

# SHIRLEY HIGH SCHOOL PERFORMING ARTS COLLEGE

## PHYSICAL ACTIVITY POLICY

**Mission statement:** We deliver high quality teaching and learning in an environment that meets the needs of our students, so that all achieve and enjoy.

### Background

Shirley High School is an 11- 18 mixed comprehensive school served by many different feeder primary schools covering the London Borough of Croydon and parts of the neighbouring London boroughs. The school has extensive grounds and sports facilities allowing for a range of physical activities. The school has a rich tradition of sporting achievement at all levels.

There are approximately 988 students on roll, 21.5% are entitled to Free School Meals, 17.4% have special educational needs including statements, 63.9% of students are categorized as from minority ethnic groups, 31.8% of students' first language is not / believed not to be English . The gender breakdown is roughly equal boys / girls across the school although there are minor variations between year groups.

### Rationale

Shirley High School is committed to the Healthy Schools initiative and was re-designated as a Healthy School in October 2015. We encourage our students and staff to participate in physical activity that enables them to make informed choices about healthy lifestyles and introduces them to a wide range of physical activity. Shirley High School is also an accredited STARS (bronze) school, promoting active travel through our SMSC provision.

### Principles

- Physical activity develops students' knowledge, skills and understanding enabling them to perform with increasing confidence and competence in a range of physical activities.
- Physical activity promotes an understanding in students of their bodies in action and the benefits of participating in physical activity. It involves thinking, acquiring, developing selecting and applying skills.
- Physical activity promotes positive attitudes towards a healthy, active lifestyle.
- Students should be able to make informed choices about physical activity throughout their lives.

### Aims

- To enable students to develop and explore physical skills with increased control and co-ordination.
- To encourage students to work with others in a range of group situations.
- To develop the students' ability to perform skills and apply rules and conventions for different activities.
- To increase students' ability to use what they have learnt to improve the quality and control of their performance.
- To develop students' and staff enjoyment of physical activity.
- To develop students' understanding of how to succeed in a range of physical activities and how to evaluate their own success.
- To introduce all students to a wide range of physical activity.
- To foster leadership qualities and interpersonal skills that can be developed within and beyond school.
- To develop students' understanding of transport choices in order to encourage physical activity such as walking or cycling as modes of transport.

## **Provision of Physical Activity**

- All students at KS3 (Years 7 & 8) receive four lessons (240 minutes) of Physical Education per fortnight and one lesson (60 minutes) of Dance per fortnight for half of the year. This equates to two hours a week for half of the year and an average of two and a half hours a week for the other half of the year. Students studying Uniformed Public Services at Post 16 also complete one Physical Education module.
- All students at KS4 (Years 9 – 11) receive three lessons (3 hours) of Physical Education per fortnight.
- GCSE PE and GCSE Dance are offered as option choices at KS4 and this is in addition to their core Physical Education lesson.
- Dance is offered as part of BTEC Performing arts and is covered through a minimum of 8 one hour periods per fortnight. Dance is offered to KS5 as an A Level taught for 8 one hour lessons a fortnight.
- Students at KS5 (Years 12 & 13) are offered a PE option in the sixth form enrichment programme.
- Many physical activities are offered by the PE Department to ensure all students find an activity they enjoy and will participate in outside of school and in later life. The following are examples of some of the physical activities offered: football, netball, rugby, basketball, athletics, rounders, cricket, softball, ultimate frisbee, hockey, orienteering, lacrosse, exercise to music, weights and fitness, gymnastics, trampolining, volleyball, table tennis, badminton.
- All students have the opportunity to join extra curricular clubs to participate in physical activity and some students will represent the school in sports teams, individual sporting activities and performing arts performances.
- KS4 and KS5 students are eligible to use the Fitness Suite. Fitness programmes are monitored and approved by PE staff.
- The Fitness Suite is open for all staff to use before and after school. This is at the individual's own risk.
- Inter-form competitions are held annually in football, rugby, basketball, netball, rounders, and athletics.

## **Uniform**

- The school PE kit is worn for all KS3 Physical Education lessons, KS3 Dance lessons and KS4 Core PE lessons. A list of kit requirements is in the main school prospectus and sixth form prospectus.
- Alternative school PE kit is offered for students taking GCSE PE and / or GCSE Dance.

## **Rewards**

- Certificates of participation are awarded regularly throughout the year in recognition of participation and effort within a sport.
- Sports colours are awarded to those who have represented the school in specific sports.
- Medals are awarded to placed individuals and form teams on Sports Days.
- Outstanding achievement is recognised at the Celebration of Success Evening.
- Certificates, competition medals and cups will be awarded to individuals and teams in specific sports as appropriate.

## **Physical Education / Dance - Competitive Sports, Trips and Visits**

- The school will endeavour to have a squad in each Year Group for the following competitive sports; football, basketball netball, rugby, athletics, cricket and rounders. A team will be chosen to represent the school in each Year Group from each squad.

- Teams will be entered into Borough / District / Regional / National leagues and competitions as appropriate.
- The PE Department will run a variety of physical activity trips to enhance the curriculum and broaden the experiences of students. Such trips include the annual Ski Trip, the annual Watersports Trip, the annual Football/Rugby Trip and visits to professional matches.
- In Dance students attend regular performances at local and regional theatres, as performers or audience members. The Vertical Dance Company perform regularly outside school. Dancers are invited on the New York Tour working with other Performing Arts students to create and perform work.

### **Links with the Community**

- School facilities are let regularly to local groups / clubs including football, netball, karate, Tae Kwon-Do, gymnastics, Performing Arts Schools.
- Local sports people invited into school to give awards/take assemblies where appropriate.
- Links are made with sports/recreational facilities in the borough for some physical activities e.g. Addington golf courses.
- Students studying GCSE dance lead workshops at local schools in a variety of styles, students are also offered opportunities provided by the Croydon Schools' Dance Association (CSDA); which offers them the chance to work with other teachers and students from across the borough.

### **Gifted and Talented**

- Identified students given opportunity to attend gifted and talented sports groups in gymnastics, basketball and cricket. External coaches where needed are hired to further students' levels of ability.
- Students selected to attend trials for Borough and County teams in football, rugby, cricket and netball.
- Gifted and talented dancers are involved in the school Vertical Dance company, which sees students of all ages working together to create high level performance work.
- Dancers are provided with extension activities through connections with the CSDA and external dance schools.

### **Spiritual and Personal Development**

- Tournaments are held to reflect competitions around the world, i.e. Football World Cup, Football Euro Tournament, Olympics. All students are encouraged to participate in these.
- All students in years 7-10 and 12 participate in an annual Sports Day, where they are assigned a country to represent according to their form group. Students are encouraged to participate in a range of events in order to gain points for their country.
- Students in all year groups are given access to leadership courses. Courses are specifically designed to allow students to develop leadership skills and qualities.
- Captains/Vice Captains selected for each sports and dance team to help organise sides and lead peers.
- National Schools' Sports Week is an annual theme week and students access tutor time activities and assemblies around this theme.
- Road Safety Week incorporates activities promoting the value of active travel. We offer free cycling lessons in partnership with Bikeability and have a pod of 10 bicycles maintained by the school available for student use. A lockable bike shed is available for storing bicycles during the school day.

Amended and approved – May 2016