

Physical Activity Policy - St Osmund's Middle School

School Ethos

St Osmund's has a long tradition of supporting and encouraging young people to be physically active. This is reflected in the curriculum time given over to the subject as well as in the extensive extra curricular provision.

Pupil Attitudes

We pride ourselves on the number of pupils that regularly take part in additional PE opportunities as well as the very low non - participant rate during lessons. In a recent survey, pupils reported that the PE lessons and the facilities were in the "top 5" things they most enjoyed about the school. Behaviour in the lessons reflects this.

Curriculum time/ content

At present, all pupils receive 2 hours timetabled time during the week. This is generally split between a " games" based activity and a "PE" based activity, such as gymnastics. The theme of health and fitness is incorporated across all areas of activity with explicit blocks of work being given over to this in years 5, 7 and 8.

Extra curricular provision

On average, the school offers 14 hours of sports clubs per week. These involve team sport clubs as well as our "have a go" clubs - which are purely recreational and aimed at pupils who simply want to participate in sport without the competitive element of selection for a team .There is also a " sport for fun" club that is an invite only club for those pupils deemed to be lacking in confidence in their PE skills. Staff work hard to promote the clubs regularly, both through a weekly sports notice and termly sports assemblies

Staffing

On average, a third of the staff run a sports club, including the Head and Deputy. All of the staff who run a club also have PE experience in curriculum

time and are aware of the Health and Safety aspects. Other adults who run clubs are qualified coaches known to us .

Rewards

Pupils enjoy their PE and make regular commitment to clubs, this is an understanding that is explained to them at the beginning of each year. For those pupils who make exceptional commitment and enjoy success in their sport, we reward them in regular designated "sports assemblies."

We hope that by encouraging our pupils to take an interest in extra curricular sport in its many forms from an early age, they are more likely to sustain this interest in adult life.