

Bankside Physical Activity Policy

(reviewed by Governors 29.01.19)

1.0 Introduction

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with *physical inactivity*. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood helps to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns.

The Chief Medical Officers Physical Activity Guidelines 2011 state, 5-18 year olds should be physically active for at least 60 minutes (1 hour) every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis.

Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Bankside Primary School is committed to promoting the health and well-being of *children*, staff and families through physical activity. We have a responsibility to help pupils and staffs establish and maintain a healthy lifestyle. It is important to us that pupils are given the 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.

2.0 Rational & Ethos

Bankside Primary School promotes healthy living and healthy lifestyles. It is important that children and the adults within Bankside Primary School are aware of the long term health benefits of taking part in regular physical activity.

The policy has been developed and consulted with staff and governors via meetings and shared with the children via the school council.

This policy relates very closely to our PE policy and school development plan by ensuring we promote healthy and active lifestyles to our pupils and their families.

3.0 Aims

We have a whole school approach to physical activity in which we promote physical activity where possible throughout the school day. We want our children to be offered a range of opportunities to be physically active so that they sustain this habit throughout their lives. Our overall aim is to encourage children and families to be physically active both within school hours and outside of school hours. We aim to be able to provide children with 30 minutes of activity throughout the school day through a variety of different activities and opportunities.

Summary of Aims:

- To promote the benefits of a physically active lifestyle to children, staff and families.
- To improve the self-esteem and confidence of pupils through participation in physical activity.
- To ensure the pupils are aware of the link between physical activity and healthy eating.
- To aim to provide children with daily physical activity opportunities throughout the school day.
- To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff, families and visitors.

4.0 Objectives

- Provide all pupils with information and opportunities to be physically active during the school day and beyond
- Provide a variety of lunchtime activities for children to engage within the playground such as; football areas, skipping areas and games areas.
- To engage with parents and families to provide them with information around physical activity and how to fit physical activity into their lifestyles.
- To plan activity breaks into the school day in order to help children obtain 30 minutes of physical activity.

5.0 Equal Opportunities and Inclusion

The Physical Activity policy cross references with our Physical Education policy and aims to ensure physical activity is inclusive for all children.

Our Real PE scheme of work caters for all children of all abilities, meaning that we can offer an inclusive curriculum that compliments all abilities. The scheme provides all children with an appropriate level of challenge for their ability and children are always encouraged to achieve their personal best.

We also provide many inclusive competitive and fun opportunities for children within school through inter-school competitions and after school clubs. This is offered to all school year groups including events for KS1, KS2 and SEND events.

All children are encouraged to participate in regular physical activity through the use of assemblies and school council messages. Members of staff are used as role models and are to encourage and support children to stay physically active. We aim to ensure we target our least active children in school through intervention groups and our family engagement programme; Real play.

Members of staff are well supported to promote and provide access for all children via training and support from the PE lead. They are also able to access the Real PE online portal which offers a variety of resources including ways and video clips of how to adapt activities to make them more inclusive.

6.0 Facility, equipment & resources

We have a large indoor sports hall that can be partitioned and divided into two separate areas for activity. Our outside areas consist of a large playground for KS2, a large multi use MUGA area and a Butterfly house which is used as a quiet area. Our Year 1 children have access to an outdoor play deck which is in use every day and is filled with a variety of equipment to encourage the children to be physically active in their playtime and also in their learning.

Reception and Nursery children also have access to their own playground which contains a climbing frame, artificial grass area, wooded walking trail and an artificial grass slope with a tunnel built in. They use this every day as part of their outdoor learning and play.

In the PE cupboard we have a wealth of portable equipment that can be used to compliment lunchtime activity and activity breaks. This includes things such as; skipping ropes, netball posts, beanbags, balls, hoops and obstacle course equipment.

All our equipment is kept inside the school PE cupboard and is accessible by key to all staff and coaches either for curriculum PE or for physical activity breaks/interventions.

We have recently brought the Real Play scheme of work which will allow us to run a parents and children club that aims at targeting our least active families in the Early Years. This allows us to invite the children and their family into school and engage with them for 12 weeks by following a specific physical activity programme that is then followed up at home.

Aside from this we work alongside the school nurse to provide education for parents and physical activity interventions for children that have been identified as the least active in school.

The PE coordinator and school business manager will be responsible for purchasing and maintaining equipment.

7.0 Out of School Hours Learning OSHL

There are many opportunities for our children to participate in physical activity throughout the school day. We run a morning breakfast club which offers children a choice of indoor board games and quieter activities or the option to play football outside in the MUGA. During break and lunchtimes children are allowed to play ball games inside our MUGA area. At lunchtime we also zone the playground into a skipping area and a multi-sports area with different sports activities and games each week.

We offer a variety of different sports clubs that run every night after school and are catered towards both KS1 and KS2. We also run a school football league that offers girls and boys football competition throughout the week across the whole year,

leading to an awards night and a league final. We also have a school U11 Football team who compete in a Leeds Football league throughout the year, playing other schools across the city.

Aside from this we also regularly enter schools games competitions and events to give a number of children the opportunity to compete in different sports.

These activities are also part of our Out of school hour's activities section in our Physical Education Policy.

8.0 Curriculum provision

Children are offered 60 minutes of PE time every week, with a view to increase this if possible in the schools space. Our PE policy promotes physical activity through the use of the PE curriculum and out of school hour's provision.

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 participates 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 our annual sports days. All Year 3 pupils currently go swimming once every week throughout the whole year.

Cross curricular links

Where possible physical activity will be linked across the curriculum, children will be educated on the health benefits and importance of Physical activity during their PHSE lessons. Information is also passed on to parents through things like parents and schools council and our healthy schools aims.

Physical activity will be linked to subjects such as science when learning about the body etc but will also be linked to other curriculum areas through the use of active lessons.

9.0 Childhood Obesity Plan 2016-physical activity minutes

The governments 2016 Childhood obesity plan states schools will need to provide a minimum of 30 minutes physical activity through the school day for all pupils, including lesson time, break, and lunchtimes (excluding time for PE).

To meet these requirements we are offering football across the year for KS2 children in our school football league. We also offer a variety of afterschool opportunities for children to engage with e.g clubs and competitions.

We try and engage as many children in KS2 as possible through active lunch and playtimes, in KS1 and EYFS children are always learning through outdoor play and provision.

To target our least active 10% of children in school we provide 30 minutes physical activity intervention time twice a week to all children identified. The PE lead and senior leadership team work together to provide opportunities where possible for 30

minutes activity in school. There can be difficulties in a large school with little space to provide lots of physical activity however it is a challenge that is always being targeted.

10.0 School Staff/Adults Supported Learning/Leader Development

We use sports premium funding and a contribution from the school budget. Any major projects would be identified in the School Development Plan (SDP) and funding allocated accordingly.

We pay into the cluster which enables us to access additional sports coaches / cluster competitive competitions. School funds a number of sporting activities including competitions with local schools, whole school sports day, Real Play, Forest schools, Bikeability etc. Our parents / carers are unable to make significant contributions to sporting activities such as specialist out of school clubs.

We identified the need to review our PE teaching provision, this was then included on the SDP. 'Real PE' was selected as the programme to deliver PE across the school. Whole school training for 'Real PE' both for teachers and support staff was delivered in September 2017. This has been followed up with additional training for identified staff within school to lead 'Real Play', 'Ready Steady Bike', developmental movement play for early years and KS1. Dough Disco, Bikeability and on-going active schools training for the PE Lead and SLT link.

Our PE lead is recruited via specific recruitment activity. We are a member of 'Active Schools' in Leeds which gives the PE lead opportunity to develop skills and a forum to ensure good practice is followed,, SLT also participate in this. Other staff express interest through own CPD or via pupil data analysis to identify where the gaps are in provision and how staff can be trained to meet the children's developmental needs. As we are part of a cluster we have access to specialist sports coaches to help develop our children further.

Our PE lead is responsible for developing and improving the policy alongside the leadership team and school governors.

Our school is a member of the Active Schools partnership in Leeds which allows us to access continued support around physical activity and physical education. Our subject leader attends 3 subject leader days across the year where new initiatives and creative ideas are often provided to take back into school. There is also a weekly bulletin that keeps the PE lead up to date with opportunities around PE and Physical Activity either in Leeds or nationally.

11.0 Staff Physical Activity Engagement

Our members of staff aspire to be positive role models for our children. They aim to take part in physical activity whenever possible when around the children, for example racing the children at sports day, participating in PE. Members of staff often play games with children at playtimes and lunchtimes to promote physically active play.

Aside from this members of staff are also encouraged to remain physically activity themselves through our staff physical activity programme. Which includes staff Zumba on a Wednesday after school, running and charity events, walks and fun after school staff sports competitions such as football, netball etc.

There is also a display board that is visible to all children and visitors which contains pictures of staff being physically active outside of school hours to inspire children.

12.0 Partnerships

We have a strong partnership with Active schools across Leeds which also offers a partnership with our local school games organiser. This allows us to raise the profile of sport by regularly accessing local and county wide sporting competitions for children to engage with.

We also work in partnership with Leeds Rhinos Foundation who provides us with a community coach for the year to run two after school clubs. We are also able to access a day whereby Leeds Rhinos will come into school and provide a whole day physical activity to promote the values and opportunities within the local area.

We also work closely with our local sports centres to provide swimming opportunities and with the John Charles Centre for Sport to hold our annual sports day's events.

We also have a Change4life display board in school and provide children with their messages through assemblies. We then offer leaflets to parents with advice on what apps and websites they can access at home to help them keep an active and healthy lifestyle.

13.0 Family engagement

We share all our information about physical activity on our school website, where families can access the after-school club information and upcoming competitions as well as information around the PE curriculum.

We also have a display board in school that promotes and celebrates any physical activity children have participated in such as competitions etc.

Alongside that we have a variety of twitter accounts including a dedicated PE and Sport account which is kept up to date with all information around Physical Activity and School sport for families to access.

Throughout the year we invite parents in through parent's council and interventions to ensure families support them around physical activity and health messages. This encourages messages that are given in school to children to be followed through at home.

14.0 Links to other areas of school improvement

We have a specific area of the School Development Plan (SDP) entitled 'Get off your Bankside and get moving'. Under this we set out both strategic milestones for the coming year to develop PE as a discrete subject area and also to make links to other areas of school development.

This also sets the budget for this area and informs both the Governing body and the wider staff of the aims, ambitions and areas of development for physical activity at the start of the financial year, to be implemented across the next academic year.

Some aspects of our Pupil Premium budget are linked to supporting physical development for identified children and this also links into our work developing health and well-being outcomes for children – and their families – through our plans for the Sporting PP monies.

15.0 Active Travel

The school has a travel plan, which was produced by the Senior Leadership team, in partnership, initially with the Local Authority (LA). This was most recently updated in 2017 and is available on request from the school office. It actively promotes active travel, with the significant majority of our parents walking to school with their children. One of our parents is the full-time crossing warden employed to ensure safe passage across the road outside school.

Staff have been offered the chance to purchase bikes under a LA scheme which allows them to buy and repay at a 0% interest across a year. Two colleagues took up this offer.

School has secure bike sheds for staff and children. We work with the highways department of the LA to provide bikeability training for years 1 and 6 every year.

16.0 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 members of staff and local schools/initiatives to keep improving physical activity provision within school. This will help to monitor levels of participation and make appropriate adjustments. The PE lead will consult with pupils and staff to identify barriers to participation in regular physical activity to ensure things can be put in place to overcome them. Each year the objectives and aims will be reviewed to identify strengths and weaknesses and areas for improvement.

Date completed January 9th 2019

Completed by Kelly Morgan – PE lead