



Clapton Girls' Academy is committed to safeguarding and promoting the wellbeing of young people and expects all staff and volunteers to share this commitment.

Physical Activity Policy

Coordinator	Head of PE and PE line manager
Review Frequency	Every 3 Years
Policy First Issued	July 2007
Last Reviewed	May 2022
Date policy considered by External HR Consultant	N/A
Date policy considered by External Solicitor	N/A
Agreed by LT on	7 th June 2022
Does this policy need to be agreed by Governors? If yes, which committee?	No N/A
Agreed by Governors on	N/A
This policy is communicated by the following means:	
Governors	N/A
Staff	Policy folders on staff SharePoint
Parents	Academy website
Students	PSHCE, PE Lessons and assemblies

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1. Rationale

At Clapton Girls' Academy we believe that regular physical activity is an essential component of a healthy and successful future for our students. We understand the importance of educating students about health issues both now and for the future. We understand the important link between a healthy body and the ability to learn effectively. We understand the role that the academy can play, as part of the larger community, to promote health and to promote lifelong learning and habits of being physically active. This policy is written with the document produced by the Department for Health and Social Care '[UK Chief Medical Officers' Physical Activity Guidelines \(2019\)](#)'.

Definition of Physical Activity

Physical activity is defined as 'any bodily movement produced by skeletal muscles that requires energy expenditure. It takes many forms, occurs in many settings, and has many purposes (e.g. daily activity, active recreation, and sport), (UK Chief Medical Officers' Physical Activity Guidelines, 2019).

2. Aims

- a) To provide an appropriate programme of physical activities, that promote and extend student learning and engagement both inside and beyond the curriculum, which is inclusive and for all students.
- b) To provide a wide range of physical activities that will support learning and encourage the development of good physical, social and emotional health in our school community.
- c) To maintain a high profile for physical activity in all aspects of academy life.
- d) To provide appropriate professional development and training for all staff, including teaching and non-teaching staff.
- e) To embed Health Related Fitness (HRF) principles into the PE curriculum; ensuring that knowledge and understanding of fitness and health is integral to all PE lessons.
- f) To make links to other aspects of health, for example, by promoting healthy eating and providing access to water as stated in the Food Policy (no. 50).
- g) To provide high quality health- based PE each week, along with further opportunities to take part in after school clubs and sports specialist visits and competitions.
- h) To work in partnership with Hackney Education to help promote physical activity.
- i) To promote regular physical activities to all academy staff.



- j) To encourage students and staff to walk and cycle to and from school.
- k) To celebrate physical achievements as well as academic performance.

3. Links to other academy policies and procedures

This policy is closely linked with the following academy policies and procedures:

- Promoting Equality Policy no 29– the academy is committed to providing equal opportunities for all students, including those with disabilities or special educational needs, within its provision of physical activity.
- Curriculum Quality of Teaching, Learning and Assessment Policy no 1– physical activities provided are developmentally appropriate; a variety of approaches are used to ensure that tasks are matched to students' abilities, and students at different starting points all make progress.
- Health and Safety Policy no 2 – appropriate steps will be taken to ensure the safety of students taking part in physical activity (with guidance from First Aid trained staff). To ensure access and opportunity for all, risk assessments carried out consider students' needs, for example, SEND.
- PE curriculum and policy and procedure – Faculty Handbook
- Food Policy no 50

4. Leadership, Management and Governance

a) Roles and Responsibilities

Governing Body

- Ensure that the academy complies with legislation regarding physical activity.
- Ensure that any procedures and strategies related to the policy are implemented.

Leadership Team

- Ensure that the policy and procedures and strategies related to the policy are implemented.
- Ensure that all relevant staff are aware of their responsibilities and are given appropriate training and support.
- The Assistant Headteacher responsible for clubs will ensure that there are a variety of activities to meet the needs of all students for all key stages.

Head of PE and Physical Activity

- Lead on whole school physical activity.
- Maintain and deliver high quality learning and teaching in PE.
- Develop and maintain a broad and balanced programme of physical activities both in and out of the curriculum.

Middle Leaders

- Ensure that within their subject area the curriculum content, resources, display, extension and enrichment activities promote physical activity and physical health where appropriate (Science, PE, Food Technology, PSHCE and Focus Days).

All Staff

- Model behaviour and attitudes that promote the importance of physical activity.
- Have the option to participate in staff physical activity clubs.
- Encourage students to participate in physical activity.



Students

- Take part in all aspects of learning that encourage them to develop positive attitudes to physical health and activity.
- Participate in PE lessons and after-school activities.
- Participate in safe and active ways to travel to/from school e.g. walking/cycling.

Parents

- Support the academy by encouraging students to take up physical activity and fully participate in PE lessons.
- Where possible, participate in events that encourage physical health and physical activity and attend school games/sporting events.

5 Monitoring

a) Monitoring is essential in order for us to evaluate school practice with regards to physical activity. **Monitoring will include:**

- Student feedback and student voice through school council meetings and student voice procedures.
- Teacher feedback through minutes of meetings, lesson observations and learning walks.
- Parental feedback through surveys and meetings.
- Feedback from staff/governors through minutes of meetings.
- Number of enrichment and extra-curricular opportunities offered.
- Number of students participating in extra-curricular clubs.
- Ofsted inspection comments.

Targets relating to Physical Activity may be set as part of our process of school improvement.

6. Training/CPD

Clapton Girls' Academy is committed to ensuring that all members of the academy community have access to appropriate training and support to help them fulfil expectations in this policy. We aim to ensure that funding and resources are made available to meet this commitment.