



## Physical Activity at Spa Bermondsey

At Spa our goal is to help students and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. Our students participate in a range of enjoyable physical activities, both in and off-site, so they are more likely to continue being physically active throughout the rest of their lives.

### Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the students through participation in physical activity
- To ensure the students are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality and breadth of PE and Sport

### Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff, our sports coach and external specialist instructors
- Extra-curricular activities run through our Enrichment Programme
- Lunchtime activities and Special Interests Clubs
- Personalised programmes designed to meet sensory needs
- Personalised programmes supported by Occupational Therapists and other relevant health professionals

### Physical education lessons

All students have 180 minutes of physical activity lessons a week. This is broken down into two 45-minute PE lessons each week and a weekly 30-minute active SoCo lesson. All students in KS4 and 5 access the fitness suite at least once a week, as part of the PE curriculum. Students in KS4 are taught swimming at Peckham Pulse Swimming Pool as part of their PE curriculum.

### Extra-curricular physical activity

Students have access to a broad range of enrichment activities to promote physical activity. These are developed by the PE coordinator who liaises with external agencies. Extra-curricular physical activity has included:

- Participation in SEN cricket tournaments at the Oval
- Specialist football coaching through Millwall FC
- Adventurous activities at Salmon Youth Centre

In addition to external enrichment physical activities we provide additional physical activities through the enrichment curriculum. Activities included weekly specialist sessions in:

- Dance
- Karate
- Yoga
- Special Interests clubs including Street Dance, Fitness Suite and Football Club

All students participate in our Annual Sports Day.

## **Lunchtime activities**

We have a large playground for free play with outdoor gym equipment available at all times. The playground includes a scooter track which is used every day during morning break and lunch breaks. Staff on break duty engage and encourage students in physical activity as they play. Students can choose to access the sports hall during morning and lunch breaks. Staff provided structured sports activities and two full size trampolines are available.

## **Travel to and from school**

Many of our pupils qualify for home to school transport. We encourage families that don't to walk, cycle or take public transport rather than driving, however for some pupils this may not be practical. We have a bicycle rack for the use of pupils, families and staff, which is well used. Pupils may travel and bring in their scooters, skateboard or other equipment and this is kept safely in the family centre. We support families with the application of freedom passes and other travel passes so they can continue to access public transport.

Road safety skills are explicitly taught through KS4 and 5 Community lessons and through Road Safely PSHE schemes. Pupils often have travel targets in their EHC Plans as part of the PfA targets and these are actively worked towards also. We make use of the Southwark Travel training bus when it is operational.

## **Equal opportunities**

All Spa students access a comprehensive programme of physical education which takes into account of their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual students. We encourage all students to participate in extra-curricular activities whatever their levels of ability.

## **Differentiation**

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to students of different abilities, needs and interests by balancing challenge with the likelihood of success

Physical Activity

Policy Date: January 2022

Review Date: January 2026

- Students at different starting points all make progress
- The achievement of all students are maximised by providing variations in tasks, resources, support and group structure.

## **Assessment, recording, reporting and monitoring**

Personalised learning objectives are set for each pupil in every lesson and all students make good progress. Evidence is gathered using Earwig and progress is monitored by the subject coordinator and the SMT.

Some pupils in KS5 follow accredited courses in Healthy Living and Fitness.

## **Staff training**

Our PE and PSHE coordinators attend relevant training and cascade knowledge and skills to staff within school. Health and safety plays a major part in all training for staff.

## **Health and safety guidelines**

Risk assessments are carried out regularly and members of staff continually assess the safety of physical activities.

All coaches from other organisations must hold suitable qualifications and will be DBS checked.

## **Promoting physical activity to the whole community**

Details of physical activities in the wider community are sent home and permission is sought for all off-site activities.

Staff are able to access the fitness suite outside of normal school hours and a staff badminton club is held weekly.

All staff have access to the ride to work scheme and are actively encouraged to cycle to work.

Community partnerships with SEN groups and the sports facilities are used at weekends and during the holidays by the Resources for Autism group.

## **Monitoring and evaluation**

Rian Ehlers coordinates physical activity across the school. He provides clear leadership and management in developing and monitoring physical activity within school. He works closely with all members of staff and our sports coach.

The SMT monitor all students' progress in PE.

This policy is a working document and will be reviewed every 3 years