

Physical Activity Policy

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1. Introduction

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile and the effect it has on a child's health and wellbeing, their ability to learn effectively and achieve in school. As a healthy school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle. Information about our PE curriculum and extra-curricular activities and how we use our Schools Sports Premium Funding can be found on our website. We aim to increase enjoyment and participation in sport and physical activity for all pupils.

2. Aims of the Policy

- To show how we promote a fit and healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games
- To give guidance to staff about their role in promoting physical activity
- To give information to parents and carers about what is taught and how they can support the policy to show how the school meets national guidelines for physical activity, including PE and sport

3. Our approach to promoting physical activity

The brain goes through a crucial development period in the first years of life and this can have a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life. In order to do this we:

- Provide all pupils with the best possible physical activity opportunities and experiences, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity
- Provide adequate opportunity to support children to reach their 180 daily active minutes in the Early Years and Foundation Stage
- Provide a planned programme of at least two hours of high-quality PE per week in the curriculum for all pupils in Key Stage 1 and 2
- Provide a range of opportunities for all pupils to participate in intra- and inter-school sporting competitions and experience a range of sports
- Provide a supportive environment for enjoyable participation in a wide variety of physical activities
- Provide appropriate resources and facilities
- Enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity
- Provide specific activities for groups that may need more support to be physically active e.g. pupils who are the least active, children who are overweight or very overweight, children that do not participate in extracurricular activities

4. Development of the policy

This policy was developed in consultation with Camden Learning.

Links to other policies

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Equality and Teaching and Learning.

5. Responsibility for Physical Activity

The PE subject leader has overall responsibility for PE, sport and physical activity and the development, monitoring and review of the provision of physical activity. Their role includes: developing the PE curriculum and ensuring high quality teaching and learning, ensuring annual health and safety checks of all PE equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, monitoring the impact and spend of the PE premium and coordinating intra- and inter school sporting competitions.

The core Senior Leadership Team have responsibility for ensuring effective delivery, leadership and management of PE.

The PE Governor has responsibility for ensuring the effective monitoring and evaluation of the subject.

All staff should be aware of the policy and consider how they can support it.

Staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

6. External Providers

We involve trained coaches and staff to support PE and physical activity outside the curriculum and ensure that the expertise supports the professional development for staff. All visitors are expected to work within the framework of this policy and the Camden protocol for involving outside visitors and where external visitors run physical activity workshops with a class, teachers are present. We make use of the support from Camden Active Schools, including access to borough and regional competitions and sports coaches school uses the UK sports coaches in schools portal for guidance.

This policy is made available to visitors and we ask them to consider the following questions in preparation for their visit:

Does the visitor understand the school's PE, sport and physical activity policy?

What will they offer that the teachers cannot?

How will the visitor's sessions be integrated into the PE programme?

What role will teachers take during the session?

How will the session be followed up?

How will the sessions be evaluated, and pupil progress assessed?

We participate in Camden's Learnings' programmes aimed at increasing physical activity participation including the annual school's Race to Health competition.

7. Health and Safety

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves and leggings may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm.)
- Pupils remove shoes when participating in indoor activities such as gymnastics, and dance.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity

We undertake an annual risk assessment of the school premises and PE equipment. Risk assessments are carried out for school sporting trips.

8. Curriculum

PE

All children from Year 1 to Year 6 have two hours of PE a week during curriculum time. The curriculum covers the programme of study for PE in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' are assessed to ensure progress is made and end of key stage expectations are met by all children. Summative assessments are then reported to parents on an annual basis. The importance of Physical activity for a healthy lifestyle is included in Science, PSHE, and ICT.

Participation in PE

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, evaluation, coaching, umpiring and refereeing.
- Pupils are expected to change into their PE kit and be involved in all lessons.
- Information from parents must be received if a child is excluded for any short or long term health reason.

Facilities available for physical activity

On-site facilities include:

- Hall – climbing frame, gymnastics mats, balance benches, agility tables
- Playgrounds –used during the day for play times, lunch times and PE, both in and out of school hours
- The local swimming pool is used for Year 1-6 pupils during the school day
- Outdoor Multi-use games area

Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils change for PE. PE Kit consists of blue tracksuit bottoms, leggings or shorts, plain white t-shirt and trainers or plimsoles.

9. Physical Activity outside of the curriculum

In addition to PE, there are a range of opportunities for sport and physical activity throughout the school day including activities such as the Daily Mile.

Extra-curricular activities and inter and intra-school competitions

A range of lunchtime and after school clubs are available to pupils. These clubs reflect the interests that pupils have expressed through surveys we invite them to complete annually. We analyse the attendance at clubs and target pupils or groups to attend where we think it is appropriate to encourage participation. For groups that are under-represented we consult to find out what the barriers are to attendance and work to remove them.

Pupils also take part in a range of inter-school competitions. Pupils participate in a range of intra-school sporting competitions with other schools across Camden such as cross country and the football league, as well as participating in whole borough and regional competitions organised by Camden Active Schools. We also have good links with local clubs and encourage pupils to join.

Active Travel to and from school

We encourage pupils and parents to walk, cycle or scoot to school and regularly promote walk to school or wheels to school events. Storage facilities for bikes and scooters are provided to further promote active travel. Where appropriate we will walk to venues for school trips or events to promote active travel. We provide road safety training in Key Stage 1 and 2 and cycle proficiency training for Year 6.

Active playtimes

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Support staff are trained to deliver structured physical activity during lunch and playtime. Pupils are trained as playground buddies to further support physically active playtimes.

Sports Day

We organise an annual Sports Day event at the end of the summer term, which includes competitive and non-competitive activities to encourage all pupils to participate.

10. Involving parents and carers

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

The school website and newsletter also highlights how progress in PE, physical activity and school sport can be supported through activities that pupils can do with their parents such as walking, swimming, park run, playing in the park, playing games with simple pieces of equipment such as bean bags or balloons.

We invite parents and carers to volunteer and get involved in sports days and intra- and inter school sporting competitions.

11. Monitoring and evaluation of physical activity

The PE subject leader and the core Senior Leadership team is responsible for the overall monitoring of the quality of physical activity provision. Our School Improvement Plan includes physical activity.

We monitor PE in the curriculum through subject reviews, lesson observations, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Annual PE subject review
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Children questionnaires
- Parent and carer questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Annual PE survey (organised by Camden LA)
- Pupil achievement in sporting competitions

Celebrating achievement and success

We understand the importance of celebrating achievement and success in PE, sport and physical activity and have a range of strategies in order to ensure pupils feel valued and proud of their achievements:

Year group nominations

Pupils are nominated by their class teacher to recognise excellent PE, sporting or physical activity achievement or excellent attitude and effort and recognised at assemblies.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean

providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Training and support for staff

We ensure relevant staff access high quality professional development annually on PE, sport and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and termly network meetings run by Camden and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.

12. Disseminating the policy

This policy is available to parents and carers on request. The policy is on the school's website. Copies of the policy are in the Policy reference file and staff and governors new to the school are made aware of the policy.

Copies are supplied to other professionals whose work relates to physical activity or who may be involved in supporting the curriculum.