

LEGACY EDUCATION

Health, Fitness & Physical Training Policy



"Character Above All Else"

Approved by: Director

Responsible Person: Health & Fitness Lead / DSL

Last Review Date: October 2025

Next Review Due: October 2026

1. Statement of Intent

- 1.1. Legacy Alternative Provision (Legacy AP) delivers a distinctive programme that integrates physical training, health education, and personal development.
- 1.2. We believe physical activity provides a powerful vehicle for building character, resilience, teamwork, and self-control.
- 1.3. This policy outlines how physical training is delivered safely, inclusively, and professionally within our gym and activity environments.
- 1.4. All sessions are underpinned by our core value — **“Character Above All Else”** — ensuring that physical growth is matched by emotional and moral development.

2. Aims

- 2.1. Legacy AP aims to:
 - Provide safe, inclusive access to high-quality physical training.
 - Use sport and fitness to build discipline, focus, and wellbeing.
 - Promote lifelong habits of health, exercise, and self-care.
 - Support students in understanding body awareness, safety, and respect.
 - Ensure staff act with professionalism, integrity, and care.

3. Scope

- 3.1. This policy covers:
 - Gym-based sessions and fitness instruction.
 - Outdoor and off-site activities such as hill walking or sports.
 - Health education and wellbeing sessions.
 - Student conduct, safety, and supervision.
 - Staff qualifications and professional boundaries.

4. Health & Safety Standards

- 4.1. All sessions are risk assessed in line with Legacy AP's Health & Safety Policy.
- 4.2. Equipment is maintained, checked regularly, and used under supervision.
- 4.3. Students receive clear safety briefings before each session.
- 4.4. Staff are qualified, first-aid trained, and ensure correct technique and form.
- 4.5. Any injury or incident is recorded and reported to the DSL and Director.

5. Physical Contact

- 5.1. Physical contact may sometimes be necessary when demonstrating or correcting movement. When this occurs:

- Contact must always meet the needs of the student, and is in line with the conditions of the Physical Intervention and Positive Handling Policy
- It should be minimal, explained in advance, and only used to ensure safety or correct form.
- Students must give consent and be comfortable at all times.
- Staff must remain professional, avoiding unnecessary or prolonged contact.
- Any concerns or misunderstandings must be reported immediately to the DSL.

6. Inclusion and Differentiation

- 6.1. Legacy AP ensures that every student, regardless of fitness level, ability, or medical background, can participate safely and successfully.
- Adaptations are made for students with injuries, disabilities, or additional needs.
 - Staff liaise with parents/carers and referring schools regarding any medical conditions.
 - Students are encouraged to focus on personal progress, not competition.
 - Alternative roles (e.g. coaching, scoring, leadership) are offered where full participation isn't possible.

7. Behaviour and Conduct

- 7.1. Students are expected to:
- Follow instructions promptly.
 - Treat equipment, staff, and peers with respect.
 - Maintain appropriate language, behaviour, and attire.
 - Support others and celebrate success positively.
- 7.2. Unsafe or disrespectful behaviour in the gym or during activities may result in temporary removal from the session and a review with the Behaviour Lead.

8. Staff Responsibilities

- 8.1. All Legacy AP staff delivering physical activity must:
- Hold appropriate qualifications and safeguarding training.
 - Model professionalism, punctuality, and discipline.
 - Uphold clear boundaries with students, maintaining a coach-learner relationship.

- Report any concerns about safety, wellbeing, or conduct.
- Encourage reflection on how physical skills link to life skills and character.

9. Health Education and Wellbeing

- 9.1. Fitness sessions are complemented by learning on:
- Nutrition and healthy lifestyle choices.
 - Mental wellbeing and emotional regulation.
 - The benefits of exercise for focus, sleep, and mood.
 - Goal setting and monitoring personal progress.
- 9.2. Students track progress through journals or digital tools such as Kloodle, linking physical development to employability and resilience.

10. Off-Site Activities

- 10.1. Off-site sessions (e.g. walking, outdoor fitness) are planned and risk assessed in advance.
- Parental/carer consent is required.
 - Transport arrangements follow Legacy AP's safety procedures.
 - Staff carry emergency contact details and first aid kits.
 - Behaviour and supervision expectations are identical to on-site sessions.

11. Safeguarding and Professional Conduct

- 11.1. All physical training is delivered in line with:
- Safeguarding & Child Protection Policy
 - Staff Code of Conduct
 - Health & Safety Policy
- 11.2. Safeguarding is paramount. Staff are expected to maintain professional distance, protect student dignity, and model respect at all times.

12. Monitoring and Review

- 12.1. The Director and Health & Fitness Lead monitor delivery through:
- Observations and feedback.
 - Review of risk assessments and incident logs.
 - Termly reflection on outcomes and wellbeing data.
- 12.2. The policy is reviewed annually or following any significant incident.

13.Related Policies

13.1. This policy should be read alongside:

- Safeguarding & Child Protection Policy
- Health & Safety Policy
- Behaviour & Exclusions Policy
- Curriculum & Teaching Policy
- Staff Code of Conduct
- Physical Intervention and Positive Handling Policy