



## **Malden Oaks Physical Activity Policy**

### **Introduction**

Malden Oaks is committed to promoting the health and wellbeing of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Malden Oaks.

The policy was formulated through consultation with members of staff, parents, students, and our school health advisor in November 2016.

### **Ethos**

Malden Oaks strives to maximize opportunities for students and all associated with the school to be physically active by promoting opportunities for activity. This includes the curriculum, environment and wider community.

### **Aims & Objectives**

**Aim:** To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of students, staff and visitors.

Our specific objectives are as follows:

- to enable students and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
- to provide and promote opportunities for staff and students to be physically active throughout and beyond the school day

### **Equal Opportunities**

All physical activity opportunities offered at Malden Oaks are designed to be inclusive, and cater for different ability levels.

### **Resource Provision**

Practical Physical Education lessons take place at a number of local providers including YMCA Hawker Leisure Centre, Goals football centre, White Spider indoor climbing wall and Sandown Skiing Centre. PE theory lessons are also taught at school to KS3 and KS4



students, in addition to the PSHE programme content – Core theme 1, Health and Well-being which also covers aspects of Social, Mental and PHYSICAL health.

## **Curriculum Provision**

The PE programme is taught by a specialist teacher Kevin Scales.

Each student will receive the following ACTIVE PE times per week:

KS3 - 1x 45min Theory lesson  
- 2x 1½ hr Practical sessions

KS4 - GCSE students receive 1x 45min Theory lesson  
- 1x 1½ hr Practical session

In addition to this, every student has 1x 15min break time a day and 30min lunchtime where activities can be undertaken in the common room. Students are also able to undertake a number of physically activity sessions during the weekly Wednesday afternoon activity programme including swimming, cycling, skiing, football, boxing and table tennis amongst others.

## **Planning**

The school offers as part of its planned curriculum up to 4.5\* hours per week for KS3 students and up to 2.5\* hours per week for KS4. \*Dependent upon students' Wed pm activity choices and their GCSE options.

## **Cross curricular links**

Whilst retaining its unique contribution to a student's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of students' communication, numeracy, PSHE and ICT skills.

## **Assessment**

Assessment is completed according to the school's assessment, recording and reporting cycles which take place throughout the academic year – every 6 to 8 weeks.

# Malden Oaks



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## **Health & Safety**

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS / staffing checks. All external providers will provide the school with their own risk assessment documents.

## **Monitoring & Evaluation**

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives.

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