



PHYSICAL ACTIVITY POLICY

Issue No 8

Date
28.01.14

Purpose

To maintain a high profile for physical activity in all aspects of school life.

Aims

To establish an 'active school' ethos and environment which will increase activity levels and promote health within and outside the curriculum.

Teaching and Learning

- Appoint a designate member of staff (PE Co-ordinator) who will lead physical activity.
- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- Encourage all pupils to participate in physical activity during play-times.
- Embed health related exercise (HRE) principles into the PE curriculum – ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects such as Science, D & T, English and Maths.
- Provide links to other aspects of health, for example, by promoting healthy eating and providing access to water.
- Ensure that all pupils have access to a minimum of 2 hours curriculum time high quality PE and sport each week, along with further opportunities to take part in out of school clubs. One hour per week is delivered by Premier Sports qualified coaches and the other by the class teacher. We ensure that the children have a broad, balanced and fully inclusive curriculum where possible, which meets the needs of all children through carefully planned lessons which ensure progression is made at all levels. In Key Stage 1 children receive an equal balance of dance, gymnastics and games teaching and in Key Stage 2 games will be split into the three sub areas; invasion games, net games and striking & fielding. Each of these will be given equal weighting. As well as these games activities Key Stage 2 will also receive gymnastics, dance, swimming and either Outdoor Adventurous Activities (OAA) or athletics lessons.
- All PE blocks should be planned to incorporate the 5 strands and children should be encouraged to work hard towards the 10 high quality outcomes in all lessons. Physical activities take place in the school hall, the playground and the school field. As well as developing an understanding of health and fitness through PE children also study the human body and the effects of a healthy lifestyle through science and PSHCE lessons and may investigate the effect of exercise on the body as a data handling exercise in numeracy.
- The PE curriculum is supplemented by additional extra-curricular activities and through participation in school sport partnership festivals and competitions, healthy schools week, sports day and a variety of playground activities. A wide range of extra-curricular clubs are offered to our children to encourage further physical activity.
- At playtimes and lunchtimes activities are provided for the children for which the playground is zoned. Playground Pals are responsible for running the zones of the playground supervised by a member of the teaching staff at break times and by Lunchtime Supervisors at lunchtimes. The four zones allow for a range of activities which promote physical activity. A specific display allows all children to know what activities are on offer each day and appropriate equipment is provided for it. All of these activities also supplement children's physicality.

Assessment, Recording and Reporting

- Staff assess the children's physical development using the national curriculum level descriptors.

Management Support

- The PE Co-ordinator is also the designated Physical Activity Co-ordinator with responsibility for leading all broader aspects of physical activity, with strong support from the Headteacher. This person is also the designated Primary Link Teacher with specific responsibility for providing the school link to the School Sport Partnership and attends regular training events.

Raising the Physical Activity Profile

- At Scott we have a dedicated notice board which advertises opportunities for all pupils to participate in

school and community activity and celebrates successes, this is located in the school hall. Opportunities for staff participation in local activities are placed on the notice board in the staffroom.

- Children are encouraged to celebrate their sporting achievements through sharing their awards and certificates in assemblies. Members of the local community such as Premier Sports are invited to promote sporting activities through our assemblies and encourage children's participation in local events. The school's accomplishments in physical activities are celebrated and shared with the parents through our weekly newsletter.
- Parents are invited to share in their children's activities through invitations to observe them at festivals and competitions and to participate in activities during healthy school week.
- Children are encouraged to lead a healthy lifestyle through the promotion of healthy school meals, and through learning about fitness and health in PE, Science and PSHCE. In the summer term a Healthy School Week provides additional input and activities to further develop children's fitness and understanding of what makes a healthy lifestyle as well as actively involving staff and parents and the wider community such as Sainsbury's and the school nurse.
- The school is actively involved in the LA travel plan and runs a walking bus every Friday for which children receive commendation when they take part. Walking to school is also actively promoted through the yearly walk to school week. Children are rewarded with house points for taking part in extra physical activities.

Training Programme

- Lunchtime supervisors have been trained in playtime provision and new members will undertake similar training when the opportunity arises. One member of the lunchtime staff is also the link for the Playground Pals leadership scheme. Playground Pals gives children in KS2 the responsibility for running activities at break time. They go through a formal application process and receive specific training for the job.

Health and Safety

- It is essential that all pupils wear the correct PE kit during all PE lessons it is the responsibility of the adult teaching the lesson to ensure all children's kit is fit for purpose. Arrangements are in place for those children who do not have the appropriate kit in School.
- Jewellery is not allowed during any physical activity.

Equal Opportunities

Scott Lower School is committed to working towards equality of opportunity for all children regardless of age, ability, gender, race and social circumstances. All pupils are of equal value and have the same right to take part in the varied activities and opportunities wherever possible. All opportunities for learning should be offered in a way which allows all children access and the ability to progress at their stage of understanding.

Disability Discrimination Act

Scott Lower School is committed to having due regard to the following

The Disability Discrimination Act 1995 has been amended by the Disability Discrimination Act 2005 so that it now places a duty on all public authorities, including schools, when carrying out their functions, to have due regard to the need to:

- Promote equality of opportunity between disabled persons and other persons
- Eliminate discrimination that is unlawful under the Act
- Eliminate harassment of disabled persons that is related to their disabilities
- Promote positive attitudes towards disabled persons
- Encourage participation by disabled persons in public life
- Take steps to take account of disabled persons' disabilities, even where that involves treating disabled persons more favourably than other persons.