



Physical Activity Policy

March 2018

Review; March 2020



Physical activity policy

Rationale

At Bankside Primary, we have a responsibility to help pupils and staffs establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sport's funding will be extremely effective in improving and sustaining high quality PE and sports provision.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality and breadth of PE and Sport

Definition of Physical activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

National Physical Activity Guidelines

Early Years (under 5):

1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.

2. All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

Children and Young People (5-18 years)

1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
2. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
3. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff, our PE specialist teacher or swimming teachers at leisure centres.
- Cross curricular links in our curriculum - Early years foundation stage programme, PE, PSHE and science.
- Extra-curricular clubs run throughout the school year, as well as our football league.
- Lunchtime activities are offered daily for extra physical activity provision.

Physical Education lessons

There is a sequential scheme of work for PE which involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. We use the playground and MUGA for PE activities and we access the John Charles Centre for sport for our annual sports days. All pupils participate in physical PE activity each week and all Year 3 currently go swimming each week for the whole year.

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 science skills.

Extra-curricular physical activity

Pupils have a diverse choice of activities in which they can participate- competitive, non-competitive, structured, unstructured. These will be provided throughout the school day through after-school clubs, curriculum time and lunchtimes.

All activities shall be supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of school staff will be available in case support is required, for example any accidents.

We are part of a cluster of schools and regularly take part in different festivals and tournaments for pupils of different ages.

We actively encourage pupils to go to local clubs and promote our gifted and talented through outside clubs and we aim to keep strong links with these clubs.

Lunchtime activities

Our school has playgrounds, playground markings and play equipment for free play. Lunchtime supervisors engage and encourage pupils in physical activity at lunchtime. Ball games are promoted inside the MUGA, whilst other activities such as skipping and zumba are provided on the main playground.

After school clubs

We aim to encourage all pupils to take part in a range 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 and can therefore be encouraged to do so. We aim to put on a sports club every day after school. These may differ over the year but will include football, netball, multi-skills, cricket, dance etc.

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through our PE and sports leader. We aim to hold at least 3 inter school competitions, linking with our neighbouring schools and will also hold a range of intra school competitions throughout the year, including our year round football league.

School trips

Our outdoor and adventurous Physical education provision is completed during the time we spend at Herd Farm. The activities range from team building to orienteering, climbing and many others. Children also participate in things like forest schools and trips to the park to complete various different sporting activities.

Equal opportunities

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account of their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Differentiation

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- Pupils at different starting points all make progress
- The achievement of all pupils are maximised by providing variations in tasks, resources, support and group structure.

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. Staff are also encouraged to remain physical activity themselves through our staff physical activity programme. Which includes staff zumba, 5K events, walks and staff sports competitions such as football, netball etc.

Active Travel

Children and parents are encouraged to make their route to school active with the use of cars and public transport only advised if necessary. These messages are sent through school council and the parent's council. In addition to this each year our children complete their cycling proficiency training with "Bikeability".

Assessment, recording, reporting and monitoring

An audit of out of school activities is kept to indicate the number of pupils participating in physical activities.

Levels of participation will be monitored with regard to gender and overall levels of interest.

Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/ don't enjoy about PE.

Staff training

Our PE and PSHE leads will attend training and cascade to staff within school.

Our school is part of the Leeds active schools initiative and the PE lead will attend regular meetings with active schools to collaborate ideas for active schools across the city. The school will also receive weekly bulletins from active schools to promote any new competitions or opportunities for activity in the area. Any good practice will be shared with staff at the school during staff meetings or INSET training.

Health and safety plays a major part in all training for staff and staff will be regularly updated with any changes.

Health and safety guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities

All guidelines for physical education and games are followed eg. supervision, behaviour, clothing, jewellery and use of equipment. A copy of 'Safe Practice in Physical Education' is always kept in the PE cupboard so it is accessible to all staff.

All coaches from other organisations must hold suitable qualifications and will be CRB checked- including parent helpers.

Promoting physical activity to the whole community

Parents are sent details of physical activity clubs their children may attend.

Parents are welcome to observe or help where possible.

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

Parents will also be given the opportunity to learn how to keep their children active and healthy at home through the use of Real Play clubs, parent councils and letters.

Kite Marks

Our school works hard to achieve recognised status for physical activity and school sport. The PE lead will apply for a kite mark each year to gain recognition for the importance we place on school sport and PE.

Monitoring and evaluation

We have a dedicated PE and school sport lead in school, who is responsible for providing clear leadership and management in developing and monitoring physical activity within school. They will work closely with all members of staff and local schools and initiatives. This helps to monitor levels of participation and make appropriate adjustments. The lead will consult with pupils and staff to identify barriers to participation and to ensure there is broad range of activities are provided for all pupils to participate in.

This policy is a working document will be reviewed every 2 years.