

Claypole Church of England Primary School

PHYSICAL ACTIVITY POLICY



Rationale

Claypole Church of England Primary School is committed to promoting the health and well being of its pupils through physical activity. At Claypole Church of England Primary children are helped to acquire the skills needed to participate with confidence and enjoyment in a range of individual and team activities at school and in the wider community, and to appreciate the place of regular exercise as a way of keeping physically and mentally fit.

This policy outlines the organisation, teaching and management of physical activity at Claypole. We believe that every child has the right to be happy, healthy and active and recognise our role in supporting and promoting physical activity and healthy attitudes to enable them to make life long habits. There is strong consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

All children have a minimum of two hours curriculum PE that is structured and timetabled and all children have the opportunity to access extra-curricular activities throughout the year.

Aims

- The Physical Activity Policy fits with the school ethos and aims, contribute to raising activity levels.
- School will establish a rich variety of opportunities for all children to access sport and opportunities to be physically active throughout the school day.

Objectives

To ensure that all aspects of physical activity in school are promoted for the health and well being of all pupils.

Our specific objectives are as follows:

- To enable pupils to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- To provide and promote opportunities for pupils to be physically active throughout and beyond the school day.
- To provide all pupils with equal opportunities and experiences to participate and to achieve in different activities, including in inter and intra events.
- To increase physical activity levels of pupils in line with national targets.
- To provide students the best possible physical activity experience to all children to encourage a lifelong love of sport/activity.
- Offering additional physical activity through extra-curricular clubs and competition.
- Increased pupil participation in physical activity outside of curriculum time.
- Maintain a high profile for physical activity in all aspects of school life.
- Provide appropriate on-going training for all staff, including teaching and non-teaching staff.
- PE/Sports lead will lead on the broader aspects of physical activity development with support of senior staff.

- Offer a broad and balanced activity programme, which is inclusive to all pupils.
- Provision of adequate resources and funding for physical activity.
- Provide 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.
- Use of Playground Leaders to encourage pupils to be active at lunchtimes.
- Organising specific events that promote and raise the profile of physical activity.
- Organising specific events that encourage children to reach their personal best.
- To develop and apply skills at appropriate levels of and/or competition as required.
- To provide an age-appropriate participation pathway both with school clubs and activities and also with local pathway links.
- To encourage participation in community sport and physically active recreation.
- To encourage participation of the whole school community in supporting physically active experiences.
- Work with key partners, including Inspire+ and local School Games Organiser.

Delivery

The promotion of the physical health and well being of our children is delivered through:

- 2 hours of PE/Sport timetabled into our curriculum.
- Daily 'Active Time' in the afternoon (equating to an additional 15 minutes).
- Cross curricular links in our curriculum (EYFS, Science, Literacy, PSHE)
- P.E. policy and guidelines are followed.
- Young Bronze Ambassadors support with physical activity opportunities throughout the school.
- Children have access to equipment at breaks at dinner times to encourage physical activity.
- Playground leaders meet with our Sports Apprentice with the learning of playground games and activities to deliver to Key Stage 1 children.
- Outside of school sporting achievements are celebrated in Friday Celebration assemblies.
- Children share sporting events in assembly from intra & inter house events.

Equal Opportunities

- We encourage all pupils to participate in extra-curricular activities, whatever their levels of ability by offering a range of extra-curricular clubs and competitions.
- Due regard will be given to consideration of gender, race and ethnic minority groups
- Children with special educational needs will be given the same opportunities to join clubs with any necessary adjustments made.
- Inclusive competitions also accessed and promoted for children with special educational needs.

Assessment, Tracking and Recording and Monitoring

- Registers for clubs are kept to indicate the numbers of children participating in physical activities.
- Levels of participation will be monitored (ie. gender, Pupil Premium, SEND etc).

- Children's activity levels are tracked on an in-school physical activity tracker to monitor extra-curriculum events that are being attended as well as those attending competitions. This helps us plan further extra-curricular clubs and activities with the less active in mind to encourage their participation levels.
- Children are tracked in P.E. in line with our foundation subject assessment system.

Health and Safety

- County guidelines are used for P.E. lessons and the use of outside activities.
- Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.
- Teachers, teaching assistants and sports coaches follow the school guidelines for physical activity, for example; supervision, behaviour, clothing and the use of equipment.
- Safe and effective exercise procedures take place in all physical activities including warm ups and cool downs.

Staffing

- P.E. lead attends training and cascade to Head and staff within school.
- Staff are offered training through CPD & by working alongside coaches.
- Inspire+ coaches used who are trained in the delivery of Get Set 4 PE.

Extra – curricular physical activity

- All physical activity clubs are open to pupils of all abilities (some may be open to specific year groups).
- Some will take place after school and vary in length from ¾ hour to 1 hour (depending on the time of year/darker evenings).
- Some clubs will take place at lunchtime and will be 30 minutes.
- Some clubs may be led by staff, coaches from Inspire+ or our Sports Apprentice.
- Some clubs may be led by our Bronze Young Ambassadors or Playground Leaders with suitable staff supervision.
- Activities will vary according to season.
- All children will be encouraged to be involved in extra-curricular activities.

Promoting Physical Activity to the whole community

- Parents will be sent details of physical activity clubs their children may attend.
- Details of physical activity in the wider community will be made available for parents and staff on our website.
- Parents are made aware about the delivery of physical activity through newsletters, publications on our website, via ParentMail and social media platforms.

This policy should be read in conjunction with:

P.E. policy

P.S.H.E.

Science policy

January 2022

This policy is reviewed annually and revised as necessary