

## St Bartholomew's C of E Primary School



### Physical Activity Policy

#### Our Christian Vision

**B**elieve **A**chieve **R**espect **T**ogether **S**ucceed

**B** – We **believe** we will flourish in God's family.

**A** – We know that everyone in St Bart's can **achieve**.

**R** – We **respect** everyone in our family.

**T** – **Together** we support and help each other.

**S** – As part of God's family we support everybody to **succeed**.

#### Safeguarding

St Bartholomew's C of E Primary School is committed to safeguarding and promoting the welfare of its pupils. We believe all staff and visitors have an important and unique role to play in the protection of children.

#### Aim of the St Bartholomew's Primary Physical Activity Policy

- To increase the activity levels of the whole school through the provision and promotion of physical activity.
- To promote healthy lifestyles
- To increase physical activity opportunities throughout the day.

#### Objectives

- To provide physical activity opportunities both within and outside of curriculum
- To increase knowledge and understanding in regards to the importance of physical activity.
- To provide safe and stimulating activities in which children can be active.
- To make facilities and equipment available for pupils to access at lunch and break time.
- To organise specific events (e.g Sports day/House competitions) which promote and raise the profile of physical activity.
- To promote clubs outside of school to encourage physical activity outside of school.

#### Facilities and equipment for physical Activity

The school has four outdoor playgrounds in which some have fixed play equipment. The school has a MUGA which is a large area for sport with markings, basketball nets and goalposts. The outside gym promotes physical activity at break times. The sports hall provides an indoor space for sports as well as classrooms which are used for classes during the day.

The school also has the use of a large field to the rear of the school. Each class has a bag of equipment to use during break and lunch times. Each class has access to the wide variety of sports equipment in school which is kept in the PE cupboard and the sports hall.

#### Entitlement and equal opportunities

St Bartholomew's is committed to providing equal opportunities in the provision of physical activity. All pupils in the school including pupils with additional needs are included in physical activities. Staff are aware of any medical conditions children may have.

#### Links to the Physical Education/Sport Premium plan

For the PE curriculum and assessment, clothing guidelines for PE, please refer to the Physical Education Policy. The Sports Premium Provision and Expenditure plan covers both Physical Education and Physical activity (see website)

### **Increasing physical activity**

A range of strategies are in place in order to increase Physical Activity and inside and outside the curriculum to meet the target of encouraging every pupil to be physically active for one hour per day.

These strategies include

- Playground equipment/outside gym provided for each Year group to encourage active playtimes.
- Staff to encourage and support physical activity at break times
- Extra-curricular activities run by both school staff and external providers during lunchtime and after school.
- Bikes and scooters available in outdoor area in Nursery and Reception.
- Climbing equipment and trim trail available in two playgrounds for children to access at playtimes.
- Teachers to encourage pupils to be physically active both in and out of the curriculum.

### **Extra-Curricular Activities**

Throughout the school year children should be encouraged to participate in physically active clubs, both at lunch and after school. These Include: Football, Dodgeball, Handball, Netball, Cricket, Rounders, Multi sports and athletics. Pupil voice is used to give children the opportunity to review the clubs and give ideas for the future. The school also includes a range of physical activities in breakfast and after school club. All children in KS2 are provided with the opportunity to go mountain biking or ice skating.

### **Promoting walking and cycling**

Children and staff have the option of storing their bike or scooter in the bike and scooter store. Children from all Key Stages are taught various aspects of road safety as part of PSHE as well as outside providers from the Leeds Road Safety Team. Children have access to bike ability to ensure all children can ride a bike. All children in Year 5/6 have the opportunity to go to the Urban Bike Park to experience BMX riding and mountain biking.

### **Monitoring and Evaluating**

Will take place through

- Teacher/pupil feedback.
- Review of timetables
- Learning walks/monitoring
- Sports Mark assessment

Reviewed: December 2022  
Review date: December 2024

Signed by: \_\_\_\_\_

Head Teacher

Signed by: \_\_\_\_\_

Chair of Governors