



MARICOURT
CATHOLIC
HIGH SCHOOL
& SIXTH FORM CENTRE

PHYSICAL ACTIVITY POLICY

Mission Statement

Our Maricourt family, with Christ at the centre, is a community of welcome, compassion and respect in which we are encouraged to discover our true purpose and empowered to achieve the extraordinary so as to be the change we want to see in our world.

INSPIRE
WITH
MARICOURT

POLICY REVIEWED: Nov 2021
SCHEDULED REVIEW: Nov 2024

Maricourt Catholic High School is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Maricourt Catholic High school.

Ethos & Environment

Maricourt Catholic High School strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

Physical Activity Aims & Objectives

Aim: To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.

Our specific objectives are as follows:

- To enable pupils 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 pupils to be physically active throughout and beyond the school day
- To increase physical activity levels of pupils in line with government guidelines.

Equal Opportunities

All physical activity opportunities offered at Maricourt Catholic High School are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities and More Able policy.

Resource Provision

Maricourt Catholic High has extensive provision for physical activity. In Newman this includes a gymnasium, which is equipped with portable and fixed apparatus for gymnastics and games. A dance studio with a mirrored wall and a sound and visual system in place. A fully equipped sports hall, an excellent fitness suite fully equipped with cardiovascular and weights equipment. There are small field spaces with permanent football goals and a larger playground area for the teaching of games. On the Arnold site there is a large playground, with markings for 6 netball and 8 tennis courts, extensive field area with football and rugby pitches and a cricket strip and stand pit for long jump. There is also access to Arnold Hall for indoor games. There are also orienteering course on both Newman and Arnold sites. An annual audit of all physical education equipment is conducted by the PE Curriculum Leader in order to prioritise any necessary expenditure for the year through the PE requisition.

Staff Responsibility & Development

Curriculum Leader for Physical Education
Assistant Curriculum Leader for Physical Education
Schools Sports Co-ordinator
Physical Education Teaching Staff
Teacher in charge of Dance
Teaching staff responsible for extra curricular clubs and teams
School Travel Plan Co-ordinator

The Physical Education staff at Maricourt are highly qualified and have a range of expertise. They are dedicated to the development of the healthy active life style of students of Maricourt.

Curriculum Provision

In Key stage 3

- Students have 4 hours of Physical Education per fortnight.

In Key stage 4

- Students in year 10 have 2 hours of core Physical Education per fortnight,
- Students in year 11 students have 2 hours of core Physical Education per fortnight.
- Students opting for GCSE/Vocational Sport level 2 courses in year 10 have an additional 5 hours per fortnight.
- Students opting for GCSE/Vocational Sport level 2 courses in year 11 have an additional 5 hours per fortnight.

In Key stage 5

- Students in key stage 5 can access physical activity during enrichment time on a Wednesday afternoon by opting for Sports Leaders UK Level 3 Sport in the Community course. Students can also opt for level 3 BTEC in Sport course.

Year 7 student also have the opportunity to take part in an alternative sporting activity day during the summer term. Please see the Physical Education Department curriculum guide lines and policy for the planning and structure of the Physical Education Curriculum.

The school is in partnership with the MADCOS Sports Partnership which is led by the Maricourt School Sports Co-ordinator.

Cross curricular links

Whilst retaining its unique contribution to a pupil'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 pupils' communication, numeracy, PSHE and ICT skills.

Assessment

Teachers assess against the PE Department assessment criteria linked to the National Curriculum to provide gap analysis and current attainment. Please see the Physical Education assessment and monitoring policy for further details.

Extra Curricular Provision

After school and lunch time clubs

We aim to encourage all pupils to take part in a range of clubs, and through the student's voice of sports captains and the 'Active Committee' we involve students in deciding the clubs we have on offer at Maricourt. Registers of clubs are kept to identify those who take part in extra curricular clubs. Students are also audited at the end of the academic year on the number of clubs and activities that they have attended during the year. We offer a vast and varied extra curricular timetable for students of all abilities in all year groups and have excellent pathways for further development within the local community. Please see the Physical Education extra curricular policy for further details.

Competition

Pupils are encouraged to take part in competitive sport and all students take part in a range of intra-school competitions including inter-form competitions such as sports day during the year. Pupils take part in inter-school competitions locally in the Sefton area and within the wider Merseyside area. Pupils are also given the opportunity to take part in National competitions.

School trips

Maricourt High School offers a wide range of physical activity trips including the annual Ski Trip, Water Sports Spain Trip, European Football Tours, France Netball Trip, Wimbledon Trip, Duke of Edinburgh Award, and many outdoor and adventurous activities and sporting activities.

Active Travel

Please refer to the School Travel Plan for details of how we promote travel to school.

Community Partners / Links

The school is part of the MADCOS Sports Partnership. We have also established many links with local sport and physical activity clubs in the Merseyside area. We have very strong links with our feeder primary schools. The School sports Co-ordinator is responsible for developing further links within the local community.

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible. The extensive facilities in Maricourt are available for all staff to access after school and we have staff sports teams that compete against other schools. Staff regularly make use of the Fitness Suite and use the Sport Hall for 5-a-side and Badminton.

Health & Safety

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

Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on DBS/ staffing checks.

Monitoring & Evaluation

The Curriculum Leader for Physical Education will have 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 including participation data collected by the Physical Education Department.

Policy date: 5th November 2021

Signed: S Linten