



Lea Endowed CE Primary School

Physical Activity Policy

Reviewed & Updated: May 2023

Next Review: May 2024

'LET EVERYONE SHINE'

At Lea Endowed Church of England School we provide an excellent education for our children. We follow God's example, by loving Him, and each other, in all that we do. Our whole school family is encouraged to achieve their full, God given potential and shine in their own special way.

"Let your light shine."

Matthew 5:16

Physical Activity Policy

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Introduction

This Physical Activity Policy is to run alongside our Physical Education Policy. The whole school community (all staff, governors, pupils, parents, outside agencies etc) are involved in its development, implementation and review.

We believe that education concerning health issues is important in the development of children's self-awareness. We acknowledge the important link between physical activity and the ability to learn effectively. We also recognise that school can play a significant role as part of the larger community to promote a healthy lifestyle. As a result, we seek to improve the health of the school community by providing opportunities to establish and encourage life-long physical activity habits.

Aims

The school's aims for Physical Education and Physical Activity are:

- To develop pupils' self confidence in a range of physical environments and activities
- To develop physical skilfulness, physical development and knowledge of the body in action and make pupils aware of health-related aspects
- To develop each child's physical and mental coordination and self-control
- To promote positive attitudes towards active and healthy lifestyles
- To enhance the social, intellectual and cooperative abilities of the child
- To encourage all pupils to develop their physical potential through a variety of activities
- To provide a facility for the enjoyment and satisfaction that comes from participation in a wide variety of sporting/physical activities
- To develop a sense of fair play and encourage a competitive spirit
- To develop a knowledge and understanding of the subject, the sporting activities encountered, fitness and health and how to take care of the body
- To contribute to the development of problem-solving skills
- To offer a range of extra-curricular activities

Objectives

- To provide at least two hours of quality physical activity both inside and outside of curriculum time which considers as far as is possible
 - the needs and interests of all pupils
 - promotes positive attitudes towards participation in physical activity
 - enables pupils to develop a full range of basic movement skills
 - increase pupils' knowledge and understanding of the importance of physical activity.
- Increased pupil participation in physical activity both in and outside of curriculum time
- Provision of adequate resources and funding for physical activity
- Provide relevant in-service training opportunities
- Be committed to ensuring safe and effective exercise procedures are used
- Provision of safe and stimulating areas in which children can play and be active
- Raising the profile of physical activity throughout the school and encouraging cross curricular links
- Providing resources and facilities for use by pupils at lunchtimes and playtimes and encouraging the children to be active at these times
- Organisation of specific events which promote and raise the profile of activity
- Encouraging more pupils and staff to walk or cycle to school

Links with other School Policies

1. Physical Education Policy
2. Equal Opportunities Policy – this school is committed to providing equal opportunities for all pupils, including those with special educational needs, in the provision of visit activity.
3. Inclusion Policy
4. Teaching and Learning Policy – [physical activity provision within the school is developmentally appropriate, and a variety of teaching and learning approaches are used, to ensure that tasks are matched to pupils of different abilities and those at different starting points all make progress].
5. Health and Safety- appropriate steps will be taken to ensure the safety of pupils participating in physical activity.

Facilities Available for Physical Activity

We have access to a good-sized field adjacent to the school which when dry provides space for children to play and participate in physical activity.

We also have two decent sized playground areas which provide adequate space for the children to play when the field is not in use. This is currently marked out with various activities including: hopscotch, netball/basketball, chess and various other paired and individual games.

The school hall is equipped with indoor apparatus and is available for use in PE lessons in Foundation Stage and Key Stage 1 and 2 and is also available for extra- curricular use, specifically for dance and games.

Swimming lessons involve all children in Key Stage 2 and take place at the Better Life (Fulwood) Leisure Centre Swimming Pool.

Playtime equipment is updated regularly according to need and season –all the children are involved with the purchase of equipment.

The school also takes part in a wide range of inter school sporting activities.

All children in KS2 have the opportunity for a residential period for outdoor and adventurous activity at Borwick Hall. Additional day visits also take place for lower KS2.

Inclusion and Children with Special Educational Needs

All children are given the opportunity to develop skills to the best of their ability. Wherever possible all children can participate in the whole PE Curriculum. For children who have physical difficulties some modification may be necessary to this area of the curriculum/activity being undertaken. Such modifications are made in consultation with Support Staff and the Physiotherapist etc (See SEN Policy)

Staffing Levels and Responsibilities

All staff should ensure that:

- Basic rules regarding behaviour are established and adhered to
- Basic rules regarding clothing, footwear, jewellery etc are highlighted and adhered to
- Safe exercise procedures are taught and adopted in all activities in and outside school, including warmups and cool downs
- All pupils are correctly supervised during physical activity
- Teachers, support staff and lunchtime welfare assistants should be confident in their knowledge of physical activities they teach the children.

Curricular Programme

All children have the opportunity for at least 2 hours PE and physical extra-curricular activity per week.

In each educational stage a broad and balanced curriculum is followed. Schemes of work in games, gymnastics, dance and athletics are covered each year and all the children in KS2 have access to swimming. There is also provision for outdoor and adventurous activities.

Regular curricular work, and educational visits, support, promote and develop pupil's understanding of the contribution that physical activity makes to health and wellbeing.

Out of Hours Activity

During the academic year the school tries to gain access to coaches to provide extracurricular sporting activity in sports which the children may not have experienced. All pupils are encouraged to attend.

Dance and Multisport/Football clubs are provided by qualified Level 2+ coaches with full enhanced DBS checks.

Pupils regularly take part in inter and intra school sporting events – year 2 upwards are given the opportunity to take part.

At play time and lunch time a range of play equipment is available for pupil's use.

Bikability Cycling programmes are run annually for children in Year 5 and 6 and children are given the opportunity to cycle to school if they wish.

Promotion of Physical Activity to the Whole School Community

Information leaflets are distributed to staff and parents detailing the benefits of regular exercise and promoting local schemes, initiatives, events and activities.

Parents and community members are actively encouraged to become involved in providing extra-curricular physical activity sessions, where they are suitably qualified coaches and are DBS cleared.

Monitoring and Evaluation Procedures

Monitoring of physical activity will be done through a variety of strategies including:

- Pupil feedback
- Teacher feedback
- Parental feedback
- Feedback from governors and staff
- Pupil participation in extra-curricular activity
- Number of pupils cycling/walking to school

This policy will be reviewed annually.

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Policy agreed by: Staff

Date: June 2023

Governors

Date: June 2023