

Grange First School.

Physical Activity Policy.



Aim

At Grange First School we believe that Physical activity helps to develop the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives both in and out of curriculum time.

Our Aspiration

- **Every child at Grange will find a sport/physical activity they enjoy and that they wish to continue to take part in out of school and in the future**
- **Every child at Grange will have the chance to represent the school at a sporting event**

Rationale

- To promote the ethos of the school as a health promoting environment,
- To raise awareness of the increasing obesity epidemic and decreasing levels of physical activity among children,
- To support the knowledge that physical activity affects the ability of children to learn effectively;
- To ensure the development of physical activity through School Sport Partnerships, e.g. attending and hosting school sport festivals.
- To support the role of the school in contributing to family health and well-being, e.g. sponsored Healthy School events.

to address the national target that all pupils will have a minimum of 2 hours moderate intensity high quality P.E. and sport both within and outside the curriculum.

Purpose of the Physical Activity Policy.

The purpose of this school policy is to;

- provide a clear and consistent message for pupils, staff, parents and visitors about physical activity in school.
- provide guidance about who needs to know what in particular instances.

Guidelines.

We aim to meet these objectives by following these guidelines.

- carry out an annual audit measuring the physical activity of every child in school in order to ensure every child at Grange First takes part in a high quality extra-curricular physical activity
- use the Sporting Premium to employ a range of high quality coaches to provide focussed clubs and coaching to engage the interests of all children.
- employ a PE specialist top teach model lessons to ensure all teaching of PE is good or outstanding.
- to produce and send letters to parents and carers outlining forthcoming events and celebrating success in areas of physical activity.
- opportunities will be developed to promote sporting opportunities across the Gosforth Schools' Trust
- to promote physical activity benefits through cross-curricular links including PSHE and Science.
- to continue to develop Physical Activity Week which involves all pupils across the school taking part in physical activities with the support and sponsorship of parents and carers.

- to develop and continue links with outside agencies to promote physical activity including the school nurse.
- to continue to develop links with sporting agencies and to promote out of school clubs who offer a varied range of opportunities for all ages.
- to continue to develop extra curricular activities both in and out of curriculum time, i.e. football and athletics, tennis, rugby, badminton and swimming teams to help promote physical activity.
- to continue to provide differentiated tasks, including a range of group work and resources, in order for children to succeed in physical activities.
- to continue provision at play times/ lunch times, i.e. play equipment.
- to ensure every Year 4 child has Playmaker training
- to continue to work with outside agencies and give pupils in year 4 the opportunity to undertake cycling proficiency tests.
- to continue to offer training to develop staff skills in delivering physical activities.
- to financially support disadvantaged children to take part in paid for activities, including residential trips
- to develop and encourage children/parents to take part in the school travel plan and through activities such as Big Pedal ensure the highest number of pupils travel to school by bike or scooter

Implementation and Monitoring.

- This policy is to be implemented throughout the whole school.
- Action plans will be drawn up as part of an SLA with the Newcastle Games Team at Benfield School,
- The monitoring of this will be the responsibility of the Head Teacher and Health School Co-ordinator. Class teachers will evaluate their work and modify if required.
- The process will involve meetings between teachers, co-ordinator and Head teacher.
- Any recommendations for change will be discussed at a full governors meeting and implemented as soon as possible there after.
- The LA, PSHE advisors will be consulted where appropriate.

Conclusion.

Through a carefully produced Confidentiality policy and all staff within the school being aware of it our children here at Grange First School will be in a safe and caring environment in which any information they share will be dealt with in the most appropriate way.