

DINNINGTON FIRST SCHOOL PHYSICAL ACTIVITY POLICY STATEMENT

RATIONALE

Physical activity is a key component of leading a healthy lifestyle, having benefits for health and well-being, as well as improving ability to learn. We recognise the influence that patterns of physical activity experienced in childhood have in developing a lifelong habit of physical activity. As a school that is seeking to create a health-promoting environment, we therefore recognise our responsibility to encourage a healthy level of, and an appreciation for, physical activity amongst pupils.

Nationally, levels of childhood obesity are increasing and levels of physical activity are decreasing. Against this context, we support the national target that all pupils will have minimum of 2 hours moderate intensity, high quality, P.E. and sport both within and outwith the curriculum. By promoting physical activity, we see Dinnington First School as being in a prime position to contribute to family and community health and well-being.

AIM

That school life at Dinnington First School promotes physical activity and encourages pupils and staff to lead healthy lifestyles.

PRINCIPLES

We will seek to:

- Make all pupils aware, through the taught curriculum, of the influence of physical exercise on their health and well-being
- Cultivate an appreciation of a range of physical activities and provide all pupils with the opportunity and motivation to engage in physical activity both during the school day and at other times
- Provide inspiration to pupils by incorporating stories of sporting heroes and a focus on major sporting events into school displays, lessons and assemblies where appropriate
- Engage parents in issues relating to physical activity, to encourage the reinforcement of healthy levels of activity in the home and wider community

GUIDELINES

We will meet these objectives by:

- Ensuring that the promotion of, and provision for, adequate levels of physical activity in school is discussed by the School Council, and that recommendations from this group are noted and acted on
- Providing out-of-school clubs covering diverse forms of physical activity. These currently include: Football club, Dance club, Multiskills, Rugby coaching and Cycling proficiency. We aspire to widen the range of activity-based out-of-school clubs on offer, and encourage all pupils to engage with one of these clubs
- Developing further the links to other subject areas that already exist through topics such as: Living and growing, Myself and other animals and As I Grow. The first stage in this process will be to carry out a review of opportunities to link teaching about physical activity to other subject areas in the taught curriculum and to engage in physical activity within subject areas other than P.E.

- Looking for opportunities for the incorporation of sporting events and stories into school life, through for example, display boards and assemblies. The P.E. co-ordinator will develop an annual plan of such opportunities
- Timetabling two one hour sessions of P.E. lessons per week for every pupil. Through these lessons we will introduce pupils to a range of physical activities, including: football, team games, dance, gymnastics and swimming.
- Enabling all pupils to participate in appropriate forms of physical activity in P.E. lessons, regardless of special educational needs or special physical requirements
- Promoting more active forms of travel to and from school by supporting the national ‘walk to school week’ programme
- Encouraging active play during breaks through painted games on the yard, the provision of sporting equipment for recreational use, and active encouragement of physically active pupil-organised games by teaching and supervisory staff
- Introducing year 4 pupils to a range of outdoor and adventurous activities as part of an annual three-day residential trip to Broomley Grange Outdoor Education Centre. These include tree climbing, scramble nets, zip wire, tunnelling, grass skiing, adventure playgrounds, scavenger hunts and orienteering
- Carrying out a consultation exercise with parents, in order to seek ways in which the school can help to promote healthy and active lifestyles within the community (Such as free use of school hall for exercise-related community groups)

SPORTS GRANT

Dinnington First School received a sports grant of £8000 and a further £5 per child to develop physical development. This grant has been in place as a legacy for the Olympic Games. Dinnington First School used the money to promote PE and sport. This included the expertise of Karen Smirthwaite who worked with staff to team teach focused PE lessons twice a month. Children also took part in sports activities with other schools in the trust. Outside providers regularly come into school to teach children more competitive sports e.g. cricket, rugby. During the first half of the summer term children in Year 4 will work with Newcastle United. They will learn to become ‘match fit’. As well as exercise, children will learn about healthy eating. Children also took part in a successful outdoor challenge which promoted working outdoors and becoming more active as a family.

IMPLEMENTATION AND MONITORING

A report on progress against the guidelines above, which highlights areas of strength and weakness in the school in relation to physical activity will be prepared by the P.E. co-ordinator on an annual basis. This will be approved by the School Council and the key issues will be summarised for dissemination to parents and governors.

CONCLUSION

Patterns of physical activity developed in childhood years have a significant influence not only on the concentration and performance of pupils at school, but on their self-esteem and long term health. By carrying out the guidelines in this policy, we aim to provide all our pupils with both opportunity and motivation to develop healthy and active lifestyles.