



Physical Education and Games Policy

Whilst we are not a sports college, we firmly believe that there are positive links between participation in physical activities and academic success at school. Consequently, PE and Games are seen as an important part of our school curriculum. Participation is not optional and parents are expected to support our approach.

The school timetable is written to ensure that all students take part in a minimum of three sessions of PE and Games plus one enrichment session (our Wednesday afternoon). It is recommended that students come prepared for warm weather by bringing sun lotion, a sun hat and a drink to school on the days that they have PE and Games.

In cold weather we would ask that all students are properly prepared for outdoor PE lessons with correct PE kit, which can all be purchased from the School. This includes School PE / Games tops, school shorts / skorts and school socks. Footwear must be appropriate (no plimsolls). Training shoes for indoor PE lessons/netball and football boots for rugby and football lessons. Optional school tracksuit and/or rain jacket may also be worn.

If students are dressed appropriately for the weather they will remain comfortable and enjoy their PE / Games session. We appreciate parental support in this matter.

During at least one PE/Games session per half term, all students take part in a cross-country run around our field in order for us to measure their fitness and progress over time. Where a run is missed, students will need to complete it either on their return or during an enrichment session.

Forgotten Kit

If students forget kit or bring the wrong kit they may be given kit to wear from the PE Office. Parents and students should be re-assured that this will be washed and clean.

If students persistently forget kit they will follow the PE detention system. Parents may also be contacted by PE staff.

Illness or Injury

The school operates a 'no parental note' policy by which we mean a parent may not withdraw their child from PE or Games unless a doctor has given specific advice that a child should not participate at all in PE or Games. Students must therefore bring PE kit and expect to get changed as normal.

Students who are ill or injured will be given a suitable role to carry out in the lesson such as refereeing, scoring, coaching, timing, equipment management etc. This means they still have an understanding of the activities that are taking place, but will not be physically involved thus ensuring they do not worsen injuries or illness.

If a child has a doctor's note and cannot participate at all we will find alternative work for the student to do until they are fit enough to come back to PE and Games.

If students are asthmatic it is unlikely they will need to be excused from lessons, as they should always have an inhaler with them, and be able to use it correctly at the beginning and if necessary during the lesson. Where this is the case, please ensure that the school have been made aware of this in advance (*by completion of an appropriate health plan with our staff*).

Jewellery

No jewellery is to be worn during lessons this includes earrings. Students must remove all piercings during PE and Games. Facial, tongue or body piercings are not permitted at school at all.

Why physical activity is important

At Sir Thomas Fremantle School we want to provide high quality teaching that supports high quality learning. We want our students to enjoy coming to school and to develop the skills to play a full and active part. We also want to promote and maintain a dynamic and challenging environment where everyone is valued and has the opportunity to maximise their potential. Physical activity is an important part of this aim as it is a significant method of preserving general health. At Sir Thomas Fremantle School, the aim is to educate students so that they lead healthy active lifestyles.

Physical activity has the following benefits:

- Helping release stress, tension, anxiety and aggression
- Helping us to live longer.
- Acquiring new skills, knowledge and understanding about a variety of activities.
- Being challenged either on an individual level or through competition against others.
- Developing social and interpersonal skills.

- Taking on leadership responsibilities and becoming independent in the physical activity environment.
- Experiencing fun, enjoyment and excitement
- Learning or developing sports that can be continued long after school

Aims of physical activity at Sir Thomas Fremantle School

- To ensure that students have access to a broad and balanced curriculum whereby they can learn, progress and achieve at a level suitable to their ability.
- To develop positive physical characteristics by participating in physical activity.
- To offer a range of physical activity programs for students and staff working alongside outside agencies to offer variety and stimulation.
- Offer a variety of accredited qualifications that will help students once they leave the School.
- Encourage students to become involved in local community clubs to further their participation in sport.

In order to achieve this the PE and Games staff will:

- Ensure the PE & Games programme is broadly in line with the National Curriculum requirement in terms of time and content.
- Monitor students levels of involvement in physical activity inside and outside of school and in enrichment and extra-curricular activities
- Highlight success in a variety of ways e.g. Sports Personality, Most improved and Top Scorer, Success Board, through the school website, Facebook pages and by displaying students' work.
- Increase opportunities for staff and parents to gain qualifications so that they can help in out-of-hours learning.
- Increase the variation of clubs and provide opportunities for students who do not enjoy traditional team sports to participate in more recreational sports activities through the Sports Partnership initiatives and use of outside agencies.
- Ensure all students are aware of and have access to appropriate community activities.
- Develop inter-house, school-based competitions.

Activities offered in curriculum time

These include: netball, hockey, rugby, football, basketball, gymnastics, trampoline, health-related fitness, dance, badminton, volleyball, rounders, tennis, cricket, athletics.

Enrichment opportunities

These include: netball, rugby, football, dance, rounders, cheerleading, trampolining, tennis, cricket, athletics, cross-country, Duke of Edinburgh, and many more.

Outside coaching in school time

Where students compete at a level which necessitates school-time coaching sessions, this must be discussed with the Headmaster or Deputy Headmaster. Permission to participate in outside coaching and/or lessons during school time and/or enrichment time will only be given where the student is deemed to have reached a high level of performance equivalent to at least county level.

Fixtures

Students are expected to compete in school fixtures where possible. The school will usually arrange transport to and from fixtures but, where a coach is required, parents will be asked to make a contribution towards this.

The school will generally organise tea for our players and the opposition team for home fixtures. On such occasions, parents are welcome to join us for refreshment.

Implementation of policy

The Physical Activity Policy supports the Every Child Matters agenda, with particular reference to being healthy and enjoying and achieving. It ensures that staff and students at Sir Thomas Fremantle School are aware of the importance of physical activity in maintaining the health and well-being of the community.

Representing the School through sport

We offer all students the opportunity to represent the school through a wide variety of individual and team sports. It is our aim that a high percentage of our students represent the school and to do this, many sports will field more than one team. We have a comprehensive fixture programme which ensures that we play sport across many sports and against schools in Buckinghamshire and Milton Keynes, in the state and independent sectors.

School colours / half colours will be awarded to students who have represented the school over a period of time or have reached an exceptional level of sporting performance.

Sports Day

The culmination of our athletics season is our annual inter-house Sports Day. All students are expected to attend and compete. Where injury prevents participation, students will be given tasks to support their fellow students and may be asked to assist with events where appropriate.

Responsibilities

The Head of Boys' PE & Games and the Head of Girls' PE & Games are jointly responsible for all aspects of Physical Education in school.

Tutors are responsible for supporting and helping to co-ordinate tutor group sports activities such as sports day and inter-house school sports.

All staff are responsible for supporting the school Physical Activity policy and for reinforcing positive messages about physical activity. Members of staff are encouraged to participate in school sports activities wherever they are able.

Students are responsible for ensuring they have the correct kit for all PE and Games activities; for taking an active and enthusiastic part in PE & Games lessons, for enrichment / extra-curricular activities and for supporting the achievements of others.

Parents can contribute to and support the physical activity by contributing to the extra-curricular programme, by ensuring their children are prepared for PE lessons and enrichment / extra-curricular activities and by supporting their children in after school clubs or teams. We welcome parents to school fixtures but on the condition that they observe in an appropriate manner and in no way challenge decisions made by officials.

Agreed by the Full Governing body

Signed by: Chair of Governors

Date

Signed by: Mr D J Lyon; Headmaster

Date