



## Physical Education Department Activity Policy

### **Introduction:**

This policy was created in consultation with the PE Department and Senior Management of St Augustine's Priory and was implemented in September 2014. Sport is a central part of life at St Augustine's Priory and boasts high attendance percentages in Junior and Senior School. The PE Department teach all PE lessons at school and deliver a broad and balanced curriculum which is compulsory up to and including Key Stage 5.

### **Rationale**

At St Augustine's Priory we aim to promote understanding of the importance of a healthy lifestyle for children and adults. Physical activity is both enjoyable in its own right and valuable in its contribution to good health. There is an important link between a healthy body and the ability to learn effectively. Through this and related policies, the school seeks to improve the health of the school community by teaching ways to establish and maintain lifelong physical activity habits. To facilitate this, our aim is to give all girls the opportunity to participate in a broad and balanced curriculum. We strive for every girl to achieve success in both curricular and extra-curricular activities working to the best of her ability. Our girls have the courage and appetite to compete and the skills to handle triumph and disaster in equal measure.

### **Physical Activity Co-Ordinator**

The Director of Sport co-ordinates the PE and programme and oversees the Physical Activity Policy.

### **Physical Activity Aims and Objectives**

As a Department we hope:

1. To encourage all staff and parents to undertake physical activity
2. To help parents/guardians to understand the benefits of physical activity and encourage their involvement in the planning and delivery of physical opportunities
3. To encourage all pupils to have a healthy and active lifestyle and a lifelong love of learning in Sport.
4. Inspire pupils to pursue Sporting Dreams and their passions in Sport.
5. To offer a wide range of extra-curricular opportunities for all girls to enjoy
6. To send correspondence to parents regarding community sporting opportunities.
7. Develop knowledge and understanding about their own performance and how to improve.

### **Equal Opportunities**

All physical activity opportunities offered at St Augustine's Priory are designed to be inclusive, and cater for different ability levels. Physical activities will be available to all pupils, regardless of ability. Where students have special needs because of physical disability, advice should be sought about how they may be helped to participate. The aim should always be to maximise opportunities for participation and the promotion of self-esteem.

### **Resource Provision:**

St Augustine's Priory is built on 12 acres of ground, so there is lots of space for the girls to play and enjoy the outdoors. We have an indoor school hall, which is used for Dance and a Temporary Structure which is used for Dance and Gymnastics. The school boasts a full sized AstroTurf, which is used for Hockey, Netball, Football, Athletics and many

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more sports. We also have a hard Netball Court. We use the grounds for activities such as Cross Country, Tag Rugby, Cricket Orienteering and Fitness. We have 2 equipment sheds which hold all of our equipment for games lessons.

### **Staff Responsibility:**

Staff are encouraged to attend courses offered by the county to aid their development. All staff regularly attend training courses and are fully training in safeguarding and other key initiatives. The Director Sport oversees all of the staff development. We are developing a stronger partnership with Ealing School Sports Partnership and Ealing Cricket Club to broaden our opportunities.

### **Curriculum Provision:**

We are an all through school and the PE Department teach PE to all age groups. All are specialist teachers and coaches.

- **Nursery** – 1 x 50minute lesson a week plus 45minutes a day active play
- **EYFS** – 2 x 50minute lessons a week plus 45minutes a day active play
- **Key Stage 1 and 2** – 2 x 50minute lessons a week plus 45minutes a day active play. Girls in Year 3, 4, 5 undertake a term of Swimming
- **Key Stage 3** - 2 x 50minute lessons a week plus 45minutes a day active play, plus extra-curricular clubs and 45minutes lunch time.
- **Key Stage 4** – 1 x 50minute lesson a week plus extra-curricular clubs and 45minutes lunch time.
- **Key Stage 5** - 1 x 50minute lesson a week plus extra-curricular clubs and 45minutes lunch time.

### **Schemes of Work:**

In Early Years to Key Stage 3 girls are taught using Schemes of Work which operate for 8 lessons. These include Netball, Gymnastics, Football, Dance, Multi-Skills, Cross Country. The overview of activities is reviewed every 2 years.

In Early Years and Preps, We encourage all girls to explore their body and understand how it moves, how it works and how to control it. Girls are challenged both physically and mentally and all are encouraged to demonstrate knowledge and understanding of health and fitness. We also positively encourage active play using a variety of equipment.

We offer extra-curricular opportunities to enhance girls' fundamental skills such as Gymnastics, Yoga and Tennis.

In the Junior school we commence baseline fitness testing to monitor fitness against National Standards. Girls participate in activities such as Netball, Football, Hockey, Dance, Gymnastics, Fitness, Cricket, Orienteering, Athletics, Rounders and Tennis. Swimming takes place at a local swimming pool. In all activities girls are taught basic rules and skills and are introduced to tactics and strategies.

This is supported by a strong extra-curricular programme which enables girls to apply skills learnt in lessons. We offer all girls the opportunity to participate in fixtures. The range of clubs includes netball, hockey, swimming, cheerleading and gymnastics.

In Key Stage 3, our focus during this time is to enhance sport specific skills and to encourage all pupils to undertake a healthy and active lifestyle. Baseline fitness testing continues to ensure we are encouraging understanding of health and fitness. Girls participate in activities such as Netball, Football, Hockey, Dance, Tag Rugby, Orienteering, Gymnastics, Fitness, Athletics, Rounders, Cricket and Tennis. During Key Stage 3, alongside sport specific activities we encourage the development of leadership skills in units such as Sport Education and Teaching Games for Understanding.

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The extra-curricular programme at this age group caters for girls who wish to compete and represent the school as well as girls who are participating for fun and enjoyment. Netball and Hockey are very popular as are Dance, Cheerleading and Cricket.

PE is compulsory for all pupils in Key Stage 4. It can also be taken as an examination subject in GCSE PE. At this stage, our focus is on the importance of a healthy and active lifestyle for the future, ensuring girls maintain physical activity in later life. We run an options programme which enables girls to take ownership of their learning and participate in activities which they can take forward. We have instructors who come in to teach self-defence and kick boxing which also encourages girls to develop personal safety skills.

This is supported by a strong extra-curricular programme which incorporates both competitive and open clubs to cater for all pupils. We have recently launched a netball academy which challenges the top girls in netball which is selective for students in key stage 4 and 5. We also strongly encourage girls at Key Stage 4 to undertake leadership in sport through coaching Junior pupils. This has proven very successful and also creates a supportive environment across the whole school. We undertake the GCSE Edexcel Syllabus which is an engaging course which looks at a variety of sporting aspects such as Drugs, Barriers to Participation, Elite Performance, Funding in Sport as well as looking at improving individual sporting performance.

PE is compulsory for all pupils in Key Stage 5 both to maintain a healthy and active lifestyle and to provide a physical respite from studying. A Level PE is also offered as an examination option.

This helps them to develop a healthy and active lifestyle and take time out of academic life. Girls are positively encouraged to undertake leadership opportunities with Junior age groups to support UCAS statements. We undertake the OCR syllabus for A Level PE, which is a diverse and challenging course. A Level PE is a stimulating A Level which incorporates Sport, Science and Maths. Sporting performance is analysed from a muscular, biomechanical, psychological, historical and skeletal perspective. Sporting performance, theoretical knowledge and performance analysis skills are assessed during both years, therefore it is essential that pupils are regularly participating in sport.

### **Leadership in PE**

As per our school vision and values, we want to create a community and develop the whole person. We offer leadership opportunities to girls in the form of Sports Captains in Junior and Senior School. In lessons, we implement Schemes of Work, which develop leadership such as Sport Education and our Year 9 pupils lead Junior School Sports day. We host tournaments and our senior girls are often leaders and umpires to help the tournaments run smoothly. To build on our sense of community, our older girls help to organise and lead Prep Sports Clubs. This often counts towards their Duke of Edinburgh Awards Scheme.

### **Cross Curricular Links**

The PE Department make many links with other department for example with Maths and Physics when teaching A Level Biomechanics. We also try to make subject links in Dance, so girls can apply what they are doing in PE with other classes. We also make good links with ICT which can be seen from our department Twitter and PSHEE where we talk about a healthy and active lifestyle.

### **Assessment**

Pupils are assessed throughout their practical performance. We use Hands, Head and Heart as a base for assessment as we feel this provides depth and detail in our assessment but also allows assessment in a variety of areas. In Preps and Juniors we use fundamental skill descriptors which identify pupils progress across about 20 different areas. Pupils are assessed as 1 (exceeding) 2 (achieving) 3 (exceeding). In Key Stage 3, girls are assessed in activities e.g. Netball and Dance, and pupils are assessed 1-5. This is communicated to parents and pupils regularly.

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### **Extra-curricular provision:**

The school will provide opportunities for all pupils to participate in a broad range of extra-curricular activities, e.g. Football, Netball, Hockey, Dance, Yoga, Gymnastics, Rounders, Tennis, Cricket, Athletics, Cheerleading, Cricket, Swimming, Indoor Athletics, Fitness. Clubs take place before school, lunchtime and afterschool and is supported by an extensive fixtures programme which encompasses whole year fixtures for Year 4-6. This is also enriched by several residential trips such as Paris and Holland Sports Tour, Ski Trip.

### **Links with other organisations:**

The school has many links to clubs and organisations such as: Ealing Hockey Club, Ealing Cricket Club, Indian Gym Hockey Club, Grass Hoppers Netball Club, Academy Netball Club, Perivale Athletics Club, Hillingdon Athletics Club, Park Run (as a family).

### **Health and Safety:**

Attention should be paid to safety in all physical activities and should ensure that students are appropriately dressed and that there are adequate warm-up and cool-down exercises. Students should be regularly reminded of safety rules and these should be strictly adhered to. All risk assessments are available on request.

### **Staff:**

All staff have completed the necessary safety and safeguarding training. Staff are encouraged to maintain a healthy and active lifestyle and whole school activities such as Staff Wimbledon encourage staff to keep fit and stay active. We are looking to create links with Ealing Cricket Club to help for use of their Gym facilities.

### **Break and Lunchtime:**

Facilities are available for physical activity at break. The school boast large grounds which are accessible to all, and the Junior and Prep girls have equipment to play with.

### **Travel to school.**

Walking to school is encouraged and there is a Walk to School Week to encourage girls to walk and take different routes.

### **Partnerships.**

We are part of the Ealing School Sports Partnership

### **Monitoring and evaluation.**

Annual department and school self-evaluation is monitored by the SLT of the school and the department are consistently evolving and developing. The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives.