



# Ripon Grammar School

*Engineering Specialism within a Grammar School*

## **Physical Activity Policy**

### **Aims**

Ripon Grammar School recognises that physical activity plays an essential role in the wellbeing of young people and aims to support and encourage pupils and staff to maintain a healthy level of physical activity. We also aim to teach pupils about the importance of physical activity as part of a healthy lifestyle.

### **Practice**

#### **Core Curriculum**

- All pupils aged 11-18 have the opportunity to take part in timetabled PE and Games lessons. These lessons focus on fitness and team work as well as improving the skills involved in the activity.
- Pupils aged 11-16 have 2 hours of compulsory physical activity each week while pupils aged 16-18 have the opportunity to spend 1 hour 20 minutes each week of curriculum time engaged in organised physical activity.
- Pupils are taught about the importance of physical activity in Games, PE and PSHCE lessons in years 1-5.
- 3<sup>rd</sup> year pupils stay at Beverley Park for 5 days of outdoor and team building activities.

#### **Personnel**

- Dedicated and well qualified PE and Games staff, with considerable support in boys' extra-curricular activities from other teachers.
- Qualified outdoor education staff to run Duke of Edinburgh Award scheme and 3<sup>rd</sup> year Beverley Park outdoor activities week.

#### **Extra Curricular Activities**

- There are a large number (typically more than 30) of extra curricular sports and fitness clubs/activities each week which include a very large number of pupils.
- House sports competitions encourage team spirit and raise the profile of sports in school. They often include pupils who may not otherwise play for a school team.
- Pupils' achievements at school, county level and beyond are celebrated by announcements in assembly and the option exists for pupils to wear their county team ties instead of their usual school tie.
- Many pupils play for local teams.

## **Facilities**

- Sports Hall
- Indoor swimming pool
- Large school fields which are used for formal and informal games practice at lunchtimes and after school
- Basketball court
- Tennis/netball courts
- Astroturf for hockey and football
- Gym

**Feb 2014**

**SEG**

**Policy to be reviewed every three years**

**Reviewed by: Curriculum Committee**