



## **Thurstonland First School**

### **Whole School Policy for P.E Activity 2015**

We will make a commitment to being an active school; we will adopt a whole school approach to the promotion of Physical Activity and will work towards offering pupils a variety of opportunities to take part in Physical Activity both within and beyond the curriculum.

#### **Values and Ethos**

- We believe in the importance of educating pupils about the health issues both now and for the future and appreciate the significant role that the school can play, as part of the larger community, to promote healthy issues.
- We aspire to improve the health of the school community by teaching ways to establish and maintain lifelong physical activity habits
- We appreciate the important link between a healthy body and the ability to learn effectively and so will provide the necessary experiences to develop a range of attributes and qualities to ensure the development of the well-balanced, physically able child.

#### **Aims and Objectives**

We aim to improve the Physical Activity levels and increase participation of the whole school through the provision of a supportive environment conducive to the promotion of Physical Activity.

We will achieve this by:

- Promoting positive attitudes towards participation in Physical Activity and healthy lifestyles.
- Ensuring that each child is able to fulfil their full potential in a range of physical activities
- Providing opportunities for children to learn new skills and engage in physical activities both within and outside of curriculum time.
- Raise the profile of Physical Activity throughout the school, and encouraging cross curricular links.
- Making facilities and equipment available for use at lunchtimes and break times to encourage pupils to be actively engaged at these times.

- Encouraging staff, parents and governors to participate in Physical Activity
- Encourage more pupils and staff to walk and cycle to school
- Ensure the provision of safe practice in all types of Physical Activity
- Developing a sense of fair play, honest competition and good sporting behaviour
- Providing pupils with leadership opportunities to develop self-esteem, confidence and communication as well as increasing the number of enrichment opportunities
- Providing equal opportunity for all pupils, regardless of gender, ethnicity, background or ability
- Organise specific events that promote and raise the profile of Physical Activity.

### **Curriculum Provision**

Through a whole school curricular Physical Education programme we aim to offer a broad and balanced programme offering a minimum of 2 hours high quality PE and sport a week.

The range of activities include –games, athletics, gymnastics, dance and swimming. A long term plan outlines areas of focus for each term.

Schemes of work outline a planned approach to health-related activity to ensure that the national curriculum requirements are being met.

Cross-curricular links in mathematics and science units such as Keeping Healthy and observing the effects on the body during and after exercise. Many aspects of P.E will complement physical activity by reinforcing the knowledge, understanding and self-management skills needed to maintain a physically active lifestyle.

### **Out of School Hours Opportunities**

Our extra-curricular programme will aim to be varied and flexible to include competitive and non-competitive, team and individual based clubs, appropriate for all our pupils. All pupils are encouraged to participate in the programme which includes:

- tennis
- bushcraft
- football
- cricket
- rounders
- netball and basketball

Our out of school sport clubs are often led by outside sporting organisations such as Project Sport.

## **Staffing, Responsibilities and Staff Development**

The school has a P.E leader who with the School Games Organiser and Shelley Pyramid is responsible for the development of the curricular and OSHL provision. The programme is lead by teachers, support staff, Project Sport and community coaches.

The school recognises the importance of professional development and offer opportunities to engage in further training offered by the LEA and Shelley pyramid.

All staff are responsible for the safe practice of the activity which they are leading and should ensure the basic rules are established and adhered to:

- Behaviour / code of conduct
- All staff and AOTT's involved in physical activities are trained and qualified
- Appropriate clothing, footwear, removal of jewellery, hair tied back
- Safe and effective exercise procedures are adopted in all physical activities, including warm-ups and cool-downs.

The Policy links to other school policies such as:

- Equal Opportunities
- Teaching and learning
- Health and Safety

## **Facilities and Resources:-**

The school has a small school playground which is used regularly for P.E by Reception and Year 1.

The school also has access to the council owned recreation grounds which include a large field, playground, and a hard surface court.

The school hall is currently unavailable for gymnastics and dance. Other provisions are used to enhance the quality of teaching in gymnastics. Links with Kirkburton Middle School have allowed us to use a hall with a large space to be used to provide a positive gymnastic experience. The outdoor space outside school has also been used to teach outdoor gymnastics focusing on many aspects of the programme of study including balance and travel and dance. Playtime equipment is available at lunchtime.

The children also have a lunchtime sports coach to encourage participation in sporting activities.

### **Leadership Opportunities: –**

We enable our older children in Year 4 and 5 to be play leaders at lunchtime. In small groups they lead activities with our Reception and Year 1 children. They are given play leader training first to develop their skill.

### **School Club Links:-**

Many of our children go on to develop their skills in local sporting clubs. Links are well established with Thurstonland Cricket Club and many children also attend Kirkburton or Shelley Football Clubs. Information and leaflets from sporting clubs or organisations are passed on to children and parents.

### **Clothing:-**

- All children must change for P.E using the the classroom or other supervised rooms where appropriate.
- Teachers should at least change into appropriate footwear for the teaching of P.E. It is preferable that teachers change into P.E kit.
- P.E kit should be a completely separate kit to what the child is wearing that day. There is a school P.E T-shirt available for parents to purchase voluntarily.
- No jewellery should be worn in P.E.
- All long hair should be tied back.

### **Health and Safety:-**

Safety should be paramount when planning P.E activities. The following guidelines should be referred to by all teachers when planning their P.E curriculum:

- Safety Practice in Swimming (LEA)
- Safe Practice in Physical Education (2012 BAALPE)

Risk assessments should be included in lesson planning and safety aspects should be considered with the children prior to the task. Children should develop their own ability to assess risks.

First Aid equipment is located in the staff room and designated first aiders known by staff.

Regular checks should be made of all equipment. Children should be taught how to move and use apparatus safely under the supervision of an adult or responsible adult.

## **Monitoring and Evaluation**

We will review, monitor and evaluate our physical activity policy by a variety of means.

The measures for the success will be measured against the objectives.

- School Performance Management will monitor quality provision and CPD uptake
- Healthy School re-accreditation will evaluate the whole process and impact
- Ofsted inspections will make impartial judgements
- LEA monitoring
- Questionnaires to pupils, school staff, and parents will have specific questions to identify the views, impact of the policy.
- School SEF
- Sainsbury's School Games Marks achieved.

Questions which will focus our monitoring:

- ✓ How broad and balanced is Physical Education Curriculum?
- ✓ Have the number of OSHL opportunities increased?
- ✓ Has the profile of PE and Physical Activity been raised?
- ✓ What is the % of pupils participating in OSHL/ community sports clubs?
- ✓ Has the school environment improved to encourage physical activity?
- ✓ How many staff/AOTT's have attended in-service courses?
- ✓ Have the school introduced special events into their school calendar which raises the profile of Physical Activity?
- ✓ Does the Ofsted feedback make positive judgements on the Physical Activity opportunities and take-up?
- ✓ Is the feedback from pupils, staff and parents positive?
- ✓ Do pupils show increased knowledge and understanding of the importance of Physical Activity and the links to health