

Aim

At Mount St Mary's we want to provide high quality teaching that supports high quality learning. We want our students to enjoy coming to school and to develop the skills to play a full and active part in our community, their own out of school community and any communities that they may become part of outside of school and having left Mount St Mary's.

We also want to promote and maintain a dynamic and challenging environment where everyone is valued and has the opportunity to maximise their potential. Physical activity is an integral part of this aspiration as it is a significant method of preserving general health. At Mount St Mary's, the aim is to educate students so that they lead healthy active lifestyles. We strongly advocate participation in physical activity outside of school hours. This could be representing a sports team, park running, walking to school or simply getting off the school bus, or any bus, a stop early to and from home for a walk. 30 minutes brisk activity per day can have great benefits both physically and mentally.

Participation in regular sessions of physical activity and various games, team or individual, can help to improve confidence and instil a sense of achievement, whilst this is particularly true in early childhood, we believe it can still be of value in secondary school children.

Benefits of physical activity

- Helping release stress, tension, anxiety and aggression.
- Helping us to live longer.
- Acquiring new skills, knowledge and understanding about a variety of activities.
- Being challenged either on an individual level or through competition against others.
- Developing social and interpersonal skills.
- Taking on leadership responsibilities and becoming independent in the physical activity environment.
- Experiencing fun, enjoyment and excitement
- Learning or developing sports that can be continued long after school.

Aims of physical activity at Mount St Mary's:

- To ensure that students have access to a broad and balanced curriculum whereby they can learn, progress and achieve at a level suitable to their ability.
- To develop positive physical characteristics by participating in physical activity.
- To offer a range of physical activity programmes for students and staff working alongside outside agencies to offer variety and stimulation.
- To offer a variety of accredited qualifications that will help students once they leave the school.

- To encourage students to become involved in local community clubs to further their participation in sport.

Objectives:

- Ensure the PE programme is broadly in line with the National Curriculum requirement in terms of time and content.
- Monitor student levels of involvement in physical activity inside and outside of school and in enrichment and extra-curricular activities.
- Highlight success in a variety of ways e.g. Twitter, "Wall of Fame", MSM Messenger (periodical publication), Golden Tickets (see behaviour policy), End of Year Awards.
- Increase opportunities for staff to gain qualifications so that they can help in out-of-hours learning.
- Increase the variation of clubs and provide opportunities for students who do not enjoy traditional team sports to participate in more recreational sports activities through the Sports Partnership initiatives and use of outside agencies.
- Ensure all students are aware of, and have access to, appropriate community activities.
- Develop inter-house, school-based competitions.

Physical activity in the curriculum

The school timetable is written to ensure that all students take part in a minimum of a 100-minute session of PE per week for Years 7 – 9 with Years 7 and 8 having an additional 50-minute lesson per fortnight, focusing on developing their knowledge and understanding of health and fitness. This is a 100-minute session per fortnight for Years 10 and 11. It is recommended that students come prepared for warm weather by bringing sun lotion and a drink to school on the days that they have PE. All PE lessons are delivered by appropriately qualified staff.

Advice is given to students about preparation for physical activity in order to avoid injury and maximise the physical and mental benefits of such activity. Students are also warned against how to judge appropriate levels of exertion.

Throughout KS3, students are fitness tested at least once per year. These tests measure a variety of components of fitness, help staff and students to identify activities that suit the students' strengths, and areas of fitness that need to be improved. Students have a fitness focussed activity (methods of training) at the start of every lesson which ensures they specifically train each component of fitness throughout the year and can use this knowledge and understanding when exercising at home.

All physical activity and PE activities are planned and implemented with the health and safety of all participants in mind, following Safe Practice in PE guidelines and where appropriate risk assessments have been made. The condition of all equipment used is checked and monitored for being "fit and safe for purpose".

PE kit

In cold weather we would ask that all students are properly prepared for outdoor PE lessons with correct PE kit, which can all be purchased from "The school Uniform Shop 369-371 Harehills Ln, Harehills, Leeds LS9 6AP. This includes School PE tops, plain blue shorts and blue school socks. Footwear must be appropriate (no plimsolls); training shoes for indoor PE lessons/netball and football boots for rugby and football lessons. Base layers can be worn if plain black. If students are dressed appropriately for the weather as advised, they will remain comfortable throughout and enjoy their PE session. We appreciate parental support in this matter.

Forgotten Kit

If students forget PE kit, or bring the wrong kit, they may be given kit to wear from the PE Office. Parents and students should rest assured that this kit is always washed and clean. If students persistently forget their PE kit, they will follow the PE detention system; PE staff may also contact parents.

Illness or Injury

The school operates a 'no parental note' policy by which we mean a parent may not withdraw their child from PE sessions unless a doctor's has given specific advice that a child should not participate at all in PE. Students must therefore always bring PE kit and be expected to participate in PE sessions as normal.

Students who are ill or injured will be given a suitable role to carry out in the lesson such as refereeing, scoring, coaching, timing, equipment management etc. This means they still have an understanding of the activities that are taking place, but will not be physically involved, thus ensuring they do not worsen injuries or illness.

If a child has a doctor's note and cannot fulfil any of the aforementioned roles we will find alternative work for the student to do until they are fit enough to come back to PE.

If students are asthmatic it is unlikely they will need to be excused from lessons, as they should always have an inhaler with them and be able to use it correctly at the beginning and, if necessary, during the lesson. Where this is the case, please ensure that the school has advance knowledge of this.

Any injuries that occur during a PE session are recorded and future practice is reviewed in light of the injuries to see if and how it might have been avoided.

Jewellery

MSM does not permit the wearing of any jewellery, including earrings, during PE sessions. Students must remove all piercings prior to all PE sessions. Mount St Mary's accepts no responsibility for jewellery removed prior to PE sessions.

Activities offered in curriculum time

These include netball, rugby, football, basketball, gymnastics/trampolining, health-related fitness, badminton, volleyball, rounders, athletics, handball, hockey, leadership development, climbing, rowing and table tennis.

Enrichment opportunities

These include netball, rugby, football, trampoline, table tennis, hockey, boxing, rowing, athletics, and many more.

Outside coaching in school time

Where students compete at a level which necessitates school-time coaching sessions, this must be discussed with the Headteacher or Deputy Headteacher. Permission to participate in outside coaching and/or lessons during school time and/or enrichment time will only be given where the student is deemed to have reached a high level of performance, equivalent to at least county level.

Fixtures

Students are expected to compete in school fixtures where possible. The school will usually arrange transport to and from fixtures.

Off-site activities

Any off-site activities are subject to a risk assessment being in place.

Implementation of policy

The Physical Activity and PE Policy supports the Every Child Matters agenda, with particular reference to being healthy and enjoying and achieving. It ensures that staff and students at Mount St Mary's are aware of the importance of physical activity in maintaining the health and well-being of the community.

Representing the School through sport

We offer all students the opportunity to represent the school through a wide variety of individual and team sports. It is our aim that a high percentage of our students represent the school.

Sports Day

The culmination of our PE curriculum, is our annual Inter-house Sports Day. All students are expected to attend and compete. Where injury prevents participation, students will be given tasks to support their fellow students and may be asked to assist with events where appropriate.

Responsibilities

All staff are responsible for supporting the school Physical Activity policy and for reinforcing positive messages about physical activity. Members of staff are encouraged to participate in school sports activities wherever they are able.

Students are responsible for ensuring they have the correct kit for all PE activities; for taking an active and enthusiastic part in PE sessions, for enrichment / extra-curricular activities and for supporting the achievements of others.

Parents can contribute to and support the physical activity by ensuring their children are prepared for PE sessions and enrichment / extra-curricular activities and by supporting their children in after school clubs or teams. We welcome parents to school fixtures but on the condition that they observe in an appropriate manner and in no way challenge decisions made by officials.