

Physical Education Policy

St James Senior Boys' School

1. Aims of the Policy

Physical Growth

1. To develop a variety of skills in a variety of sports, which will enable pupils to take an active part in sporting activities during their time at, and after they leave school.
2. To develop the physical fitness of each pupil so that they can experience the benefits of a healthy body and to give the pupils the tools to understand how to maintain a healthy lifestyle.
3. To encourage and stimulate the pupils' participation and enjoyment in physical education and to promote healthy lifestyles currently and in the future.
4. To apply effective teaching methods which will give all pupils an opportunity to experience success and enjoyment in their P.E. work.

Mental, Emotional & Spiritual Growth

5. To develop the pupil's personal skills such as politeness, initiative, integrity and a sense of the 'spirit of the game' and fair play.
6. To develop the pupil's self-awareness, spatial awareness and awareness of others within the realm of physical activity and sport.
7. To develop the pupil's self-esteem through developing physical confidence.
8. To develop the pupils understanding of the need for personal responsibility within a team effort and the importance of the team to help develop the individual.
9. To develop the pupil's knowledge of safety in all P.E. work.
10. To encourage the pupils to view sport as an integral part of life, encompassing leisure, employment and the long and short-term role that exercise has to play in a healthy lifestyle.
11. To develop an awareness of the place and importance of sport and physical activity in our local, national and international culture.
12. To give pupils the opportunity to find a sport or physical activity which they truly love and continue to take part in after leaving the school.

2. OBJECTIVES OF THE DEPARTMENT

The objectives will demonstrate how the aims will be fulfilled on a practical basis and are split in two main areas, 'Professional Values and Practice' and 'Teaching'.

1) Professional Values & Practice

1.1) Respect for the Learning Environment

1.1.1) Staff should provide a disciplined and sensitive environment in which the pupils feel secure, safe and confident to take part in any of the activities that the lesson demands.

1.1.2) There should be a mutual respect between the staff and the pupils where interaction is polite and where the pupils will learn the rules and etiquette that exist for each activity.

1.2) Safety

1.2.1) Pupils must learn to follow instructions carefully in order to create a safe and disciplined environment.

1.2.2) Pupils should also understand:

- the need to follow rules and laws.
- the need to wear the correct clothing.
- the need to wear the correct safety equipment.
- the need to warm up and recover when exercising.

2) Teaching

2.1) Teaching and Learning

2.1.1) Staff should follow the learning outlines and themes included in the P.E. department handbook and ensure that the skills outlined are covered along with the appropriate rules and regulations.

2.1.2) Pupils should be given the opportunity to work individually and in groups so they may learn to work co-operatively as well as by themselves.

2.1.3) Pupils should be given the opportunity to practice and refine their skills.

2.1.4) Pupils should be given the opportunity to develop practices of their own.

2.1.5) Staff should not spend an excessive amount of time with any one individual or group of pupils but should encourage pupils with a particular interest in an activity to pursue it both at school team level and to seek further experience outside school.

2.1.6) Staff should allow time for pupil input during lessons. This will enhance the learning process and enable each pupil to make his own unique contribution.

2.1.7) Staff should also share their own positive experiences of P.E. and give an insight into the many benefits which sports' participation can offer.

2.2) Monitoring and Assessment

2.2.1) Quantitative and Qualitative Criteria Based Assessment takes place in years 7 – 11 to allow teachers to accurately differentiate by skill level in each of the core skills of a sport.

2.2.2) Fitness testing takes place at key points throughout the academic year to assess the pupils' needs, monitor their progress and set targets for improvement. These statistics are based on national standards for each year group.

2.2.3) Continuous positive feedback should be provided for good work.

2.2.4) Praise will encourage pupils to continue to try to reach their potential.

2.2.5) Alternative motivation through National Award Schemes, e.g. UK Athletics Award Badges, should also be used where appropriate.

3. CURRICULUM AND TIMETABLE

Each year group throughout the main school enjoys 3 sessions of P.E. per week and the Sixth Form take part in 2.

The breakdown is outlined below.

MONDAY	YEAR 9, 10 & 11
TUESDAY	YEARS 7 & 8
WEDNESDAY	YEARS 9,10,11,12 & 13
THURDAY	YEARS 7 & 8
FRIDAY	YEARS 7,8,9,10,11,12 & 13

The table below outlines areas covered by the various age groups throughout the school year.

CORE SPORT			
YEAR GROUP	AUTUMN	SPRING	SUMMER
YEARS 7, 8 & 9	RUGBY	RUGBY RUGBY 7's – 2 nd Half SOCCER – 2 nd Half	CRICKET TENNIS
YEARS 10,11,12 & 13	RUGBY HOCKEY HRF	RUGBY HOCKEY HRF ROWING – 2 nd Half	STRIKING GAMES – CRICKET or SOFTBALL TENNIS ROWING
FRIDAY OPTION			
YEARS 7 & 8	CROSS COUNTRY	CROSS COUNTRY	ATHLETICS
YEARS 9,10,11., 12 & 13	<ul style="list-style-type: none"> • BASKETBALL • ROWING • SQUASH • FENCING • D of E • HOCKEY • JUDO • KAYAKING • CANOEING • CROSS-COUNTRY • SOCCER • PARA CHALLENGE • STRENGTH AND CONDITIONING • BADMINTON • TABLE TENNIS • MOUNTAIN BIKING • SAILING 	<ul style="list-style-type: none"> • BASKETBALL • ROWING • SQUASH • FENCING • D of E • HOCKEY • JUDO • KAYAKING • CROSS-COUNTRY • SOCCER • PARA CHALLENGE • MOUNTAIN BIKING • STRENGTH AND CONDITIONING • BADMINTON • TABLE TENNIS • MOUNTAIN BIKING • SAILING 	<ul style="list-style-type: none"> • BASKETBALL • ROWING • TENNIS • CRICKET NETS • FENCING • JUDO • KAYAKING • CANOEING • GOLF • TENNIS • D of E • ATHLETICS • SOCCER – yr11-13 • WAKE-BOARDING • MOUNTAIN BIKING • STRENGTH AND CONDITIONING • BADMINTON • TABLE TENNIS • MOUNTAIN BIKING • SAILING

All the Sports and Activities are staffed by coaches with extensive experience. The extent of the choice is a reflection on the stage of development of our pupils and will allow them to concentrate their efforts on a new set of skills with the time to take on a new sporting experience.

Many of the disciplines learned in the sporting arena are transferable to other areas of a pupil's life. Personal skills such as initiative, integrity and a sense of fair play have an important place in the classroom and the School as a whole. It is also important to impress on the boys the importance of personal responsibility and co-operation without foregoing a competitive approach.

Our Physical Education Programme is designed to encourage the pupils to view Sport as an integral part of their lives, encompassing leisure, employment and the long and short term role that exercise has to play in healthy lifestyle. Sport has a very important place in our national and international culture and as such should form a part of any well-developed individual.

Core Sports, Friday Options and Extra-Curricular Activity

Outside the core sports programme, the pupils take part in a large number of extra-curricular activities, which form an essential part of the Physical Education Programme. The intention of these activities is to allow the pupils to find a sport that they truly love and that they will take with them when their journey at St James is over. They give the pupils the opportunity to gauge themselves against individuals of their own age from other schools, parts of the country and sometimes, different cultures. It also gives them experience of the essential element in Sport that is competition.

Archery

Archery is an Extra Curricular activity and takes place throughout the year. The Archery Club takes place on a Wednesday evening in the moot hall in the winter months and on the front lawn in the summer months, where they are professionally instructed. Inter school competition also takes place. This option runs subject to interest.

Athletics

In Years 7 & 8, Athletics is a core Sport in the Summer Term, usually taking place on a Friday afternoon. All the main disciplines are taught at this stage. It is also a Friday Option for pupils in Years 9 – 13. Pupils are given the chance to develop in a particular area.

Pupils also participate in local competitions and the regional and possibly National I.S.A. Athletic Championships. Pupils may also represent the Borough, County or National representative teams.

Extra-Curricular clubs in the Spring and Summer Terms allow keen athletes to develop specific skills and to extend themselves where necessary.

Sports Day at the end of the Summer Term is a chance for all pupils to participate and compete in the track and field events.

Badminton

Badminton is one of the Friday Options throughout the year at a local sports hall. Pupils learn the basic rules and techniques and are allowed to experience this sport at both 'social' and 'competitive' levels with fixtures and tournaments being sought where appropriate.

Basketball

Basketball is one of the Friday Options throughout the year. It is taught by Maurice Rhoden, a qualified Basketball Instructor. It is also run as an Extra-Curricular Lunchtime Club and there are teams for both the Upper and Lower School. Fixtures are organised for these teams against local and regional opposition.

Bobsleigh

Bobsleigh is part of the 'Physical Inspiration' programme and runs on a two yearly cycle, where appropriate. Year 11, 12 and 13 pupils have the opportunity to take part in an elite training programme leading up to sport specific testing at Bath Universities 'Push Start' track each year. When possible, the most eligible pupils will be given a week's training in either driving or crewing a Bobsleigh leading up to competing at the British Championships in either the two man or four man event.

Canoeing

Canoeing is a Friday Option for the upper school and an Extra Curricular club for the lower school. Lessons are delivered by a qualified and experienced instructor and work towards formal qualifications and trips such as the Duke of Edinburgh expeditions.

Climbing

Climbing is an Extra Curricular Activity and takes place throughout the year. The Climbing Club climb on a Wednesday evening at the White Spider Climbing centre in Surbiton where they are professionally instructed by staff at the centre. Pupils work towards formal awards in the form of the NICAS awards and learn the skills necessary to take part in trips to mountainous areas both in the UK and Europe. A bi-annual trip to the Alps is organised as part of the 'Physical Inspiration' programme.

Cricket

Cricket is a core sport for Years 7 - 11 in the Summer Term. Each year group, Years 11-13 compete as one team, in the School has a full fixture list against local schools throughout the Summer Term in a series of friendly and competitive matches . Pupils also have the possibility of playing representative Cricket. There is also the option of the pupils taking

'Cricket Nets' as a Friday Option and there are Upper and Lower School Extra Curricular Clubs for those who want extra practice time.

Cross Country

In Years 7 & 8, Cross Country running is a core Sport in the Summer Term, usually taking place on a Friday afternoon. It is also a Friday Option for pupils in Years 9 -13.

Pupils also participate in local Cross Country Competitions and the Regional and possibly National I.S.A. Cross Country Championships. Pupils may also represent the Borough, County or National representative teams.

There is a Junior Cross Country Cup for the Lower School and a House Competition that runs throughout the year.

Duke of Edinburgh

The award is offered to boys in Year 10 - 13 to expand their horizons, to challenge their sense of adventure and to test their integrity. It consists of four sections: Service, Skills, Physical Recreation and Expedition. Bronze, Silver and Gold awards are currently offered.

Fencing

Fencing is one of the Friday Options throughout the year. Mr John Brook, a qualified fencing instructor, teaches it.

Football

Football is a core option in the second half of the Spring Term. It runs alongside Rugby Sevens. Football is taught to all year groups and there are fixtures against local schools during this period.

Football is also an Extra Curricular Activity and a Friday Option and there are clubs for both the Upper and Lower Schools. Again, competitive fixtures are organised for these teams.

Golf

Golf is a Summer Friday option. Pupils are taught the basic rules and techniques required to play this game and given the opportunity to experience both 'social' and 'competitive' environments.

Health Related Fitness

Multi Sports and Health Related Fitness (HRF) is a programme set aside for those pupils in the Sixth Form who have not chosen to do Rugby or Hockey as their core option. It focuses on teaching pupils the tools needed to keep themselves fit and healthy and develop specific components of fitness.

Hockey

Hockey becomes an option in the Upper School at Year 10 and as a Friday Option for Years 9 – 13. It is taught and coached by qualified hockey coaches. There is also an Extra Curricular Lower School Hockey Club for Years 7 & 8. All year groups have competitive fixture lists against local schools.

Judo

Judo is a Friday Option that takes place in the Hall or in the Refectory at School. Jacqui Lloyd, a highly qualified coach, is the instructor. Where appropriate, competitive experiences are sought.

Kayaking

Kayaking is a Friday Option for the upper school and an Extra Curricular club for the lower school. Lessons are delivered by a qualified and experienced instructor and work towards formal qualifications and trips such as the Duke of Edinburgh expeditions.

Mountain Biking

Mountain Biking is a Friday option in the Spring and Summer terms. It is led qualified and experienced Mountain Bike Leaders and takes place at dedicated Mountain Biking facilities such as Swinley Forest near Bracknell. Pupils experience graded trails which they can explore dependent on their ability. Where appropriate, 'journeys' and trips are organised to extend this group as part of the 'Physical Inspiration' programme.

Open Water Swimming

Open Water Swimming is available to pupils from all year groups. It is coached by qualified Open Water Swimming coaches throughout the year. When the water is at the required temperature, the School Lake will be used for sessions but when it is too cold, the local leisure centre will be used. It is intended that the Swimming team will compete in competitions in lakes, rivers and the open sea during the summer months, building up to the 'Cross Channel Challenge' relay swim across the English Channel.

Rugby

Rugby is the core sport in the Autumn and Spring Terms. The School invests most of its time and effort in this Sport due to the wide range of 'Physical Literacy' skills it requires and due to the 'inclusive' nature of this sport. It is taught by qualified Rugby coaches. Each year group has a full fixture list throughout the Autumn and Spring terms including County and

National Competitions. Boys have the opportunity to play representative rugby and there are close links with a number of local clubs: London Irish, Richmond, Harlequins, Rosslyn Park, Teddington, London Welsh, Staines and Twickenham to name a few. The School also has Inter-House Competitions for all age groups.

Rugby Sevens

Sevens is played in the second half of the Spring Term. It runs alongside Football and allows some of the pupils the opportunity to learn a different style of Rugby. Each age group from Year 7 has a full tournament schedule including local, regional and National Competitions each year. Again, there are fiercely contested Inter-House Competitions for each year group.

Rowing

Rowing is a Friday Option and Extra Curricular Activity throughout the year as well as a core sport in the Summer.

It takes place both at School and at Twickenham Rowing Club (TWRC), situated on Eel Pie Island. A team of experienced, qualified instructors and coaches develop the pupils and where appropriate, there is the opportunity for competition at local regattas and for some entry into the National Rowing Championships.

Squash

Squash is a Friday option throughout the Autumn and Spring Terms. Coaching is available for inexperienced players and those looking to develop technical aspects of the game and supervised, 'Social Squash' is offered to those who have a good understanding of the game. Squash is played at several venues in the local area.

Sailing

Sailing is a Friday Option and an Extra Curricular activity that runs during the school Holidays. It is run by qualified Sailing Instructors.

The St James Sailing Club is based at Littleton Sailing Club in Shepperton and is a registered RYA training and assessment centre in its own right so the pupils not only enjoy the sport for what it is, but also the courses and qualifications that the RYA has to offer.

There is a major ten-day cross-channel yachting trip in the summer holidays, and further outings during the year when we sail up and down the coast. We belong to the Surrey Schools Sailing Association and race with them and the ISA each year.

Strength and Conditioning

Strength and Conditioning is an Extra Curricular activity that takes place year round. Pupils are taught personally relevant Strength and Conditioning theory and techniques to develop themselves in this area of their lives.

Tae Kwon-do

Tae Kwon-do is an extra-curricular activity that runs on a Thursday afternoon throughout the year. It is taught by Mr Som Mudgal who is a 4th Dan black belt and qualified instructor. Pupils are given the opportunity to learn a different kind of discipline and type of physical fitness and develop a lifelong skill.

Table Tennis

Table Tennis is a Friday Option for the Upper School. It is delivered at Ashford Table Tennis Club and led by a qualified coach. Pupils are allowed to experience both 'social' and 'competitive' environments and where appropriate, local, regional and national level competition is found.

Tennis

Tennis is a core sport in the summer and is offered as a Friday Option to the pupils in year 9 upwards. Tennis is taught on the School site and at local venues to maximise the pupils experience. There is opportunity for competition against other schools for the more able pupils but all pupils are taught the fundamentals of the sport. The better players are entered into the ISA and ISTA National Tournament.

Wake Boarding

Wake Boarding is part of the Friday Options programme and takes place at the John Battleday Water Ski centre. Pupils are given instruction on the basic techniques and allowed to experience this sport in a 'social context'. This sport runs subject to interest.

Fitness Testing

Fitness testing happens at the beginning and end of each academic year and forms part of the overall assessment of the whole school. The testing not only informs the reports written by the P.E. Department but also informs the Form Teacher's Reports under the 'Physical Fitness' section. Results are analysed against national averages and any pupils who attain 'below average' or 'poor' results are given remedial work to assist them with improving this aspect of their development

Pupils are tested on their cardiovascular fitness, their strength, their speed and their agility. Teachers use this information to assist with differentiation during lessons.

Positive Participation

Physical Education is a compulsory part of the curriculum at St James Senior Boys' School and as such full participation is expected. It is felt that if a student is fit enough to attend

school then it is reasonable to assume they are fit enough to participate in all lessons. There are exceptions and these cases should be dealt with on their own merits. Ultimately, the wishes of parents in such cases should be respected.

Students who wish to be excused from Physical Education must have a note from their parents or guardians. For a long term illness a doctor's note is required.

Students should expect to go with their teaching group and be used for refereeing or some other purposeful activity and should be dressed accordingly in school kit and tracksuit / waterproof where appropriate. Occasionally, because of injury or bad weather they may be allowed to complete work in the library in consultation with the Librarian, their form tutor and the Head of Physical Education.

Policy Written by: **Ben Wassell**

Reviewed by: **Headmaster and SMT**

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Approved by:

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Date:

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