



Physical Activity Policy

At Queen Elizabeth's Grammar, Alford the named persons with responsibility for the Physical Activity Policy are:

Author	Subject Leader for Physical Education
Designated Governor	Headteacher

Approved by: Headteacher
Date Approved: June 2024
Last reviewed: May 2024
Next date due to be reviewed by the Headteacher: June 2025



Queen Elizabeth's Grammar, Alford

A Selective Academy



RATIONALE

According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and social well-being. Regular physical activity reduces the risk of developing numerous health issues such as heart disease, high blood pressure, colon cancer and Type 2 diabetes. It can also help to reduce the development of mental health issues such as depression and anxiety.

Promoting a physically active lifestyle among young people is important because:

- it has positive effects on mental health, including the lowering of depression and providing a boost to self-esteem and confidence. It also has a positive effect on learning capacity through improvement to focus and resilience
- 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

PROVISION OF PHYSICAL ACTIVITY IN SCHOOL

Physical activity in school is provided through the following areas:

1. Physical Education lessons
2. Active lessons
3. Extra-curricular physical activity
4. Trips
5. Travelling to and from school
6. Break and lunchtime activity (structured and unstructured)
7. Facilities
8. Staff opportunities
9. Involvement with School Sports Partnership and other community resources
10. Initiatives

1. PHYSICAL EDUCATION LESSONS

Every student in each year is timetabled to participate in regular physical education throughout Key Stage 3-5, with each student accessing two structured hours of PE per week. GCSE and A Level PE are also offered as options.

There is a progressive scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis. The curriculum is designed to teach knowledge, self-management skills and positive attitudes which help to promote activities and sports that students enjoy and can pursue throughout their lives.

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The scheme of work makes effective use of academy resources, which in turn meets the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. The PE curriculum challenges students to take responsibility for their continual physical improvement throughout their time at school with opportunities for young people to gain sports qualifications.

2. ACTIVE LESSONS

Staff are encouraged to plan active lessons where possible, and appropriate, to cater for a range of learning styles, for example; delivering literacy 'speaking and listening' through drama. Examples of good practice are shared regularly at INSET/coaching meetings. A CPD room has been allocated for sharing of resources/ideas.

3. EXTRA-CURRICULAR PHYSICAL ACTIVITY

Queen Elizabeth's offers a physical activity programme that features a broad range of activities and meets the following criteria:

- Students have a diverse choice of activities in which they can participate; competitive, non-competitive, structured and un-structured options are provided, along with options other than physical activity e.g. photography, music or drama.
- Every student has an opportunity to participate, regardless of physical ability.
- Students have the opportunity to be compete in a variety of sports, representing the school and into further levels of competition

There are over 15 different activities offered over the academic year, to include football, netball, dance, tennis, rounders and rugby to name a few. Activities vary during the year and a list of activities is published to students and parents each term. All activities are supervised by qualified staff, coaches or instructors. Where activities are led by instructors or coaches from outside the academy, a member of staff from the academy will be available nearby for the duration of the club in case support is required e.g. serious accident.

The academy works with sports clubs and the private sector to provide for as wide a range of activities as it can on behalf of young people. This includes the use of local facilities, such as cricket clubs, to make stronger links for young people to participate beyond school.

Success and achievement in sport and exercise are recognised, celebrated and rewarded through a series of assemblies, the weekly Tuesday letter and displays that are regular features of the school year.

The academy holds a series of informal competitive sports events encouraging inter-tutor, inter-age group, and mixed-ability activity to promote engagement, participation and interest in sport.

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The academy offers various trips on an annual basis, such as a ski trip and DoE. Both of these activities offer pupils opportunities to participate in activities which could not otherwise be offered at school.

4. TRAVELLING TO AND FROM SCHOOL

The academy has a travel plan that encourages active methods of travelling. There is secure cycle storage. Pupils must wear helmets if they cycle to and from school. Travelling to school by foot or cycle is a challenging concept with the vast majority of pupils living far from school – travelling in on some dangerous country roads.

5. BREAK AND LUNCH TIME ACTIVITY

The academy has playgrounds, tennis courts and playing fields, and students are encouraged to use them for free play. Break times complement physical education classes.

6. FACILITIES

The PE department makes very good use of the facilities available. Current provision includes a sports hall with fitness suite, three outdoor courts and the sports field used for football, rugby, rounders, cricket and athletics among others.

The use of physical education facilities for non-instructional purposes, such as using the gymnasium for external examinations during times scheduled for physical education classes is minimised and general requests to use the space during school time are directed through Miss Southall (Subject Leader for PE). The academy endeavours to work with partners such as local primary schools/clubs and the local community to allow the use of facilities, which can be booked through the main office.

7. STAFF OPPORTUNITIES

Staff are actively encouraged to support physical activity, eg sports day, school fixtures, sports festival and tournaments.

8. INVOLVEMENT WITH SCHOOL SPORTS PARTNERSHIP AND OTHER COMMUNITY RESOURCES

The academy works with recreation agencies/sports development and other community organisations (such as Alford Cricket Club) to coordinate and enhance opportunities available to students. Queen Elizabeth's hosts some primary school events. These events strengthen links with primary schools and enhance opportunities for our own pupils in terms of coaching and leadership. The Academy is also open to allowing external clubs/coaches to deliver sessions during lessons and as part of extra-curricular to extend the opportunities for young people.

9. CURRENT INITIATIVES

The school offers Bronze and Silver Duke of Edinburgh which includes a practice and assessed outward bound weekend.

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MONITORING, REVIEW AND EVALUATION

This policy is monitored and updated annually by the Headteacher, and Subject Leader for PE.

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