



**A place to shine ...**

***Let light shine out of darkness and God's light shine in our hearts  
2 Corinthians ch4, v6***

### **Physical Activity policy**

Consultation that has taken place	September 2019
Date formally approved by governors	October 2019
Date policy became effective	October 2019
Review date	October 2021
Person responsible for implementation and monitoring	Aless Heaford
Other relevant policies	All Curriculum/Subject Area Policies

**'For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come' (Timothy 4 verse 8)**

## **Aim**

At Central Walker Church of England Primary School Primary School we aim to ensure that all aspects of physical activity promote the health and wellbeing of all pupils, staff and visitors to the school.

## **Rationale**

As part of our commitment towards being a Healthy School and the Every Child Matters agenda we view the issues surrounding physical activity in schools as a key priority in today's society. Recent studies show that the prevalence of obesity and overweight is increasing in children. The Health Survey for England 2002 found that 16.6% males and 16.7% females aged between 2 -15 were obese compared to 10.4% males and 11.7% females in 1995. Children who are not physically active will not perform their best at school, so it is important that at Central Walker Church of England Primary School Primary School we take the necessary steps to ensure that physical activity has a positive impact on their behaviour and their performance in school.

## **Objectives**

- To provide consistent, accurate messages in school about physical activity both within and outside the taught curriculum.
- To increase the levels of physical activity for all pupils, in line with national targets.
- To contribute to improved pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.
- To improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- To increase pupil's knowledge, skills and understanding of physical activity.
- To contribute to out of school hours learning for pupils. (OSHL)
- To increase children's levels of basic skills and provide consistent challenge to all pupils.

## **Guidelines**

- All staff to encourage children to use the markings and playground equipment in the yard to increase their activity levels at playtimes and lunchtimes.
- Children to be encouraged to use yard markings and football pitches. School council to have input on setting up leagues etc.
- Before and/or after school clubs to be provided for all age groups from Reception through to Year 6.
- Children in Year 4 to undertake Cycling proficiency tests.
- Children in Key Stage 2 to undertake swimming lessons once a week, for at least one term.
- Children to participate in the daily mile on appropriate days.
- PE Coordinators to arrange for children to take part in local competitions and sporting events.

## **Implementation and Monitoring**

The policy will be monitored and reviewed by the Leadership and Management Team, School Sports Coordinator and the Head Teacher. Physical activity will be reported to parents in the end of year report and at termly parent's evenings whenever necessary.

In order that physical activity can have a positive influence on school attainment, behaviour, punctuality and well-being, we need to place physical activity high on our agenda through implementation of this policy.

## **Health and safety**

The general teaching requirement for health and safety applies in this subject. Both children and teachers should wear the appropriate clothing for PE and physical activities. In our school this consists of a white t-shirt and a pair of black bottoms. No child is allowed to wear a watch or any form of jewellery during PE sessions to prevent unnecessary injuries. There is also guidelines provided in regard to suitable swimming kit. We aim to meet the children's needs. In Key Stage 2 classes the boys and girls change in separate classrooms from one another.

## **Equal opportunities and Inclusion**

Central Walker Primary School strives to be equal opportunities school. As far as possible no-one will be disadvantaged in dealing with the school because of their gender, race, religion, culture, home language, disability, social class or economic circumstances.

## **Resources**

Central Walker Primary School has a school hall, which is equipped with portable apparatus for gymnastics and a music centre to support the teaching of dance. There is a large projection screen on which demonstrations can be viewed. For the teaching of games, there is a large playground, with markings and a large field.

A range of PE equipment is also available to teachers in school to support the planning and delivery of quality first PE teaching. A school PE kit is also available from KS1-UKS2 including branded t-shirts and hoodies alongside a Premier League football kit for out of school competitions.

For the teaching of swimming, the children in KS2 travel to a local high school which has its own 20m swimming pool, and qualified swimming instructors.

Our school also has a range of bikes and helmets for a range of heights to enable everyone the chance to safely access the Bikeability course, thus providing with essential life skills.

## **Staff responsibility and development**

The PE co-ordinators shall have specific responsibility for providing the school links to external agencies, including our partnership with the NEAT Academy, which has widened the school's relationships with local coaches who often come into school and work alongside teachers.

Some clubs are run by the PE co-ordinator and others are run by other staff (and monitored by the co-ordinator). Specialist coaches are brought in if required to work alongside teaching staff or to run other activities such as basketball and NUFC working with children and parents.

All lunchtime supervisors organise activities for the children during lunchtime periods. Some older children have also have the opportunity to become a playground leader and have some training to deliver their own activities to younger pupils throughout the school.

## **Curriculum Provision**

PE is a foundation subject of the National Curriculum. In Key Stage 1 dance, gymnastics and games are taught, as well as Basic Moves during their curriculum time. In Key Stage 2 dance, games, gymnastics, athletics activities are taught in all year groups.

We also invite numerous outside providers to come into our school to teach a range of games and skills using their expertise knowledge. Examples of this would be Eagles basketball coaches, Newcastle United coaches and Northumberland cricket coaches. As class teachers are present during these sessions, it contributes to regular CPD so that they gain confidence in different physical activity areas.

We participate in an annual programme of school competitions and festivals, as well as the school providing an annual sports day for both Key Stage 1 with Foundation classes and Key Stage 2.

In addition, some older year groups take part in outdoor and adventurous activities such as camping and going to Kingswood as residential trips. The PE provided is broad, balanced and fully inclusive, suiting the needs of the children.

### **Raising the Physical Activity Profile**

There is a dedicated notice board which promotes the opportunities for all pupils and staff to participate in school and community sport. The board will provide information for school clubs, a timetable of upcoming competitions both in and out of school and a range of photographs celebrating children's hard work and participations.

We regularly celebrate achievement and promote activity in whole school and class assemblies, where parents and friends are invited to attend. Achievements of the children and staff with in school competition and outside teams or activities are both celebrated.

Every child will be given the opportunity to partake in all activities, introducing any initiatives that may help us to do so. Dealing with physical disabilities may mean adapting lesson plans to incorporate a greater differentiation of activities to accommodate all the children.

During activities we will choose resources that emphasize people's differing abilities and avoid those that may highlight disabled people as passive victims.

Cycling is also encouraged within our school. To support this, Bikeability sessions are provided to children in Years 4, 5 & 6 ranging from the 'Ready to Ride' programme to Level 2 to develop their confidence and skills when riding a bike.

Achievement and opportunities are written to parents in our weekly newsletter.

### **Swimming**

It is expected that children by Year 6 should be able to:-

1. Swim unaided, competently and safely for at least 25 metres.
2. Develop confidence in water, how to rest, float and adopt support positions.
3. Use a variety of means of propulsion using arms, legs and both. How to develop effective and efficient swimming strokes on front and back.
4. Know the principles and skills of water safety and survival.

### **Assessment**

Children are given yearly assessments to gauge their physical ability and progression. The assessments monitor fundamental skills and highlight any areas of weakness in each individual child so that these can be addressed with immediate intervention.

PE coordinators will take part in informal drop in observations throughout the year to assess teaching and monitor child learning and progression. In addition, teachers will work alongside PE coordinators to complete confidence scales and identify any areas they might require support or CPD sessions.

End of year reports will also address how well children have performed throughout the year. Teachers will provide a comment for parents which will outline the specific games/skills they have been taught from the National Curriculum. Furthermore, this allows teachers to comment upon areas in which the child has excelled during physical activity.