

# Physical Activity Policy



## St Werburgh's C of E Primary School

*Date - December 2017*

Written by Mr A Metcalf

*To be revised: June 2019*

*Approved:* \_\_\_\_\_

# St Werburgh's Primary School Physical Activity Policy

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## **Aim of Policy**

We have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- through its effects on mental health, physical activity can help increase students' capacity for learning;
- physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure;
- positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

This policy supports the Derby City Partnership's 'Getting Derby Active' strategy, which aims to increase participation in physical activity and increase the awareness of the benefits. We understand we have an important part to play in this strategy by introducing our children to a broad variety of physical activities and removing barriers to participation.

## **Definition of Physical Activity**

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

## **Provision of Physical Activity in School**

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education Lessons
3. Active lessons
4. Extra-curricular physical activity

5. Active kids
6. Before School, Break and Lunchtime activity
7. Accessible and adequate facilities
8. Staff opportunities
9. Involvement with parents/carers
10. Involvement with School Sports Partnership and other community resources
11. Active Week
12. Achievement Assemblies

### **1. School Ethos**

Every student shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, all staff are encouraged to participate in and model physical activity as a valuable part of daily life.

### **2. Physical Education Lessons**

There is a sequential scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff. Every student in each year participates in regular physical education for the entire school year, including students with disabling conditions and those in alternative education programs. (Students in the Foundation Stage shall participate in physical education for at least 90 minutes during each school week, and students in Key Stage 1 and 2 shall participate for at least 120 minutes per week).

The scheme of work makes effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. See School Physical Education Policy statement and scheme of work.

### **3. Active Lessons**

All staff look for opportunities to plan active lessons where possible and appropriate, for example; delivering literacy speaking and listening through drama, use of brain gym, etc.

### **4. Extra Curricular Physical Activity**

This school offers a physical activity programme that features a broad range of activities and meeting the following criteria:

- Students have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options e.g. gardening and drama.
- Every student has an opportunity to participate regardless of physical ability;
- Students have the opportunity to be involved in the planning, organisation, and administration of the programme.

Activities include: cricket, cycling, dance, gymnastics, football, hockey, netball, basketball, dodgeball and rounders.

All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required e.g. first aid or serious incident.

## **5. Active Kids**

New for January 2018 our children will take home a fitness plan for each month where they will have to complete 10-12 minutes of exercise every day. The children will be certified at the end of each month depending how many days fitness they have completed.

## **6. Before School, Break and Lunch Time Activity**

Our Breakfast Sports Club and break times provide opportunities for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings, toys and equipment available for free play. Mid-day supervisors engage pupils in physical activity at lunchtime, which reduces boredom and 'squabbles' and the time it takes to sort such issues out. Peer Mediators or Playtime Peace Makers help pupils in dispute work out their problems through discussion. Disputes can range from bullying to unkind behaviour or disagreements in playground. The Derby Mini Leaders Award will be introduced and involves the use of pupils to act as lunchtime games leaders and role models to the younger pupils of the school.

Break times shall complement, not substitute for, physical education classes.

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment. There maybe exceptional circumstances where this is not possible.

## **7. Facilities**

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity program.

The use of physical education facilities for non-instructional purposes, such as using the hall for school assemblies during times scheduled for physical education classes will be minimised.

Access to sports halls and playgrounds after school hours will be permitted wherever it is appropriate to do so.

The School takes part in the Sainsbury's Active Kids campaign to raise money for new sporting equipment in school. Parents are very supportive of this and we receive a high number of vouchers each year.

## **8. Staff Opportunities**

There are planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity. Staff are made aware of sporting opportunities provided by the local council.

## **9. Involvement with Parents/Carers**

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions. Parents are also encouraged to consider additional swimming development activity such as the Council's 'Learn to Swim Scheme'. Swimming is a great way for families to enjoy fun and exercise together. It is also an activity that people can enjoy at any age, and hopefully children will develop into lifelong swimmers as a way of keeping fit and having fun.
- Parents are invited to our Active Week and are able to participate in activities with the children.
- Parents have been consulted on physical activity opportunities in school and they have supported us with after school clubs, with two parents previously helping to run a netball.
- Parents are invited to the Schools Annual Sports Day.

- The Support Group organises fundraising opportunities to raise money for the school which has involved physical activity for families, e.g. a treasure hunt.
- The local community are able to use the sports facilities and clubs on offer after school for the community on the school site, which has proved very popular with parents.

## **10. Involvement with School Sports Partnership and Other Community Resources**

The school works with recreation agencies and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity joint school and community recreation activities, e.g. Spondon Cricket Club.

The school is part of the Derby City School Sports Partnerships and participates in events, training, school competitions etc organised by the Partnership.

### **Celebrating Physical Achievements**

Assemblies regularly celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children's confidence and self-esteem, which in turn may encourage them to continue being active. Awards achieved outside of school are also celebrated.

### **Equal Opportunities**

Physical activity needs to serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation.

### **CPD Opportunities**

The Physical Education Co-ordinator (Primary Link Teacher) receives training from the School Sports Partnership. This is a generic subject leader award with a focus on Physical Education which can be transferable across all subject areas. The school has accessed staff training through the National PE Professional Development Programme and further opportunities are available to staff.

Training needs are identified and agreed within Performance Development Reviews with the Headteacher. Training Opportunities with relevance for the whole school are circulated to the rest of the school staff during staff meetings. The Physical Education Co-ordinator is up to date with current initiatives and the School Sports Partnership.

The Midday Supervisors have had training in Positive Play. They are able to initiate and organise playground games to involve children in physical activity.

### **Kite Marks**

We have achieved National Healthy School Status and this policy forms part of this award.

This school works hard to achieve recognised status for physical activity and school sport, for example Activemark which is determined by the data gathered through the annual PESSCL data collection rather than an application process. We have also achieved Artsmark for which dance has played a significant role.

### **Monitoring and Evaluation**

The Physical Activity Co-ordinator in school is Adam Metcalf.

The above member of staff responsible provides clear leadership and management to develop and monitor the physical activity policy.

The co-ordinator will monitor levels of participation and activity inside and outside the curriculum regularly and make appropriate adjustments. He will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided for all pupils to participate in.

### **Policy Development and Review**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors, LA representatives, school nurse and local Healthy School Programme.

This document is freely available to the entire school community. It will be made available on the school's website and in the prospectus.

