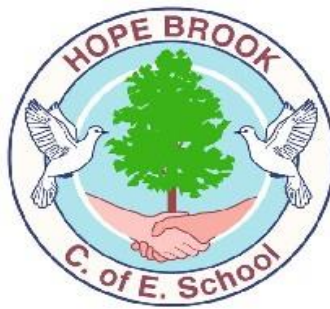


Hope Brook Church of England *Primary School*



Physical Activity Policy

The staff and governors are committed to the development of each child in the best possible learning environment to encourage all children to achieve their fullest potential.

We want the children to achieve success through their own efforts, teamwork, self-discipline and motivation, and through links with the Church and community, work towards a better future for themselves and the world in which they live.

This policy is designed to complement and support the following policies:

- Teaching and learning
- SEN
- Inclusion
- Health and Safety
- Equal opportunities
- CPSHE
- Food

Definition of physical activity:

The term physical activity is used to describe planned and unplanned play / sporting activity. It takes into consideration opportunities that arise during playtimes, trips, PE / games lessons, extra curricular opportunities, sponsored events and outdoor activities. It encompasses signposting activity to direct pupils to particular areas of interest.

At Hope Brook we believe that regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence, and counter anti-social behaviour. Schools play a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

Aim

To establish an 'active school' ethos and promote an environment which will increase activity levels and encourage enjoyment of activities within and outside the curriculum.

To foster and develop positive attitudes, knowledge, confidence and self-esteem in all members of the school community, taking into account their physical, cultural, moral and spiritual needs.

Objectives

1. Ensure that all pupils have access to a minimum of 2 hours curriculum time high quality PE and sport each week, along with further opportunities to take part in after school clubs
2. Increase pupil participation in physical activity both within and outside the creative curriculum and maintain a high profile for physical activity in all aspects of school life, ensuring that pupils become physically literate
3. Encourage all pupils to participate in physical activity during play-times, providing safe and stimulating areas in which children can play and be active
4. Provide adequate resources and funding for physical activity
5. Embed health related exercise (HRE) principles into the PE curriculum, ensuring that safe and effective exercise is taught, that knowledge and understanding of fitness and health is integral to all PE lessons.
6. Promote cross-curricular links to all subjects, where appropriate

7. Offer a broad and balanced activity programme which is inclusive to all pupils, addressing the requirements of the national curriculum, and reflecting the abilities and interests of all pupils
8. Work with key partners, including the Schools Sport Partnership and the Healthy Schools programme, in helping to promote physical activity and access community activities and local clubs
9. Promote regular physical activity to all school staff and other members of the school community
10. Fully utilise the learning opportunities offered by our outdoor learning spaces and the local environment
11. Encourage as many pupils and staff as possible to walk or cycle to school

Roles and responsibilities

The PE Co-ordinator shall also be the designated Physical Activity Coordinator, with responsibility for leading all broader aspects of physical activity. This person shall also be the designated Primary Link Teacher with specific responsibility for providing the school link to the School Sport Partnership.

The PE Co-ordinator will ensure:

- All partners are aware of the importance of physical activity
- All staff, parent helpers and playground leaders receive appropriate and up-to-date training in the full range of opportunities for physical activity
- The school continually seeks to broaden the range and scope of activities promoted to all partners – within and beyond the school.

The class teacher will ensure:

- Pupils are signposted to appropriate activities to fulfil their enjoyment of physical activity
- All pupils access a broad, balanced and fully inclusive PE programme
- That pupil participation in physical activity is monitored and assessed where appropriate
- That all pupils are presented with positive models of participation in physical activity

The midday supervisors / staff on duty will:

- Promote and support play-time activity
- Promote and support the use of pupils to lead play activities
- Ensure that the school's health and safety procedures are followed
- Ensure that pupils understand the playground rules

Charging

Clubs and activities run by teachers, parents or the School Sport Partnership will be free of charge.

Although swimming lessons are provided free of charge, a voluntary contribution for transportation costs are made.

Occasionally, charges are made for specific activities. Examples of when a charge may be requested are listed below:

- A club run by external partners with expertise in the activity being offered. All external partners are vetted by the school or the Local Authority
- A voluntary contribution may be requested for one-off activities provided by external partners e.g. skipping challenge

The Foundation Stage

We encourage the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle small and large equipment and apparatus. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Resources

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store. The hall contains a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field and playground for games and athletics activities, and The Forest High School Swimming Pool for swimming lessons.

Health and safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. (Indoor work, children should wear pale blue lightweight t-shirts and shorts or leggings, outdoor work, is determined by the

temperature. Children are encouraged to bring jogging trousers and tops during colder weather and pupils in KS2 are encouraged to wear trainers.) The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE. The policy of the governing body is that no jewellery is to be worn by adults or children for any physical activity. Where earrings for pierced ears cannot be removed by the child, they should be covered with surgical micro pore tape.

Extra-curricular activities

The school provides a range of PE-related activities for children outside school hours typically at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term. The school also plays against other local schools. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

Date of policy: March 2016

Date of review: March 2021

This policy was formulated in consultation with the Headteacher and teaching staff.

This policy was accepted by the Governing Body at their meeting on Wednesday 9th March 2016 and will be reviewed every five years.

Signed

Chair of Governors

Signed

Headteacher