



HOLLY HOUSE WHOLE SCHOOL PHYSICAL ACTIVITY POLICY

SUMMARY

Being able to lead a healthy and active life is important for everyone and encouraging children to make informed choices that will take them through to a healthy adult lifestyle is important to us. This policy sets out how we will try and achieve this as a Whole School starting with adults as positive role models and running through the school day and into extended day and residence.

Iain Williams
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INTRODUCTION

The young people who attend Holly House School have all been (or been close to being) permanently excluded from mainstream school. Many have been disaffected by education, have a history of disrupted and disruptive learning, and find it difficult to remain on task throughout the school day. There are a significant number of young people who are from disadvantaged homes. Many of the young people do not have enough sleep through poor sleep patterns, disruption from other family members, or because they stay up late to watch the television, play computer games or log into some form of social media. Physical activities outside education are costly in terms of not only paying for the venue, but also through transport to and from the activity and purchasing the correct kit or equipment. This is beyond the means of many parents.

In recent years it has become evident that obesity has become a major problem and concern in young people and a lack of exercise is one part of this. (see also healthy Eating policy) The latest Physical Activity Guidelines from the Department of Health recommend that children should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. More vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week and children should minimise the time spent sitting for extended periods.

It is also important to have a fit and healthy workforce, not only to set a good example to the pupils, but also for their own happiness, health and wellbeing. Holly House has signed up to the Derbyshire Healthy Workplace scheme. The aims of this are:

- Reduce costs and increase productivity
- Create a happier and more productive workforce
- Reduce worker absence and staff turnover
- Reduce the number of workplace accidents
- Improve awareness and control of workplace risks
- Improve our reputation among investors, customers and communities

With all this in mind it is important that pupils and staff at Holly House take part in regular physical activity.

Aim

- To enable all young people at the school to participate in at least three hours of structured physical activities each week

Objectives

To enable all the young people to:

- Improve their levels of fitness

- Take regular physical exercise
- Develop collaborative skills
- Develop social skills
- Participate in an activity for enjoyment
- Experience a variety of, and possibly new physical activities, e.g. football, unihoc, table tennis, badminton, climbing and abseiling, water sports, rounder's, basketball, swimming, ten pin bowling, roller/ice skating and tobogganing
- Interact socially with young people from different schools and centres e.g. football matches
- React positively in a team game whether they win or lose, experience success or failure
- Interact positively with familiar and unfamiliar adults e.g. all school staff, youth workers, coaches and instructors
- Improvement their attitude, behaviour and attendance in class through the use of a, variety of physical activities on offer at the school as both short and long term objectives
- Concentrate in class and realise their full potential (regular exercise has been proven to enhance learning)
- Experience success
- Use our grounds, tennis courts, gym and climbing wall
- Visit new environments outside their local community to give them a wider knowledge of the locality and facilities

The guidelines from the UK Chief Medical Officer states the benefits of regular (daily) exercise as:

- Builds confidence & social skills
- Develops co-ordination
- Improves concentration & learning
- Strengthens muscles & bones
- Improves health & fitness
- Maintains healthy weight
- Improves sleep
- Makes you feel good

All Holly House pupils need to take advantage of these benefits.

Implementation

All young people will have two timetabled physical education lessons each week and a one hour physical activity session on a Friday. KS3 pupils will also have one outdoor activity session a week. KS2 pupils will have one swimming session a week. All young people will have the opportunity to participate in physical activities at break and lunchtime (dependent on behaviour and the weather). They will have further opportunities to experience physical activities during the 'extended day' which runs from 3.10pm until about 7.00pm 4 nights a

week. Football matches against other Schools and Centres are also planned (NB the football team players are selected through their positive behaviour and collaborative skills, as much as by their football skills). All the young people are encouraged to participate in the football matches, whatever their skills, even if only for a short period. The local Leisure Centre is used for swimming sessions. Visitors are brought into school for specific training and coaching activities. These include Sky Sports Ambassadors, DCC Cricket coaches, Bikeability trainers and local sports people. Pupils will also go off-site for specific coaching and activities such as tennis, golf, bowls, skating, swimming and football. There are regular inter-house sports activities where all pupils are encouraged to participate (football, dodgeball, rounders, cricket). The main event is the annual sports day where the whole school (including parents) take over the Sheffield Hallam University Athletics Stadium. Events start with everyone, including staff running (some walking) the mile. All pupils then compete in a range of track and field events ending in a Penalty Shoot-out.

Inclusion

All the young people and staff are actively encouraged to participate in Physical Activity opportunities at the school. If any young person is unable to swim when they are admitted to the school, staff encourage them to learn by joining them in the water and asking the young people who are confident swimmers to also give them support, in activity club sessions. Any young person who has a medical condition preventing them from joining in a particular physical activity will be encouraged to participate in a different form of exercise. The school staff also work closely with a range of agencies including MAT teams, the school nurse, ADHD nurses, CAMHS and family support workers where appropriate.

Monitoring, Evaluation and Assessment

- Short term monitoring assessment sheets for PE lesson and after school clubs
- Evaluations of Fitness Club sessions, educational visits and football matches
- PE lesson records and assessments.
- A diary of physical activities on offer at the school together with the names of the young people who access these opportunities
- Certificates awarded for special achievements such as 'swimmer of the week', House sports events and sports day.

Photographs of the young people participating in different activities are displayed in the dining room and corridors for all pupils and visitors to the school to appreciate. Selected Photos are also available to view on the website.

The subject leader for Physical Education is responsible for providing a variety of forms of exercise and experiences within the Physical Education curriculum

The subject leader is ultimately responsible for the developing, monitoring and evaluating opportunities for physical activities at the School, outside the PE Curriculum.

Sports Premium

This funding is received for Key Stage 2. It currently amounts to £1,000 per KS2 pupil based on the previous year's census. In 2017/18 this amounts to £15,000. Its purpose is to fund additional and sustainable improvements to the provision of PE and sport for the benefit of Primary-aged pupils to encourage the development of healthy, active lifestyles. Details of how the money is spent and the benefit derived from it can be found on the website. In summary it will be spent as follows:

- £8,000 – release PE teacher for one day a week to organise and engage pupils in additional physical activities
- £3,000 – additional CPD for staff to gain relevant coaching/training qualifications to then safely work with groups of pupils
- £2,000 – Provide additional experiences on site by bringing people in or providing experiences off site at other venues which are additional to what would normally be done in PE
- £2,000 – Provide additional activities that encourage healthy, active lifestyles on residence and extended day

The 5 Key success indicators for this funding are – we should expect to see improvement across:

- the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- increased confidence, knowledge and skills of all staff in teaching PE and sport
- broader experience of a range of sports and activities offered to all pupils
- increased participation in competitive sport

There is a requirement to publish the following information on-line:

- the amount of premium received
- a full breakdown of how it has been spent (or will be spent)
- the impact the school has seen on pupils' PE and sport participation and attainment
- how the improvements will be sustainable in the future

For the 2017 to 2018 academic year, there is a new condition requiring schools to publish how many pupils within their year 6 cohort are meeting the national curriculum requirement to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

Finally

Physical activity is taken very seriously at Holly House, but at the same time it should be fun. Pupils need to enjoy what they are doing. There is a lot of choice of activities with a range of demands. We have a well-equipped gym and a reasonable outdoor space (which is need of resurfacing soon). We run supervised physical activities at breaks. We have facilities for a range of sports including football, cricket, basketball, volleyball, unihoc, badminton, table tennis, dodgeball cross-country running, and rounders. We have facilities for indoor climbing and archery. We have bikes and a trailer to go off-site to a range of venues of differing demand. We have canoes and a trailer. We have two minibuses. We have a well-qualified PE specialist teacher. We have an Outdoor Education Teacher qualified to take pupils climbing and abseiling, canoeing, sailing, weaselling, gorge-walking, hill-walking and mountain biking. He is also qualified for Indoor Archery. A number of staff are qualified to take pupils on the climbing wall. We have residential staff who run activities open to all pupils after school. These include Oz Box, skating, swimming, bowls, fishing, biking, indoor climbing, football, walking, adventure games and healthy eating/lifestyle work on site. Healthy eating and lifestyle choices are also an important part of Food Tech and PSHE lessons. Year 9 pupils also have a sports science/fitness lesson each week.

Physical activity is an important part of the Holly House experience.

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