**Bramham and Shadwell Federation**

**PHYSICAL ACTIVITY POLICY**

Adopted by the Teaching and Learning

 sub-Committee

March 2022

School Policy



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**Physical Activity Policy**

**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 state, 5-18 year olds should accumulate at least 60 minutes of physical activity (1 hour) every day of which schools are responsible for 30 minutes. Activities should range between [moderate-intensity activity](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx#moderate), such as cycling and playground activities and [vigorous-intensity activity](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx#vigorous), 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.

Bramham & Shadwell Federation is committed to promoting the health and well-being of children, staff and the wider communitythrough physical activity.

**2.0 Rational & Ethos**

In the development of this policy, staff, children and governors were all consulted. Other policies that this policy relates to include the P.E. policy and the School development plan.

 **3.0 Aims**

To ensure all pupils have the opportunity to participate and engage in a variety of physical activities which will encourage a continued healthy lifestyle.

To provide information to about physical activity to children, parents, staff and governors.

**4.0 Objectives**

The key objectives that the school will deliver to meet the policy aims are:

* To provide all pupils with information to be physically active during the school day and beyond.
* To increase the opportunities for all children to be physically active.
* To provide opportunities which will engage SEN children in physical activity.
* To increase the opportunities in competitive sports for Key Stage 2 children.
* To organise games during lunchtimes for those children who do not wish to participate in football or basketball.
* To promote physical activity and a healthy lifestyle to school staff.
* To create links with external clubs for children to continue participation out of school hours.

**5.0 Equal Opportunities and Inclusion**

Bramham & Shadwell Federation ensures physical activity for all by offering opportunities for all pupils to access physical activity. This can be before school, during P.E. lessons, at break and lunchtimes, or afterschool. We are committed to continuously increasing the variety and breadth of physical activities on offer for all age groups.

Children are encouraged to fully participate in physical activities through engaging and enthusiastic teachers and coaches. They are also educated on the benefits of living healthy lifestyles and how physical activity plays an important role in this.

This policy cross references to other policies, such as the teaching and learning policy, by encouraging and facilitating school sport and physical activity for all children.

It also heavily links to the school’s thematic approach to the curriculum by encompassing the ‘whole’ child; it develops not just their physical abilities, but provides for all children the opportunities to develop their resilience, perseverance, motivation and self awareness skills as well as the SMSC skills of democracy and tolerance through the wide variety of activities.

Staff are supported to promote and provide access for all children through the P.E. Premium funded by the government as well as having resources and training courses available when required.

**6.0 Facility, equipment & resources**

Bramham Primary School has a hall, playground and school field. There are games markings and a trim trail on the playground and a football pitch on their field.

Shadwell Primary School has a hall, playground and school field. There are games markings and trim trails for both KS1 and KS2 on the playground, as well as a basketball court, netball court and football pitch on the field.

There is a wide range of both competitive equipment, such as goals, hoops, nets and games equipment which is used for P.E. lessons and after school activities, and non-competitive equipment such as skipping ropes, bean bags and circus equipment such as diablos and ribbons.

Staff are informed of available equipment and facilities through staff meetings and staff briefing sessions, as well as throughout the day by the subject lead.

The lead practitioner for PE and Sport; the Senior Leadership team and the Business Manager are responsible for purchasing and maintaining equipment.

The equipment & resources for physical activity participation outside of the curriculum are stored underneath the school and in P.E. storage within the school at Shadwell and in an outdoor container at Bramham. They can all be accessed by any staff member and the ones within school can also be accessed by pupils.

**7.0 Out of School Hours Learning OSHL**

During break and lunchtimes, children can participate in more competitive activities such as Basketball and Football. There are also non-competitive opportunities such as the trim trail/climbing wall, ribbons, diablos, bean bags and games such as ‘Big Jenga’.

Afterschool there are also competitive and non-competitive clubs for children to participate in. Competitive clubs focus on developing teams to compete against other schools, allowing those children to train to a more elite level.

The non-competitive clubs focus on developing children’s skills at an emerging level.

At Bramham and Shadwell Federation there are multiple opportunities for children to participate in extra-curricular physical activity opportunities out of school hours. These include Football, Tag Rugby, Cricket, Netball, Hockey, Dodgeball, Dance, Golf and Basketball for all KS2 pupils. KS1 have access to activities such as Dance, Dodgeball, Football, Golf and Gymnastics. Children are provided with opportunities to participate competitively for school teams and all children are encouraged to join clubs within the community to continue their participation. It is paramount that all children have the opportunity to participate in physical activities which are not only suitable for their ability, but where they also feel confident and find enjoyment from them. Extra-curricular physical activities are organised by our P.E. Lead Teacher and are supplemented with clubs from external agencies.

**8.0 Curriculum provision**

Reception children participate in 1 hour of PE each week. KS1 and KS2 pupils participate in 2 hours of curriculum P.E. each week. Each KS1 class follows a Long Term P.E. plan which focuses on developing both physical and mental attributes for; Games (throwing, catching, kicking and rolling), Dance, Gymnastics and Athletics. Each KS2 class follows a Long Term P.E. plan which focuses on developing both physical and mental attributes for; Invasion games, Net/Wall games, Striking & Fielding games, Dance, Gymnastics, Outdoor & Adventurous activities and Athletics. Class 4 go swimming as part of their PE in order to improve their swimming skills and confidence in the water.

To further enrich each child’s physical activity experiences within the Federation, each year there is a Health Week where children participate in a variety of both competitive and non-competitive activities. These activities range from inter-house competitions, circus workshops, tennis, dance, lacrosse, golf and fitness tests, where the children can develop and analyse their own fitness scores. During this week the pupils also learn about how to live healthy lifestyles and develop their emotional well-being.

The annual Sports Day each year which encompasses both competitive and non-competitive elements, such as individual races and team games.

Each week any child that has represented the Federation in a sport is recognised in Celebration assemblies; team captains read out what they have achieved.

At the end of each academic year there is a Sports Celebration Assembly where every child that has participated in a team representing school receives certificates/medals/trophies and is acknowledged in front of the rest of the school and parents, regardless of achievement.

The Bramham & Shadwell Federation P.E. policy supports physical activity by setting guidelines for good practice, expectations for teachers and pupils and ensures pupils are receiving appropriate amounts of physical activity.

**9.0 School Staff/Adults Supported Learning/Leader Development**

The P.E. lead, Senior Leadership team, pupils, parents and Governors are responsible for developing, improving and monitoring the policy.

The budget arrangements for supporting physical activity opportunities are funded by the P.E. Premium as set by the government.

Staff are supported to deliver high quality physical activity in school by attending Physical activity based staff meetings, CPD courses, lesson observations as well as observing high quality P.E. lessons. They also have excellent resources for what they require.

Staff identify their own CPD needs. In addition, as opportunities for CPD arise, they are circulated around all staff to attract interested parties.

External sports clubs and coaches who deliver physical activities within the Federation are recruited from either well known or recommended companies. All companies are interviewed initially to see if what they are offering is appropriate and suitable for the school. Regular discussions with coaches identify what is being taught and what progress is made; a member of school staff is also present during the initial sessions to observe how the coach interacts with the children and how the children respond to the session. Risk assessments are undertaken before each activity.

All coaches are DBS checked and coaching companies deliver a child protection and safeguarding policy to the school before they work with the children.

**10.0 Staff Physical Activity Engagement**

Information about gyms and clubs are available in the staff room.

Staff are encouraged to participate staff physical activity events such as Netball and Rounders. There are opportunities for staff to coach/referee sports teams and become involved in physical activities.

Data is collected on staff preferences for physical activity whereby activities/clubs are put in place to encourage staff to participate in physical activity.

P.E. staff meetings incorporate health and wellbeing designed to encourage staff participation in physical activity and for them to lead healthy lifestyles.

**11.0 Partnerships**

Bramham & Shadwell Federation engages with multiple sports organisations, which not only help to raise the profile of school physical activity but also creates links with external clubs, allowing children to continue participation outside of school hours and once they leave primary school altogether. External clubs include Shadwell United Football Club, Shadwell Tennis Club, Shadwell Cricket Club and Wyke Ridge Golf Club.

**12.0 Family engagement**

Bramham & Shadwell Federation provides information about physical activity on the school’s websites, Sports Wall and Twitter through updates on sports clubs and extra-curricular activities.

Curriculum Newsletters detail what is happening in each class’s PE lesson during that particular half term. Sports specific bulletins are given to children which include match reports, league tables and future fixtures.

Letters regarding specific sports teams are sent to parents informing them of fixtures and training.

Letters are sent to parents about available clubs which their children can participate in.

Parents evenings allow parents to access any information they require directly from their child’s teachers.

Whole school events and assemblies are used to inform children and parents of achievements within school sport.

**13.0 Links to other areas of school improvement**

Physical activity and a whole school action plan for P.E. is incorporated into the school development plan; it states a number of initiatives and action points for development in whole school physical activity eg afterschool sports clubs

Physical activity features in Pupil Premium strategic plans by ensuring that all pupils have access to afterschool clubs and the residential in Year 6.

The School Sport Premium strategic plan includes physical activity within health & wellbeing through calculating funds for activities during Sports Week, maintaining equipment for all children to use during P.E. lessons, afterschool clubs and break/lunchtimes. It is committed to a continued increase in the variety of physical activities on offer.

**14.0 Evaluation**

Bramham & Shadwell Federation evaluates the impact of the physical activity policy through data collection, the School Games Mark and Healthy Schools criteria.

Each time a child participates in an extra-curricular sports team their participation is recorded. This allows the Federation to identify children who are not engaged in physical activity and therefore facilitate their future participation.