

# Heather Primary School – Physical Activity Policy



## Rationale

At Heather Primary School, we have a responsibility to help pupils and staff 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 Sports Premium 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 and participation for all pupils
- To improve the quality and breadth of PE and Sport in our school.

## 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'.

## Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff, our PE specialist teacher or swimming teacher
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science
- Extra-curricular clubs run through our after-school club CABS as appropriate
- Lunchtime activities
- Outdoor learning, whenever possible

## Physical education lessons

Our scheme of work for PE involves moderate to vigorous physical activity on a regular basis. Every pupil in each year participates in regular physical education throughout the entire school year. We use the hall, playground and field for PE activities. All pupils participate in physical PE activity each week, including extended provision made possible by our involvement in the North

West Leicestershire Schools Partnership. Key Stage 2 pupils currently go swimming each week during the summer term (the emphasis is on Upper Key Stage 2, with further opportunities for Lower Key Stage 2 where possible).

### **Extra-curricular physical activity**

Pupils have a diverse choice of activities in which they can participate - competitive, non-competitive, structured, unstructured and including some physical activity options such as drama, gardening, parachute games etc as part of our PSHE curriculum.

We have a number of after school clubs that children can access.

Our extended school Breakfast and After-School Clubs ensure that opportunities for physical activity are built into the structure of their sessions whenever possible.

All activities are supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of trained school staff is always available in case support is required - eg in the event of an accident

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

We actively encourage pupils to go to local clubs and access enrichment activities wherever possible for as many children as possible.

### **Lunchtime activities**

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime. The trained Play Coaches organise and lead activities for the younger pupils.

### **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 is maximised by providing variations in tasks, resources, levels and nature of support and group structure.

### **Assessment, recording, reporting and monitoring**

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

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.

We use assessment sheets to link pupils' achievements to National Curriculum level descriptors and use this information to share with parents in the end of year report.

### **Staff training**

The NWLSP has a focus on staff CPD, with coaches working alongside teachers to enhance their knowledge, skills and provision.

Health and safety plays a major part in all training for staff.

### **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; e.g. supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be DBS 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 appropriate/possible;

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

The collection of Sainsbury and Tesco sports vouchers by the wider school community raises the awareness of the enjoyment and the benefits of physical activity.

### **Kite Marks**

Our school works hard to achieve recognised status for physical activity and school sport. We currently hold Sainsbury's Sports Silver award.

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

*Reviewed by governing body: March 2017*