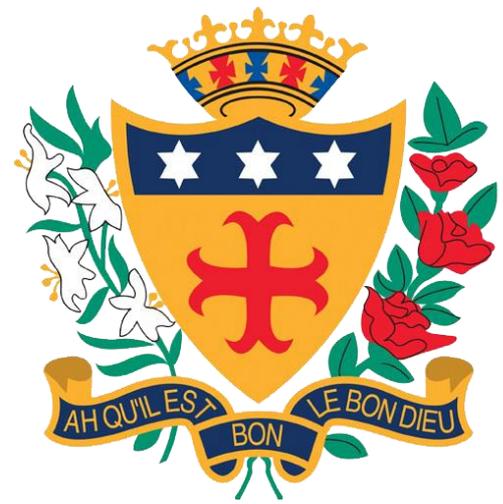


Notre Dame Catholic College

180 Great Homer St,
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Physical Activity Policy

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Opening Hearts, Minds and Doors

Physical Activity Policy

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Why do we have this Policy?

The school recognises the benefits of a physically active lifestyle for pupils and staff and will promote and support physical activity wherever and whenever possible for all its members.

Purposes

- ❖ To increase the physical activity levels and well-being of the whole school community by developing a supportive environment conducive to the promotion of physical activity.
- ❖ To develop an understanding of the importance of regular physical activity amongst the whole school community for maintaining a healthy life.
- ❖ To develop social co-operation and positive attitudes and to compete with a sense of fair play.
- ❖ To ensure that **all** pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity and to establish and maintain an interest in regular physical activity as part of an active healthy lifestyle.
- ❖ To provide a wide range of opportunities, both within and outside of the curriculum that reflects the cultural, personal, social and medical needs of all pupils.
- ❖ To provide opportunities for physical activity during lunch times and after school for pupils and staff.

How does the School Respond?

- ❖ Physical activity for pupils during physical education and dance curriculum time will be found in the physical education department handbook and the performing arts handbooks respectively;
- ❖ A programme of extra-curricular opportunities will be organised on a termly/annual basis by each department (physical education and dance) to ensure that all pupils have the chance to extend their skills and/or level of fitness;
- ❖ Provision for activities in Key Stage 4 will cover the requirements for each pupil to have the opportunity for a weekly, one hour session of physical activity; Key Stage 3 pupils have one and a half hours of physical activity per week.
- ❖ Pupil participation in physical activity will be recognised and celebrated.
- ❖ where possible, to provide specialist coaching and additional opportunities for all pupils;
- ❖ All members of staff will be encouraged to become physically active. Relevant information will be displayed on the staffroom notice board;
- ❖ Specific sponsored events will have a physically active focus, i.e. sponsored walks;
- ❖ Physical activity initiatives, such as the school travel plan, will be publicised and pupils and staff encouraged to walk all, or part of the way, to school. Use of public transport will also be highlighted to encourage use of public transport as opposed to travelling by car;
- ❖ Local initiatives that promote physical activity, i.e. walk to school week, cycle week, will be publicised;
- ❖ Pupils will be provided with information to support their use of physical activity opportunities outside the school. The aim is to encourage them to participate in

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opportunities outside the curriculum and give them the necessary confidence to enable them to take advantage of physical life-long learning skills;

- ❖ Steps are taken to monitor our pupils' levels of involvement in physical activity both inside and outside of the curriculum;
- ❖ Pupils will be encouraged to take part in competitive sport through inter-form competitions, extra-curricular fixtures and whole school sports events;
- ❖ We encourage a wide range of subject areas to incorporate physical activity into their teaching, i.e. fieldwork trips in geography, fitness testing in health and social care etc.
- ❖ Pupils and staff will be encouraged to make use of the fitness facilities available in the Lifestyles Gym within Everton Park Sports Centre;
- ❖ Pupils and staff will be encouraged to make use of the sporting facilities at Everton Park Sports centre, i.e. swimming pool, football pitches, badminton courts.

Conclusion

Physical activity amongst all personnel in the school will be monitored, evaluated and reviewed annually.

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