

Physical Activity Policy

Approved by Local Governing Body

Approved on November 2017

SLT contact Headteacher

Revision due Every 2 years



1. Introduction

- a. Turing House School is committed to promoting the health and well-being of its students and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Turing House School. The policy was formulated through consultation with members of staff, governors, parents, students, and our school nurse.

2. Ethos and Environment

- a. Turing House School strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

3. Physical Activity Policy Co-Ordinator

- a. The school's physical activity policy and strategy coordinator is Martin O'Sullivan (Deputy Headteacher). Other contributing staff are Ryan Woodward (Teacher of PE) and Amy Wilkinson (Head of Science).

4. Physical Activity Aims & Objectives

- a. The benefits of physical activity – “bodily movement produced by skeletal muscles that requires energy expenditure” (World Health Organisation) - are well documented, as are the numerous government and health-related organisation initiatives promoting exercise. Children and young people's frequent participation in physical activity is vital for good physical, mental and social well-being and regular activity effectively reduces the risk of chronic somatic and cognitive illnesses. Furthermore, scientific evidence supports the notion that physical exercise can have beneficial effects on brain function and the ability to learn.
- b. In light of this our aim is to ensure that all aspects of physical activity in school are promoted for the health and well-being of students, and staff. As we grow, we hope to offer a greater range of activities to our stakeholders.
- c. Our specific objectives are as follows:
 1. To provide and promote opportunities for children to be physically active throughout the day.
 2. To provide opportunities for children to meet the physical activity national guidelines on a day to day basis.
 3. To enable students and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
 4. To provide opportunities for staff to have training on physical activity and provide them with the tools to increase participation in physical activity in the school.
 5. To provide both indoor and outdoor opportunities for children to be physically active.
 6. To provide the chance for children to engage and take part in various different games and sports.
 7. To encourage physical activity amongst staff members to promote good health and well-being.

5. Equal Opportunities

- a. All physical activity opportunities offered at Turing House School are designed to be inclusive, and cater for everybody no matter what gender, race, disability, age and religion they are. For more information please refer to the schools Equal Opportunities and Gifted and Talented policy.

6. Resource Provision

- a. Before school, Break and Lunchtime activity – Effective use of available space through numerous table tennis tables and basketball/netball hoops.
- b. A drama and dance studio which is equipped with portable apparatus for gymnastics and a music centre to support the teaching of dance and gymnastics.
- c. Playground areas for some sporting activities and regular use of Bushy Park, Teddington Rugby Club and NPL sports grounds for physical activity.
- d. An annual audit of all physical education equipment is conducted by Ryan Woodward in order to prioritise any necessary expenditure for the year.
- e. Resources for games, dance and outdoor activities can be found in the PE cupboard and the outdoor shed at Teddington Rugby Club. Resources for lessons can be found in the Teacher Resources area.

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7. Staff Responsibility & Development

- a. Primary Link Teacher / Schools Sports Coordinator: Mr Ryan Woodward
- b. School Travel Plan Coordinator: Charlotte Turner

8. Physical Education

- a. We currently have five members of staff with Sport Science degrees, 3 of whom teach our PE curriculum which can be found on our website here <https://www.turinghouseschool.org.uk/curriculumks3.php>
- b. Staff are encouraged to attend courses offered by the local authority and partner organisations.
- c. Our school has partnership with SSCO which has widened the school's relationships with external agencies. As a result, there is greater planning for sports and sports competitions across the Borough. Whilst at this stage we do not have a linked primary school, we are contributing to the promotion of sport across the borough.

9. Curriculum Provision

- a. Organisation
 - 1. Physical Education Lessons – 100+ minutes each week, with students participating in a wide range of sports with the aim of promoting skill acquisition, speed, agility, strength, co-ordination and endurance.
 - 2. Extra-curricular physical activity - A huge variety of sporting clubs on offer to ensure students enjoy sports. Some examples include Rugby (Boys / Girls), Cross-Country, Basketball, Football (Boys / Girls), Hockey, Cricket, Rounders, Cycling, Volleyball, Early morning fitness club, Table Tennis.
- b. Planning
 - 1. As a new school, we continuously update and review our planning and are currently looking ahead to KS4 and beyond. There are several members of staff who have been, and are currently, involved with the planning of different aspects of the PE curriculum. The school also benefits from belonging to the Russell Education Trust which enables sharing of resources and planning across the schools within the trust.
- c. Cross curricular links
 - 1. Whilst retaining its unique contribution to a student's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of students' communication, numeracy, PSHCE and ICT skills.
- d. Assessment
 - 1. Teachers use their knowledge and guidance from assessment documents and the level descriptors in the National Curriculum to help them provide a level for students at the end of each term.

10. Extra-Curricular Provision

- a. Break times / lunch times
 - 1. We have basketball, netball, outdoor table tennis, indoor table tennis, boxercise and fitness challenges run throughout the year. Students take up these opportunities in large numbers and enjoy the competition.
- b. After school clubs
 - 1. We aim to encourage all students to take part in a range of clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Football, rugby, fitness, cross-country, table tennis, netball, athletics, cricket and rounders are offered during the school year and are regularly attended.
- c. Competition
 - 1. Students take place in a range of intra-school and inter-school competitions organised through the Richmond School Sport Partnership. These include table tennis, netball, basketball, rugby, football, athletics and cross country.

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11. Active Travel

- a. Travelling to and from school – safe cycling is very much encouraged. The school frequently holds bike-marking sessions and British Cycling coaches work with the school to provide cycling training for students unable to confidently ride a bike. Additional courses are held throughout the year to foster enjoyment in this healthier way of commuting and to educate students in the different types of cycling available (spinning sessions plus pump track coaching are features within the academic calendar). Besides cycling, students are encouraged to walk to school where possible
- b. Please refer to the School Travel Plan for details of how we promote travel to school.

12. Engagement with Parents and Carers

- a. Turing House School provides resources for parents/ carers explaining the importance of physical activity and the development of the appropriate skills and attitudes. Turing House School also provides parents with the information about the national guidelines for physical activity and ways to encourage students to follow them.
- b. The above guidance is distributed to parents via the newsletter, and activities are promoted within school and the community
- c. Parents/ carers get the chance to discuss their child's performance in PE at Parents' Evenings and can always contact the school directly if there are any questions or concerns.

13. Community Partners / Links

- a. We have also established links with the local authority sports partnership and a number of local clubs, including Teddington Rugby Club and the NPL Sport Club. We have created a locally run cycling club - Teddington and Turing Velo. Further information on this club can be found here: <https://www.bc-clubs.co.uk/teddingtonvelo/>

14. Staff Activity

- a. Our staff aspire to be positive role models for our children. Many members of staff partake in regular physical activity and are actively involved in events such as Sport Relief, often running alongside the students. Additionally, the school participates in a yearly triathlon in which staff members form teams and compete. There are several members of staff who compete in a range of sports and their successes are often shared with the students.
- b. Staff opportunities – Training & coaching courses for staff interested in running clubs and further promoting well-being through other initiatives. We enable staff (and students) to compete in national and international competitions during term time, which cultivates great role models for students.

15. Health & Safety

- a. Please refer to the school's health and safety policy and risk assessment file.
- b. Use of any external personnel, including sports coaches and volunteers, will be in line with the schools policy on Safeguarding and DBS / staffing checks.

16. Monitoring & Evaluation

- a. The physical activity policy coordinator 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 including any participation data collected and feedback from DfE and RET advisers.