



# **Physical Activity Policy**

**Date Issued : April 2018**

**Review Date: April 2020**

## **Rationale**

At St Peters R.C Primary, Dagenham, 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 PE and Sport's 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
- To improve the quality and breadth of PE and Sport

## **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 or PE specialist teacher
- Cross curricular links in our curriculum - Early years foundation stage programme, PE, PSHE and science
- Extra-curricular clubs
- Lunchtime activities

## **Physical education lessons**

PE involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. We use the playground and field for PE activities and we access the sports hall at the village hall for

indoor physical activities. All pupils participate in physical PE activity each week and Year 3 go swimming in the Summer Term.

### **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 gardening and parachute games.

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

We are part of a cluster of schools and regularly take part in different festivals and tournaments for pupils of different ages. We actively encourage pupils to go to local clubs.

### **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.

### **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 are maximised by providing variations in tasks, resources, support and group structure.

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

An audit if out of school activities is kept to indicate the number of pupils participating in physical activities

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.

### **Staff training**

Our PE and PSHE attend training and cascade to staff within school.

CPD is given to staff during lesson time to team teach with the PE instructor.

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 eg. supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be CRB 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 possible

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

### **Active Travel**

- The school is developing a school travel plan in association with the school travel adviser.
- Children, young people, staff and parents/carers are encouraged to walk or cycle to school through the strategies in place and these are publicised through a variety of means including notice boards and the school newsletter.
- The school takes part in walk to school week to help to promote active travel.
- The school took part in a Hands Up Survey on 21<sup>st</sup> November 2017.

## **Monitoring and evaluation**

The Physical activity co-ordinator is Darrell Russell. He is responsible for providing clear leadership and management in developing and monitoring physical activity within school. He works closely with all members of staff and our PE specialist teacher. He monitors levels of participation and makes appropriate adjustments. He consults with pupils and staff to identify barriers to participation and to ensure there is broad range of activities are provided for all pupils to participate in.

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