

## BANKS ST. STEPHEN'S PRIMARY SCHOOL

### PHYSICAL ACTIVITY POLICY

**Review Date:** September 2017

Next review : September 2019

This policy has been developed through reviewing current practice and staff consultation. It should be read in conjunction with the school's Physical Education policy.

#### RATIONALE

At this Primary School, we believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy lifestyle and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life long physical activity habits.

#### AIMS

The Physical Activity policy supports the overall aims of the school, particularly:

- To raise the confidence and self esteem of all pupils
- To cater for the physical, cultural, moral and spiritual needs of all pupils

This policy also aims to increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity

#### OBJECTIVES

In order to achieve these aims we will:

- Ensure that we provide quality physical activity provision both within and outside curriculum time which:
  - considers the needs and interests of all pupils;
  - promotes positive attitudes towards participation in physical activity;
  - enables pupils to develop a full range of basic movement skills;
  - increases pupils' knowledge/understanding of the importance of physical activity
- Provide relevant in-service training opportunities to all staff, including welfare assistants
- Provide adequate resources and funding for physical activity including provision of safe and stimulating areas in which children can play and be active
- Ensure safe and effective exercise procedures, including warm ups and cool downs
- Raise the profile of physical activity throughout the school and encourage cross curricular links
- Make facilities and resources available for pupils to use at lunchtimes and break times and encourage pupils to be active at these times
- Encourage more pupils and staff to walk or cycle to school through involvement in national initiatives and local programmes
- To support physical activity by providing opportunities through School's Sports Partnership

## LINKS TO OTHER SCHOOL POLICIES

- 1) PE policy
- 2) Equal opportunities policy: School is committed to providing equal opportunities for all pupils, including those with special needs, in the provision of physical activity
- 3) Teaching and Learning policy. Physical activity provision within school is developmentally appropriate and a variety of teaching and learning approaches are used to ensure that tasks are matched to pupils of different abilities and pupils at different starting points all make progress.
- 4) Health and Safety policy Appropriate steps will be taken to ensure the safety of pupils participating in physical activity
- 5) Anti bullying policy
- 6) SEN policy
- 7) Gifted and Talented policy

## FACILITIES AVAILABLE FOR PHYSICAL ACTIVITY

### ON SITE FACILITIES

- We are very fortunate to have access to a large school field which, when it is dry, provides space for children to play and participate in a wide range of physical activities.
- We also have infant and junior playgrounds so there is adequate space for pupils at both Key Stages to play.
- There is a hall which is timetabled both in the morning and afternoon for use during physical education lessons to ensure the maximum use of this resource.
- The Foundation Stage has a dedicated play area and outdoor equipment. This enables the Physical Activity area of the Foundation Stage curriculum to be met. This facility is also used by Years 1 and 2.
- The school council, with the kind support of FOSS, raised funds and purchased an exciting basketball hoop, 3-way shooter, traversing wall and 'Trim Trail' for pupils aged 7-11. They have also paid for a stage on the KS2 playground. We also have football and plastic nets. These facilities are available for use by the after school club.

### OFF SITE FACILITIES.

- Swimming lessons for Years 3-6 take place at a local swimming pool at Tarleton Academy.

### EQUIPMENT AND RESOURCES

- Climbing frame (school hall)
- Ropes and ladder
- Mobile horse vault
- Variety of gymnastic platforms at different height
- Foundation Stage play equipment
- Various sport specific equipment for hockey, tennis, quick cricket, rounders, football, rugby, athletics, high fives
- Different size balls
- Beanbags
- Hoops
- Skipping ropes
- Gym mats
- Benches
- Playtime play equipment ( hoops, lo-lo balls, stilts, skipping ropes, balls, large dice for playground games, hoop-la)

## STAFFING LEVELS AND RESPONSIBILITIES

All staff should ensure that:

- Basic rules regarding behaviour are established and adhered to
- Basic rules regarding clothing, footwear, jewellery etc. are highlighted and adhered to (see PE policy)
- The same rules and principles are applied to after school sport provision
- Safe and effective exercise procedures are taught and adopted in all activities within and outside of school, including warm ups and cool downs
- All pupils are correctly supervised during physical activity

## CHILDREN WITH SPECIAL EDUCATIONAL NEEDS

Pupils with physical disabilities are catered for within curriculum PE lessons through the use of support staff, and planned differentiated tasks where appropriate (see PE policy) Support staff are also used at break times where necessary to ensure safe physical activity, and as such pupils may also use the Foundation Stage play area for safe physical activity during some break times. All pupils regardless of disability are welcomed to after school sport provision. Teaching staff/coaches are notified and trained as appropriate.

## CURRICULAR PROGRAMME

- All classes have the opportunity to participate in two hours of physical education each week.
- In each year group a broad and balanced curriculum is followed. Schemes of work in games, gymnastics, dance and athletics are covered each year. Provision for outdoor and adventurous activities is covered through residential trips in both year 5 and 6 and in the Year 6 curriculum. Swimming provision is offered in blocks to children in years 3 -6
- Outside visitors support the PE curriculum by the provision of various activities e.g. tag rugby, tennis
- School participates in various tournaments - rugby, soccer, high fives, rounders and the swimming gala.

## OUTSIDE OF THE TIMETABLE

We pride ourselves on the extensive out of hours learning activities which are offered at St. Stephen's primary school, taking place at break times, lunchtimes and after school.

## BREAK TIMES/LUNCH TIMES

All children have access to a range of "Zoning Equipment for use at playtimes and lunchtimes. Play Leaders organise games on each playground under the supervision of staff.

## AFTER SCHOOL

A varied selection of extra curricular clubs, including competitive and non competitive, is offered. Although many of the competitive clubs are offered to pupils in upper key stage two, physical activity clubs are also available to children lower down the school. Examples of the various clubs which have been offered include: football, high fives, dance, dodge ball, rounders, and athletics.

## PROMOTION OF WALKING AND CYCLING TO SCHOOL

- School participates in the WOW scheme to encourage walking to school.
- Infant children do the Right Start, road safety programme annually.

- The Safer Cycling programme is run by the Community Police Officer at the start of Year 6. They complete the workbooks provided by the scheme. Bicycle storage is provided and we encourage pupils in year 6 who have completed the safer cycling course to come to school on their bikes.
- The Bikeability Scheme is offered to Year 6 pupils. This involves on road cycling.

#### MONITORING AND EVALUATION PROCEDURES

The methods of monitoring and evaluating the PE curriculum includes monitoring by the PE Subject Leader to ensure the curriculum is broad and balanced; teacher observation; lesson observations; and OFSTED inspections.

The overall physical activity provided by school is additionally monitored and evaluated through feedback from staff, pupils and parents. Members of staff running extra curricular clubs monitor uptake and attendance and the SLT ensure that a range of out of hours learning opportunities are offered.

This policy will be reviewed on a two yearly basis by the PSHE Subject Leader.

Reviewed by S Kenny September 2017