

# Example Physical Activity Policy

## INTRODUCTION

X 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 X school.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse and was implemented November 2007.

## ETHOS & ENVIRONMENT

X 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 POLICY CO-ORDINATOR

The school physical activity policy and strategy co-ordinator is...

## 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:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets

## EQUAL OPPORTUNITIES

All physical activity opportunities offered at X school are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities and Gifted and Talented policy.

## RESOURCE PROVISION

X has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playground, with markings and a large field. We are also very fortunate to have our own swimming pool which allows the pupils to swim regularly from the reception class through to year 4. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the shed, and planning resources can be found in the PE Co-ordinator's area.

## STAFF RESPONSIBILITY & DEVELOPMENT

Primary Link Teacher / Schools Sports Co-ordinator:

School Travel Plan Co-ordinator:

Staff are encouraged to attend courses offered by the county and by the TOPS programme. All staff recently received basic training in SAQ (Skill, agility quickness) and are TOPS trained. Our partnership with the X Sports Group has widened the

school's relationships with external agencies. As a result, local coaches often come into school and work alongside teachers.

## **CURRICULUM PROVISION**

### *Organisation*

The PE programme is taught by class teachers, with the exception of swimming. This is taught by specialised swimming instructors across both key stages.

Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: 45 mins x 2 lessons, 30 mins swimming and 20 mins per day of active play activities.

Year 1 and 2: 40 minutes x 2 lessons, 30 minutes swimming.

Year 3 and 4: 50 minutes and 40 minute lesson when not swimming. 30 minutes swimming in alternate 6 week blocks.

Year 5 and 6: 45 minutes and 45 minutes when not swimming. 30 minutes swimming in alternate 6 week blocks.

### *Planning:*

The school scheme of work operates on a 2-year rolling cycle, and is based on the progressive learning objectives outlined in the QCA scheme of work. In both key stages we teach gymnastics, dance, games, swimming and athletics with the addition of outdoor adventure activities in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

The school is in partnership with the X Sports Group and has recently received a new scheme of work. The scheme of work offers comprehensive lesson plans from Reception to Year 6 for many of the topics taught in school. It is intended that the plans (on cd) are adapted by the teacher in order to suit the needs of their class.

### *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 use the end of topic expectations from the QCA, and the level descriptors in the National Curriculum to help them provide a level for pupils.

## **EXTRA CURRICULAR PROVISION**

### *Break times / lunch times*

We have recently added markings to the playground in order to stimulate children at playtimes. Children are encouraged to throw and catch at play, and often bring their own footballs to play with. Each class has their own playground equipment to play with at lunchtimes. The children are responsible for monitoring their equipment (stored in a box) and handing equipment out to their friends. In addition, children are encouraged to use the field at lunchtime to take part in any game they wish (providing they bring a change of kit). This is a popular option at lunch, particularly with boys. Refer to school Play Policy for extended information about play.

### *After school clubs*

We aim to encourage all pupils to take part in a range of clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Football and cross country clubs are put on offer each year to prepare children for competitions. A range of other clubs are also offered; these may include gymnastics, co-ordination (early morning club), netball or hockey.

### *Competition*

Pupils take part in a range of intra-school and inter-school competitions organised through the School Sport Partnership. These include...

### *School trips*

The school offers a number of outdoor education experiences throughout the year including X for KS1 and X for KS2. These include...

## **ACTIVE TRAVEL**

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in Walk to School Week annually.

## **COMMUNITY PARTNERS / LINKS**

The school is part of the X School Sports Partnership. We have also established links with a number of local clubs including X athletics club and X football club. Parents also regularly assist with the provision of after school clubs.

## **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. racing the children at sports day. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

## **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 school's policy on CRB / staffing checks.

## **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 including participation data collected as part of the PESSCL requirement.

Policy date:

Signed: