



Aim of Policy

The Governors and leadership at Trent College recognise their responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- through its effects on mental health, physical activity can help increase students' capacity for learning
- physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Encouraging physical activity at Trent College is a key part of our developing healthy lifestyles.

Definition of Physical Activity

Physical activity is part of every able-bodied person's life. It will include anything that gets the body moving and the heart pumping harder than at rest- but it doesn't have to be really vigorous.. Physical activity is also an 'umbrella term', encompassing physical and outdoor recreation, physical and outdoor education and sport.

Provision of Physical Activity in School

Physical activity in school is facilitated through a very high standard of facilities and provided through the following areas:

1. Physical Education Lessons
2. A vibrant Sports Programme
3. Active lessons
4. Extra-curricular physical activities
5. Before School, Break and lunchtime activities
6. Staff activities
7. Involvement with parents
8. Adventurous activities, trips and expeditions

1. Physical Education Lessons

There are generic Schemes of Work for physical education that involve physical exercise on a regular basis; develop motor skills, self-expression and creativity, an awareness of Health and Fitness, social development; and preparation for the future through promoting activities and sports that students enjoy and can pursue throughout their lives. The curriculum is taught by specialist PE teachers and is coordinated with the PSHE curriculum. Every student in each year from 7 – 11 participates in regular physical education for the entire school year, including students with disabling conditions.

The Schemes of Work makes effective use of school resources and equitably serves the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.

2. A vibrant Sports Programme

There is an extremely wide and varied Sports Programme at Trent which enables all pupils to engage in a physical activity of interest to them. The programme is responsive to requests from pupils and incorporates the traditional games and alternative options.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; delivering literacy speaking and listening through drama, numeracy through brain gym, performance in music etc.

4. Extra Curricular Physical Activity

This school offers a physical activity programme that features a broad range of activities meeting the following criteria:

- Students have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options eg gardening, lifesaving, scuba diving, orchestra or drama.
- Every student has an opportunity to participate regardless of physical ability;
- Students have the opportunity to be involved in the planning, organisation, and administration of the programme.
- Through the CCF and Leadership programmes students also plan and deliver physical activities to younger pupils.
- A very high number of pupils at Trent College gain Duke of Edinburgh Awards for Gold, Silver and Bronze. This programme (and all associated trips) is organised by our own staff.

All activities are supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school is available nearby for the duration of the club in case support is required eg serious accident; the on-site Medical Centre is also on call at all times.

5. Before School, Break and Lunch Time Activity

Our facilities are available for play at these times, playing during these times helps students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings and risk assessed sports equipment available for play during break times.

Break times shall complement, not substitute for, physical education and sports lessons.

6. A very high standard of facilities

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve a successful and popular physical activity programme.

The use of physical education facilities for non-instructional purposes, such as using the Sports Hall for examinations during times scheduled for physical education classes will be minimised.

Access to sports halls, astroturf pitches, hard court areas, swimming pool and playgrounds after school hours will be permitted wherever it is appropriate to do so.

7. Staff Opportunities

There are planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity. Activities involve use of the gym, swimming pool, 5 a side football, badminton, squash and various occasional matches. Staff are made aware of sporting opportunities provided by the local council. Also, staff often participate in and support sponsored events such as the 'Race for Life' and Robin Hood half marathon to raise money for charities.

Many staff also provide training for local clubs in hockey, rugby and cricket.

8. Involvement with Parents

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. Parents are encouraged to come in to support fixtures and are provided with tea and snacks after or during the matches. A number of staff v parents matches are arranged at various times during the school year.

Family members and other adult volunteers are encouraged to become involved with school activities. Parents often join sports tours and expeditions in addition to supporting their children in all sports at regional and national levels.

9. Adventurous activities, trips and expeditions

Trent College has a proud tradition of expeditions to challenging terrains such as Greenland, Norway, Peru, Morocco, Egypt and Norway. Such trips involve rigorous preparation and physically demanding schedules. Planning for these trips takes significant time. The experiences of being on these trips sews the seeds of life long interest in healthy physical pursuits and engenders lasting friendships.

Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. Certificates are given to children for effort and achievement. Meaning every child has a chance to receive a certificate in our achievement assemblies. Elite performers may also be awarded Colours at a whole school assembly. There is an annual Sports Dinner to Celebrate the achievements of our Senior teams and an Awards Ceremony on speech Day to further Award individual prizes to those who have achieved success through the academic year.

Equal Opportunities

Physical activity serves the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation.

CPD Opportunities

The Director of Sport is responsible for assessing the overall CPD requirements of Sports staff. Training needs are identified by the Director of Sport, the Assistant Director of Sport, the Heads of each Sport or the Head through meetings, to discuss professional development, and casual discussion.

Staff are also encouraged to suggest training programmes they may wish to attend and pass this information through to the Director of Sport.

Monitoring and Evaluation

The Director of Sport is Adam Benstead. The Director of Sport draws up the overall plan for the delivery of physical activity within the College. This member of staff also provides clear leadership and management to develop and monitor the physical activity policy.

The Director of Sport monitors levels of participation, and activity inside and outside the curriculum regularly and makes appropriate adjustments. They also consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra curricular activities that promote physical activity and physical exercise are provided for all pupils to participate in.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors, the school nurse and local Healthy School Programme.

It will be reviewed on an annual basis.