



# Seal

Church of England  
Primary School

## Physical Activity Policy September 2014

### Rationale

Physical Education is a fantastic use of time. It improves health, reduces stress and improves concentration, as well as assisting in physical growth and development. Exercise also improves individual's emotional wellbeing, academic achievement and helps interaction.

As of September 2013, the government is providing additional funding of £150 million per annum for the next three academic years to improve provision of physical education (PE) and sport in primary schools. This funding is ring-fenced and can only be spent on provision of PE and sports in school.

### Aims

We aim to enable children to become physically active by giving them the opportunity to:

1. develop physical competence and help promote health, fitness and stamina of both mind and body
2. develop an appreciation of the qualities of fair play, sportsmanship and honest competition linked to social skills. Establish self-esteem through physical confidence
3. develop ability to maintain interest and enthusiasm, and persevere to achieve enjoyment
4. ensure safe practice
5. develop of problem solving skills, work on and improve own and others' ability
6. help promote personal hygiene, care of the body and a healthy lifestyle
7. consider the impact of sustainable travel to and from school

### Objectives

#### **Within the Physical Education curriculum:**

- To develop a cross curricular PE programme which meets the statutory national curriculum requirements 2014.
- To ensure at least two hours of curricular PE in which a broad and balanced programme is provided.
- To raise the profile of physical activity throughout the school.

#### **Lunchtime games and activities:**

- To make facilities and equipment available for pupils to use at break times and lunchtimes, and encourage pupils to be active at these times.
- To consider the use of multi-skills training and tasks to improve physical activity at break times.

#### **After School Activities:**

- To continue to provide a variety of physically active after school clubs.
- To provide pupils with the information and confidence they need to take advantage of physical activity opportunities in the local community.

#### **Travelling activities to and from school:**

- To encourage families to walk to school with the support of the Kent Walk on Wednesdays scheme.
- To encourage families to cycle to school using the allocated class bike days in the spring and summer terms and continuing to research the possibility of improved cycle storage.

To monitor pupils' level of involvement in physical activity inside and outside of school.

## **Curriculum Physical Education Programme**

Approximately two hours of Physical Education per week are timetabled for every class within the school. This is broken down into two one hour lessons.

**Provision: FS;** Physical Development is encouraged and the Early Years Curriculum is followed. Children are encouraged to develop confidence and control in the way they move and handle tools and equipment. Children experience both indoor and outdoor physical development.

**KS1;** Dance, games, fundamental skills and gymnastics are taught with a focus on learning and developing skills. Swimming is also taught in the summer term.

**KS2;** The skills acquired in KS1 are further developed and applied to both competitive and non-competitive team and individual sports through dance, games, fundamental skills gymnastics, OAA, athletics and swimming. These are taught by class teachers, the PE coordinator and external providers.

**Sports week:** This is a week dedicated to giving the children opportunities of different, unusual or exciting sports and activities they may not have heard of, experienced or thinks of in order to give them a broader awareness of sports.

**Planning:** The curriculum plan for PE is carried out in three phases. Long term plans map out the PE covered in each term of the Key Stage and indicates a progression of skills. Medium term plans are both taken from schemes of work and adapted to ensure individual needs are met. Short term planning is provided in the form of teachers own weekly plans, or annotated schemes.

**Out of Hours Learning Programme:** The school provides a range of extra-curricular activities for all children run by the staff and external groups. The curricular activities after school are varied, including competitive and non-competitive clubs. We offer a range of clubs for different age groups, at different times of the year. See termly club lists for details.

## **Encouraging pupils, parents/carers and staff to walk to school under safe conditions**

The school has a Platinum Award School Travel Plan and through the annual reviews is working to improve conditions for walking to school. We are also signed up to the Kent WOW scheme. Pupils are encouraged to walk to school, even if only once a week, through the use of the scheme.

## **Training**

The PE coordinator will facilitate professional development and whole school training and INSET.

All staff are highly committed to developing their own knowledge of new physical activities to enhance the children's enjoyment and participation in physical activity.

## **Resource Provision**

The PE coordinator is responsible for purchasing resources and is informed of the budget on an annual basis. The school also takes advantage of national schemes such as Sainsbury's Active Kids vouchers to improve resources through funding and parental involvement.

## **Involving Parents and Carers**

The skills of parents/carers and governors are considered for the implementation of physical education and before/after school clubs. All parents and carers are invited to sports day and are encouraged to partake in flat races. Parental involvement in WOW schemes is encouraged via the school travel plan, newsletters, parent forums and travel/parking surveys.

## **School policies on specific issues**

### **Equal opportunities:**

All pupils regardless of race, gender, ability, social origins or size are entitled to be included and successful in physical education. All pupils have equality of opportunity in respect of curriculum balance, time, extra-curricular involvement and use of resources and facilities. Our policy is to enable all of our pupils to experience success. Sensitive and informed group planning of pupils e.g. in mentor, ability and mixed ability groups, will ensure all pupils will contribute, be actively and physically involved and be challenged appropriately. Resources are appropriate for the range of abilities.

### **Differentiation and Inclusion:**

When planning and selecting materials, tasks, resources and teaching styles we will take into account the needs of all pupils in terms of abilities and stages of development. Pupils with AEN will be entitled to the same access to physical education as their peers. In planning lessons teachers will identify challenge for all pupils, modifying and adapting the task and/or equipment to include the least able child and stretch the most able. Teachers will liaise with the SENCO and additional adult support will be sought if needed.

### **Assessing/Reporting/Reporting:**

Opportunities for assessment will be identified during planning and pupils will receive ongoing teacher assessment. These assessments will be directly related to learning objectives and will be recorded in schemes of work and lesson plans. Information will be shared with pupils, teachers and parents in written and oral form. Summative assessment will be made to support future learning and to indicate achievements against programmes of study.

### **Health and safety:**

All routine procedures relating to safe practice are agreed and will be consistently adhered to by all teachers and support staff. For detailed reference refer to "Safe Practice – baalpe – 2004 Edition". Any parents helping must be police checked and supervised by a member of staff. It is essential that pupils are taught life skills to enable them to participate safely and confidently in physical activity. Pupils are expected to work in a safe manner and be aware of what this means. Equipment will be handled appropriately and in a controlled environment. All teachers will plan their work with the safety of pupils in mind. The physical education co-ordinator will support the teacher, Headteacher and governors to undertake a risk assessment of activities and plan INSET for teachers.

### **Clothing and equipment:**

Children will change into suitable clothing – shorts, T-shirts and bare feet for gym and dance, plimsolls or trainers and sports socks for outdoor games. Tracksuits may be worn outdoors in the cold. Clothes for cycling must be either old or clothing you don't mind getting wet and muddy, along with suitable trainers. No jewellery is to be worn for any form of PE. Earrings which cannot be taken out must be taped in order to avoid injury. For swimming pupils must wear swimming costumes for girls and swimming shorts for boys with all children wearing swimming hats.

Teachers must wear appropriate clothing, especially footwear.

### **Staffing Level and Responsibilities**

- The PE coordinator is responsible for monitoring and evaluating the PE curriculum. The PE coordinator oversees the extra-curricular provision run by staff members and outside professionals.
- The PSHE coordinators are responsible for monitoring and evaluating how pupils' travel to and from school.
- The Science coordinator is responsible for monitoring and evaluating the science curriculum relevant to physical activity and healthy lifestyle.

### **Outline of Facilities**

On-site: Playground (incl. basketball nets, netball court markings, hopscotch, number track), Large field (incl. football pitch markings, running track, rounders pitch, tyres and trim trail – depending on the season), Nature trail, Woods (incl. mountain bike trails, outdoor classroom and forest school area), Large hall with gym equipment, Well equipped Foundation Stage outdoor classroom (incl. Climbing frame, slide, bikes/trikes and scooters, challenging steps and physical activity equipment).

Off-site: football and netball pitches at Knole Academy and swimming pools at Walthamstow Hall School.

### **Procedure for Monitoring and Evaluating the Physical Activity Policy**

The Physical Activity Policy will be monitored and reviewed on an annual basis, including; feedback from all staff, governors, parents/carers and pupils.

Date now: September 2014  
Date for Review: September 2015