



# Physical Activity Policy

Riverside Secondary School

This policy was written in consultation with staff, pupils, parents and governors.

## 1. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 1.1 School Handbook / Prospectus
- 1.2 Staff Handbook / Induction materials
- 1.3 Governor Handbook / Induction materials
- 1.4 Student documentation

## 2. Purpose of Physical Activity Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and students about the provision of physical activity opportunities during the school day and our approach to the positive promotion of physical activity.

## 3. Physical Activity Guidelines for Children and Young People

The Physical Activity guidelines for children and young people are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring the all children and young people are as active as possible throughout childhood is important for current and future population health.

Physical activity guidelines for children and young people:

- Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.



- Children and young people should engage in a variety of types of intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity

For more information on the UK Physical Activity Guidelines for Children and young people please refer to: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

In 2019, the Government published a School Sport and Activity Action plan which sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.

For more information on the School Sport and Physical Activity Action Plan please refer to: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/848082/School\\_sport\\_and\\_activity\\_action\\_plan.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/848082/School_sport_and_activity_action_plan.pdf)

#### **4. Curriculum Provision**

Physical Education is compulsory at all key stages. The National Curriculum programmes of study outline what should be taught at each key stage. Local authority-maintained schools are required to follow the National Curriculum; academies and free schools do not have to follow it but are required to provide a broad and balanced curriculum that promote the physical development of students.

A high-quality physical education curriculum inspires all students in KS3 and KS4 to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for students 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.

For more information on the National Curriculum for Physical Education in KS3 and 4 please refer to:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/239086/SECONDARY\\_national\\_curriculum\\_-\\_Physical\\_education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf)

To meet the Healthy Schools London criteria for the Bronze award schools must provide a minimum of 90 minutes of PE for each student across the school week.



PE is taught in our school as follows:

- All students at Riverside Secondary School have 2-hour weekly lessons year 7-11 with 10% doing GCSE PE and the remaining students do BTEC PE.
- KS4 students are offered a range of sports and physical activity options during their practical lessons to enhance enjoyment and participation. All KS4 students learn about the importance of leading a healthy active lifestyle within their PE qualification and create fitness programmes to follow and adapt accordingly.
- Riverside Secondary School has 11 PE teachers with different specialisms from athletics, trampolining to football.
- We have 2 full-time specialist basketball coaches for our basketball academy where students partake in a range of fitness and basketball sessions specially tailored to each student.
- KS3 students are assessed at the end of each sport they take part in and termly, students will receive a summative grade based upon the PE core values of excellence, resilience and teamwork. From this, they create targets on how to improve in preparation for the next term. KS4 students will be assessed every three weeks theoretically, checking their understanding of how to lead a healthy, active lifestyle.
- Yearly whole year group cross-curricular programme on climate change related issues such as lung health and pollution.
- PE have drop down weeks during the year 11 mock exams, where we focus on a range of topics such as healthy eating and training using house hold items and within local areas so they know that they do not have to pay to exercise. PE also host the Riverside dash once a term, where all KS3 students run a 3km route along the Riverside Thames

## 5. Extra-Curricular Provision

To ensure that children and young people are able to meet the physical activity guidelines schools should also look outside of PE lessons to provide physical activity opportunities. By making physical activity an integral part of students' daily routines, schools can increase the amount of time children and young people spend being active, boosting their physical, mental wellbeing, character and resilience.

Our extra-curricular offer includes the following:

7.1 Before school – Basketball academy and fitness clubs

7.2 Break times - Basketball academy shooting practice and dance practice.

7.5 After school – we have a termly change list of clubs both social and competitive.



7.6 School trips – to visit Sport Universities, sport grounds, Emirates, London Stadium

7.7 Competitions: Enter Borough, Country and national level competitions for netball, basketball and football.

7.8 During school holidays: Skip trip runs every 2 years, football trips and local sporting trips to events.

7.9 Active Travel including STARS awards.

## **6. Resources**

Access to, and integration in the school day of, open space, parks, and playgrounds are positively associated with physical activity levels. There is also evidence of greater benefits of people being active outside, such as benefits to mental and emotional wellbeing.

Our resources are organised in the following ways:

- Full size astro-pitch football group, 4 Multi Use Ground A for basketball and tennis court, cricket, pitch, athletics track, sprung floor dance studio, fitness suite and 1 full size indoor basketball court, 4 badminton courts (with basketball hoops)
- All sports equipment is stored safely in 2 x sports cupboard which can be accessed by teachers only.
- Students have access to 8 basketball hoops and 4 Multi-Use Games Areas before, during break and after school. Students however, must bring in their own balls to play with.
- Equipment is checked by our sports technician and topped up when necessary. We have a safety check annually on all equipment and if we need a top up check this will be organised by the school facility manager.
- The school is allocated a budget, which is spread across the school year. Equipment is pre-ordered in preparation for the next term sports and is topped up regularly. Equipment for lessons are prioritised and then any additional orders can be made after approved by the Head of Department.
- Students can use the MUGA's before school during break time and after school. There are some sports clubs on during lunch (shooting practise etc) but due to the short period of time we have for breaks, students cannot participate to a high level. During the holiday football camps are organised, this is external but students do get priority and often have discounted rates to attend.



## 7. Equal Opportunities

There is growing evidence to show that certain groups such as girls, children and young people with disabilities and those from minority ethnic groups and low socio-economic status families have lower levels of physical activity than their counterparts and that this contributes to health inequalities related to lower levels of physical activity.

Giving students a voice and enhancing their ownership of physical activity delivery can ensure that activities are appropriately tailored to their needs can support participation. In addition, encouraging children and young people to act as role models can have an aspirational impact and encourage younger age groups to follow a similar path.

Offering a variety of physical activity opportunities for children and young people to take part in can increase participation in physical activity. In addition, a focus on games and the fun elements of participation, as well as the more traditional sports or competitive activities, can help to encourage participation, particularly among inactive children and young people. Promoting equality of opportunity in physical activities is achieved in the following ways:

- PE lessons are planned to promote high levels of participation and ensures that learning is at the heart of the lesson. Our PE core values of teamwork, respect, resilience, enjoyment and excellence are implemented each lesson.
- All provision is similar throughout the key stages. Through the setting of classes and the differentiation of lessons we ensure all lesson are inclusive.
- All students are offered a range of sports within the PE curriculum so that they have the ability to choose their preferred sports in year 10 and 11 to ensure they participate to their full potential. We also offer a range of participation clubs such as fitness and trampolining.
- At Riverside we monitor our club attendance and break down of sub categories such as ethnicity, FSM and PP.
- We use our student leadership teams to create form time listening campaigns to get feedback on extra-curricular offer.
- We have a reward system to encourage students to take part in the extra-curricular offering and we have 'social' sports to encourage all levels and abilities to give sports a try.
- We have an extensive number of students completing DoE bronze (33% of the year 9), silver & gold which is heavily subsidised by the school including providing boots and camping equipment.



## **8. Student voice, leadership and volunteering**

Giving students a voice and enhancing their ownership of physical activity delivery can ensure that activities are appropriately tailored to their needs can support participation. In addition, encouraging children and young people to act as role models can have an aspirational impact and encourage younger age groups to follow a similar path.

We consult with our students to gather their feedback, promote leadership and volunteering as follows:

- Our form ambassador programme helps gather students voice from the whole school and help us inform our clubs and PoS choices.
- Our students are encouraged to take on leadership or volunteer roles that support physical activity and sport through our sports ambassador programme which ensures a level of autonomy and authentic student leadership in areas such as sports day and inter form competition and tournaments.
- We have a strong level of volunteering through the strong take up in DoE we have a strong level of volunteering
- We have 6<sup>th</sup> form students working with the primary and SEND school on site.

## **9. Staff training, development and activity**

Evidence supports the need for an appropriately trained, skilled and knowledgeable workforce. Ensuring staff have the confidence and competence to offer high quality experiences of both physical education and physical activity across the school day can contribute towards higher levels of physical activity by children and young people.

In addition, staff act as role models and can inspire children and young people to participate in sport and enjoy it. The UK Physical Activity guidelines for adults recommend that:

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still
- Adults should do activities to develop or maintain strength in the major muscle groups. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes of moderate intensity activity; or 75 minutes of vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.



For more information on the Physical Activity Guidelines for adults please refer to:  
<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

We provide the following opportunities for staff training:

- Peer mentoring,
- Training and resources to help them teach PE and sport more effectively to all students.
- PE are encouraged and guided to take up CPDL opportunities both internally and externally to improve their learning.
- The PE depart has a weekly department CPDL hour to share and develop PoS and development pedagogy.

## **10. Community partners and links**

There are a wide range of partner organisations and support available in the local community to support the provision of physical activity.

The facilities at Riverside is utilised by Levels Football Club and Pullums dance academy.

## **11. Monitoring and Evaluation**

- The policies are review and updated in between the PE department and SLT link every 2 years.
- The policy is shared with all students in the beginning of every term, the PE values are shared with parents

## **12. Policy Review**

Policy Implementation Date: 1/7/2024

Next Review Date: 1/7/2026

Signed: Gemma Phillips – Head of PE.

Date: 1/7/2024