

# Physical Activity Policy

Chisenhale Primary School



Learning Together for a Better Future

July 2019

**Chisenhale Primary  
School**

## INTRODUCTION AND CONTEXT

Physical Activity is one of the four themes of the Healthy Schools Programme guidance and is recognised, therefore, as a key contributor to developing healthy lifestyles, improving standards, reducing inequalities and improving social inclusion. Childhood obesity within in the borough of Tower Hamlets is amongst the highest in the country, therefore must strike to deliver a positive and engaging experience which triggers a change in attitude towards sport and health.

## RATIONALE

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Chisenhale Primary School is committed to promoting the health and well being of its pupils and staff through physical activity during all aspects of school life including curriculum time PE, before and after school sports activities and in class activities.

As a healthy school, we are committed to encouraging everyone to be more physically active.

This policy outlines the organisation, teaching and management of physical activity at Chisenhale Primary School.

## PHYSICAL ACTIVITY POLICY CO-ORDINATOR

The school physical activity policy and strategy co-ordinator is Matthew Leser who will work closely with all members of the school to achieve the goals of this policy.

## Physical Activity and Rights

Article 31- Every child has the right to play: Physical activity is a central part of much structured and unstructured play and is an important way in which children can enjoy article 31 during playtime games or PE lessons.

Article 24- I have the right to the best possible health: Physical activity is an important way in which children at Chisnehale can get exercise in a fun manor and grow up healthy and happy.

### **AIMS**

The aim of this policy is to ensure that physical activity in our school is promoted as being part of a healthy and active lifestyle to all members of the school community.

We will ensure that this happens by:

- Increasing opportunities to be more physically active.
- Increasing the co-ordination around physical activity.
- Increasing the breadth of sports experienced by children.
- Providing high quality physical activity experiences for all.
- Improving training opportunities around physical activity, working in conjunction with our SSCO
- Raising confidence and self-esteem in all pupils.
- Encourage participation of the whole school community in physical activity.
- Ensure all children are afforded opportunities to experience intra and inter-school competition.

### **OBJECTIVES**

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 encourage a lifelong passion for sport and physical activity.
3. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
4. To increase physical activity levels of pupils above national targets
5. To raise the profile of physical activity throughout the school and encouraging cross-curricular links as part of our creative curriculum.
6. To promote links with other schools and sports clubs.

### **CURRICULUM PROVISION**

Physical Activity can occur in a variety of ways at school

- The PE programme is taught by all teachers, external coaches provided by the SSP, support staff, and swimming teachers.
- All children to participate in 2 hours of physical activity a week.
- Each child from Year 3 to Year 6 to receive 15 hours of swimming per term, each year.
- They children will experience a wide range of activities including, but not limited to, striking and fielding games, net and wall games, gymnastics, invasion games, orienteering, dance, swimming and athletics.
- During other sessions the children will take part in Fit in Five.
- Where possible to include cross curricular links, especially opportunities for science, ICT and numeracy.
- After school clubs, breakfast clubs, lunchtime clubs and inter-school competitions.

### **Assessment**

# CHISENHALE PRIMARY SCHOOL PHYSICAL ACTIVITY POLICY **2011**

Teachers use the end of unit assessment document and the level descriptors in the National Curriculum to help them provide a level for pupils.

## **OUT OF SCHOOL HOURS PROVISION**

1. Break times / lunch times – a range of activities both structured physical activity and unstructured play, including football, skipping, climbing equipment, free play. Children are also encouraged to take part in the Sports Leaders Award.
2. Breakfast club – Fit in Five on a daily basis, organised games including football, basketball and cricket
3. After school clubs/Mini Clubs – a range of sporting activities are run by both school staff and outside coaches.
4. Competitions – children throughout the school participate in various cluster and borough competitions.
5. School trips – Year 6 attend a week long residential where they are given the opportunity to take part in various outdoor adventure activities.
6. Morpeth School Sports Cluster- Years 3-6 children participate in a rotation of sport competition and training throughout the year.

During afterschool clubs and breakfast club the children are registered this information is recorded and monitored by Amanda .

## **COMMUNITY PARTNERS / LINKS**

The school is part of the Tower Hamlets School Sports Partnership. We are part of the Morpeth School Sports Cluster. In addition,we have also established links with a number of local clubs including; Wesy Ham football club, Leyton Orient football club and we are also part of the Olympic Get Set Network.

## **PHYSICAL ACTIVITY AND LEADERSHIP**

By participating in physical activity students learn many leadership qualities (for example, team work, cooperation and understanding). These qualities are not only useful in encouraging physical activity but have a positive impact in all areas of school life.

Examples include:

- Sports Leaders involved in the organisation and delivery of KS1 Sports Days.
- Sports Leadership Award (SLA), year 5 and 6 pupils working with our PETA take part in this award during the Summer term.
- Sports Leaders to organise and deliver small sided physical activities during lunchtimes.

## **EQUAL OPPORTUNITIES & INCLUSION**

All physical activity opportunities offered at Chisenhale Primary 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.

In addition the monitoring and evaluation carried out enables any gaps for specific age, gender ethnicity groups to be identified and addressed when planning strategy for the future.

## **RESOURCE PROVISION**

On site facilities – 2 outdoor playgrounds, and 2 indoor halls.

External facilities – we are within close proximity to a number of outdoor play areas, these are to be used whenever possible to broaden the experiences of physical activity for the children within the school.

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

## **STAFF RESPONSIBILITY & CPD**

It is the responsibility of the PE Coordinator and Head Teacher to ensure that areas for development are identified and opportunities found for staff to improve their skills in the delivery of high quality physical activity.

Staff are encouraged to attend courses offered by the borough and by the SSP programme.

Our partnership with the Tower Hamlets Sports Foundation has widened the school's relationships with external agencies. As a result, local coaches often come into school and work alongside teachers.

## **ACTIVE TRAVEL**

The school actively encourages children to cycle, scoot or walk to school. The school provides cycle and scooter storage facilities. During the school year we run various weeks to encourage children to travel to school using bicycles or by walking.

Once a year the school carries out a travel survey to see how children and staff travel to school this information is then used to review our school travel plan.

Information on Active Travel events are promoted through our weekly newsletter to parents and the notice board outside of the school.

## **PROMOTING PHYSICAL ACTIVITY TO THE WHOLE SCHOOL COMMUNITY**

Our staff aspire to be positive role models for our children by leading by example.

Sporting successes by staff and children are celebrated during Celebration Assemblies. We believe that it is important to celebrate every sporting achievement with the whole school community.

Parents are encouraged to attend sport day and take part in the activities.

## **HEALTH & SAFETY**

Please refer to the school's PE, health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on CRB / staffing checks.

### CONSULTATION

During the writing of this policy the following people were consulted the Head Teacher, PE coordinator, PSHE coordinator and the school council. Parent Voice session were also taken into consideration.

### LINKS TO OTHER POLICIES

This policy is part of our healthy lives agenda, it works in conjunction with the following policies:

- PE Policy and curriculum
- Health and Safety Policy - appropriate steps will be taken to ensure the safety of pupils taking part in physical activity
- Inclusion and Equal Opportunities – the school is committed to providing equal opportunities for all pupils, including those with special needs, within its provision of physical activity
- Teaching and Learning Policy – physical activities provided are developmentally appropriate; a variety of approaches are used to ensure that tasks are matched to pupils abilities, and pupils at different starting points all make progress
- SEN Policy – ensuring that all children are able to access the curriculum whatever their ability
- Child Protection Policy
- PSHE Policy
- Whole School Food Policy

### MONITORING & EVALUATION PROCEDURES

The school will

1. Collect baseline information of existing physical activity opportunities, including:

- The type of activities on offer at lunch and break time
- The type of activities on offer within the classroom
- The number of times per week an activity is offered
- The number of facilities available
- The number of hours spent on PE per week
- The range of activities carried out during PE
- Competition attendance tracker
- Levels of participation in borough competitions.

2. This will be reviewed and recorded on annual basis. The results of this will be stored on the shared drive in the Healthy Lives folder.

Much of this information is available from the annual PESSCL Survey.

Monitoring and Evaluation will try to include:

- Pupil feedback
- Teacher feedback
- Parental feedback
- Feedback from staff/governors
- Number of OSHL opportunities offered
- Pupil participation in OSHL clubs
- Number of pupils waling or cycling to school regularly
- Ofsted inspection comments
- Achievement of Healthy Schools accreditation

### EYFS Physical Activity

In the EYFS unit, physical activity is part of the daily routine. From 9.30 – 10.45am and following lunch until 2.50pm, the children have free access, to use all spaces and activities set up within the unit.

The adults ensure that there are opportunities for a range of physical development both inside and out, including large movement such as running, bikes, climbing, building, obstacle courses and smaller movements encouraging fine motor control such as pencil grip, pincer movement and use of a range of tools. Some children are specifically targeted on a daily basis to help develop their fine motor skills (finger gym).

We are currently developing our garden to provide more opportunity for children to develop their gross motor skills. We now have climbing hocks around the back wall and lots of natural resources to pick, cut and transport, we also have a large sandpit under cover and an additional small sheltered area. We will use the large playground in the Summer Term to aid children's transition into KS1.

We go on regular trips to Victoria Park and Wellington Green for specific events such as seasonal change, Sports Day and Sports Relief.

For the EYFS children there is also a PE session once a week during the teachers PPA with a PE specialist. All 3 Nursery/Reception classes attend this session.

**Member of Staff Responsible for Physical Activity: Matthew Leser**

**Date Policy Written: 22/03/2011**

**Date of Policy Review: March 2013**

Compiled by: Nick Simms	Policy written: April 2011
-------------------------	----------------------------

# CHISENHALE PRIMARY SCHOOL PHYSICAL ACTIVITY **2011** POLICY

---

Approved by: Governors April 2011	Revision Date: January 2016
-----------------------------------	-----------------------------

4.11.11