



# **Royal Free Hospital Children's School**

## **Physical Activity Policy**

### **Nov 2022**

#### **Introduction**

We believe that there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile and the effect it has on a child's wellbeing and health and their ability to learn effectively. As a healthy school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting fitness and a healthy lifestyle. In our setting, where a proportion of our pupils face mental health challenges, we believe that physical fitness can help in overcoming some of those challenges and to maintain a state of positive mental health.

We also aim to increase enjoyment and participation in physical activity for all pupils.

#### **Context**

We are a small school situated in a hospital with a separate school for day pupils. Our pupils on the ward may be required to engage in physical activity but this will be carried out under the supervision of a physiotherapist. Day pupils use the RFH Recreation centre for 2 hours every week. Both sessions are coached. On a daily basis they have access to a full-size table tennis table. Hampstead Heath is also available as a major resource for physical activity which is used wherever possible.

#### **Aims of the policy**

- To show how we promote fitness and a healthy lifestyle and how we provide a range of physical activity opportunities where possible
- To give guidance to staff about their role in promoting physical activity
- To give information to parents and carers about what is taught and how they can support the policy

#### **Our approach to participation in physical activity**

- To provide pupils with the best possible physical activity opportunities and experiences for all pupils so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity.
- To provide a supportive environment for enjoyable participation in a variety of physical activities.
- To provide appropriate resources and facilities for physical activity where possible.

## **Policy development**

Our policy was developed by auditing our provision for physical activity and gathering the views of the school community, particularly pupils about activities they want to participate in and what stops them from participating in physical activity.

We also consulted with

- Pupils
- Staff during an INSET
- Parents/Carers
- The curriculum group of the Governing Body
- Intensive Eating Disorders Service
- A PE and Sport consultant from Camden's School Improvement Service

## **Links to other policies**

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Equality and Teaching and Learning.

## **Responsibility for physical activity**

The Head teacher has overall responsibility for physical activity and the development, monitoring and review of the provision of physical activity.

The Healthy School's Co-ordinator together with the Enrichment Coordinator have overall responsibility for ensuring effective delivery and leadership and management of PE.

The Lead governor for Healthy Schools has responsibility to ensure the effective monitoring and evaluation of the subject, and ensuring annual health and safety checks of all PE equipment are carried out.

All staff should be aware of the policy and consider how they can support it and staff who provide physical activity should ensure that safe and effective procedures are adopted in all physical activities,

## **External providers**

We involve trained coaches and consultants to provide physical activity. All visitors are expected to work within the framework of this policy and the Camden protocol for involving outside visitors. Teachers are expected to be present during the delivery of a session. The Enrichment Coordinator who leads the PE programme is part of the Camden PE Hub.

This policy is made available to visitors and we ask them to consider the following questions in preparation for their visit:

Does the visitor understand the school's physical activity policy?

What will they offer that the teachers cannot?

What role will teachers take during the session?

How will the session be followed up?

How will the sessions be evaluated and pupil progress assessed?

## Health and Safety

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. The advice contained in the BAALPE publication 'Safe practice in Physical Education' will be followed.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- We ensure that qualified staff know about the safe practices involved with any physical activity the pupils are taking part in.
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective.
- Our school does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves and leggings may be worn in Physical Activities (providing they are safely attached and unlikely to cause the wearer harm).
- Correct use of equipment is taught along with any potential hazards?
- Pupils are taught to consider their own safety and that of others at all times.

We ensure that qualified staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity  
Risk assessments are carried out for school sporting trips.

<b>Curriculum</b>
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Pupils develop physical skills as well as learn about fitness, cooperation and fair play.

A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating. Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided. The RFH Recreation Centre provides a safe, local space for pupils who may be particularly anxious or vulnerable to take part in individual and team sport.

The school runs an Outdoor Activity Week for Day School pupils in the second half of the Summer Term. This comprises of a week of outdoor physical activities and challenges. The main objective is to instill in our students the belief that challenges can be overcome thereby helping them to develop their independence and resilience as they move on to the next phase in their lives. The school emphasizes that this week is a vital part of our curriculum especially for Year 11's.

Examples of physical activities/sports that are offered include:

- Canoeing
- Boxercise
- Football and Basketball
- Yoga
- Table Tennis and Badminton

- Pitch and Putt
- Bowling
- Agriculture and Animal Care
- Educational Activities on Hampstead Heath

### **Opportunities for physical activity during lunch time**

There are opportunities for physical activity through Table Tennis at lunch times. Opportunities exist through a partnership with Kentish Town City Farm for pupils to engage in outdoor activity. In the spring and summer a Heath dog walking club is on offer.

### **Participation**

Staff ensure that pupils of all abilities are able to access physical activity by providing alternative, or different resources to develop new skills. Pupils who do not participate in physical activities are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing.

### **Clothing to be worn during physical activity (before, during and after school)**

We ask that all pupils wear appropriate clothing for off-site physical activities. Pupils will be made aware of these requirements prior to the activity taking place.

<h3><b>Physical activity outside of the curriculum</b></h3>
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We encourage pupils to walk to school and where appropriate we will walk to venues for school trips or events to promote active travel.

### **Involving parents and carers**

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

### **Monitoring and evaluation of physical activity**

The Head teacher is responsible for the overall monitoring of the quality of physical activity provision.

Physical activity within the school is monitored and evaluated through:

- Accreditation through AQA Unit Award Scheme
- Feedback from staff
- Feedback from pupils about physical activity
- Pupil achievement in sporting competitions

When external providers are used to deliver physical activity we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Pupils who could but do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer.

#### **Dissemination of the policy**

This policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school are given a summary and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are available to staff and Governors.

**Date of Review: Nov 2022**

**Date of next Review: Nov 2025**

**Date approved by the Governing Body: 10/11/22**