



Ripon 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 students and staff to maintain a healthy level of physical activity. We also aim to teach students about the importance of physical activity as part of a healthy lifestyle.

Practice

Core Curriculum

- All students 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.
- Students aged 11-13 have 2 hours and 40 minutes of compulsory physical activity each week while students aged 14 – 16 have 2 hours a week. Students aged 16-18 have the opportunity to spend 1 hour 20 minutes each week of curriculum time engaged in organised physical activity.
- Students are taught about the importance of physical activity in Games, PE and PSHCE lessons in years 1-5.
- 3rd year students stay at Beverley Park for 5 days of outdoor and team building activities.

Personnel

- Dedicated and well qualified PE and Games staff, with support in boys' extra-curricular activities from other teachers.
- Qualified outdoor education staff to run Duke of Edinburgh Award scheme and 3rd 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 students.
- House sports competitions encourage team spirit and raise the profile of sport in school. They often include students who may not otherwise play for a school team.
- Students' achievements at school, county level and beyond are celebrated by announcements in assembly, lower school colours awarded at the end of KS3 and senior school colours in KS5. The option also exists for students to wear their county team ties or performance ties instead of their usual school tie.
- Many students 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
- Astro turf for hockey and football
- Gym

Feb 2014

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Feb 2017

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Policy to be reviewed every three years

Reviewed by: Curriculum Committee