



## **Sacred Heart School**

### **Physical Development Policy**

*At Sacred Heart School we all aspire to provide a happy, safe and secure environment in which every child is encouraged to achieve their full potential...*

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Sacred Heart School is committed to promoting the health and well-being of its children and staff through physical activity. This policy outlines the organisation, teaching and management of Physical Education at Sacred Heart. We believe that engaging in physical activities is essential to maintaining a healthy lifestyle. All children are encouraged to take part in a range of age appropriate physical activities each day. Every effort is made to raise awareness about the importance of physical activity both to children and adults.

## Definition of Physical Activity and current recommendations

Physical activity in young children is defined as ...

**'...activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing, or activities such as playing board games or other passive play'**

*Making the case for UK Physical Activity Guidelines, Early Years Working Paper* Current advice

UK physical activity recommendations state that children 5 – 11 should be active for at least 60 minutes a day and Under 5 should be physically active for at least 180 minutes a day.

## Physical Activity Aims and Objectives

**Aim:** To ensure that all aspects of physical activity in the setting are promoted for the health and well-being of children, staff and parents/carers.

**Our specific objectives are as follows:**

1. To enable children, staff and parents/carers to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and children to be physically active throughout and beyond the setting in order to maintain a healthy lifestyle.
3. To increase physical activity levels of children in line with national targets.

The School/Nursery is also aware of local and national requirements to reduce childhood obesity via key pieces of legislation and research such as the Child Health Promotion Programme and the Eat Better, Start Better Programme/ Action for children. The Every Child Matters Framework is threaded into all aspects of the physical activity provision and at Sacred Heart each child is given opportunities to reach their full potential and ability, with further provision for enhancing all round development.

## Equal Opportunities

All physical activity opportunities offered at Sacred Heart 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.**

## Facilities and resource provision

Sacred Heart has a school hall, which is equipped with fixed and portable apparatus for gymnastics and a stereo to support the teaching of dance. For the teaching of games, there is a playground, with markings and a large Muga pitch. We use the swimming pool at Mayfield year round to deliver swimming lessons to KS2 pupils. PE equipment is stored in the Hall store or the outdoor PE store. Planning is completed by our Head of PE.

In Foundation Stage physically active play is planned for each session. We ensure that children have the opportunity to participate in activities that are planned to develop the three main types of physical activity for the under 5s: physically active play, developmental activities and everyday activities. Planning is completed by the Head of Foundation Stage/Reception class teacher.

## Staff Responsibility

Sacred Heart have specialist PE teachers who teach PE throughout the school. The Head of PE plans and organises the sessions in main school and the Head of Foundation Stage plans the activities in Foundation Stage and delivers lessons with the support of practitioners.

## Curriculum Provision

Each child will receive the following **ACTIVE** PE time per week:

Reception: 45 mins x 1 lesson, 30 minutes x 2 lessons

Year 1 and 2: 45 minutes x 1 lesson, 40 minutes x 2 lessons

Year 3: 45 mins x 2 lessons, 30 mins x 1 lesson

Year 4: 60 minutes x 2 lessons

Year 5 and 6: 60 mins x 1 lesson, 90 mins x 1 lesson

In both Key Stages we teach gymnastics, games, and athletics with the addition of outdoor adventurous activities in Year 6. Swimming is taught in KS2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

PE is taught in mixed ability and gender groups for each year group. On Wednesday afternoon Y5 and 6 pupils have a games afternoon when boys and girls are taught separately.

The school is involved in the Primary Schools Partnership extending the opportunity for competitive games. In addition there are sporting fixtures on a Wednesday afternoon for U11 teams and some matches on a Thursday afternoon for U9 teams.

## The Supportive Environment in Foundation Stage

In the Foundation Stage we endeavour to create an environment designed to promote physical activity throughout each day by providing a range of equipment and resources and staff deployed to support and challenge children. We also zone different areas of the setting to provide different types of play.

A designated member of staff is trained to conduct risk assessments and establish suitable arrangements for off-site visits; parents may accompany us on off-site visits. Although managing risk specifically refers to play provision, there are elements of risk associated with physical activity. All practitioners are aware that children need to learn to manage risks associated with physical activity within a supportive environment. By providing stimulating and challenging opportunities, children are encouraged to explore and develop their abilities and to learn to take acceptable risks without being exposed to dangerous activities.

## Assessment

In the Foundation Stage children's progress is recorded on the children's summative assessment tracker which is updated termly.

In the main school effort/progress grades for each activity are tracked by the PE teacher and recorded every half term. Effort grades are reported to parents termly.

## Extra Curricular Provision

### Break times and lunchtimes

The children play on the MUGA pitch, the side grass, climbing frame and Forest school area. Children are encouraged to throw and catch; to run, chase and dodge; to skip and play with hoops/playtime toys. They may also choose to also play football on one side of the Muga pitch. A variety of playtime

equipment is always available. The children are responsible for selecting their equipment (stored in a unit adjacent to the Muga pitch) and sharing it with their friends.

Pupils in the Nursery have their own outside area which they use during playtime which includes the use of sit and ride toys, balancing equipment, hoops, bean bags and balls. Reception class children join the older pupils in the main school play areas.

### **After School clubs**

We aim to encourage all pupils to take part in a range of active clubs from Year 1. These include football, rugby, pop lacrosse, netball, hockey, cricket and dance. Many of the clubs prepare the children for competitive matches.

### **Staff Activity**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible. Staff often play games with children at playtime and demonstrate physical activity during PE lessons and especially during whole school events such as the BHF Skipathon.