

# **Anderton Primary School Physical Activity Policy**

**Date:** October 2015

**Review Date:** October 2018

## **RATIONALE**

At Anderton Primary School, we believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy lifestyle and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, in promoting healthy issues by teaching ways to establish and maintain life-long physical activity habits, understanding how to make informed choices about physical activity in order to maintain a healthy lifestyle.

## **AIMS**

- to encourage children and young people to participate safely in a range of Physical Activity both within and outside the P.E. curriculum.
- to increase the activity levels of the whole school through the provision of a safe, supportive and stimulating environment conducive to the promotion of physical activity
- Make equipment available for all pupils to use at lunchtimes and encourage pupils to be active at these times.
- to increase pupils' knowledge and understanding of the importance of physical activity
- to work in partnership with Chorley School Sports' Partnership and other outside staff to ensure that physical activity standards are implemented by providing attractive, value for money activities that are appropriate to the needs and interests of all pupils
- to raise the confidence and self esteem of all pupils
- seek to ensure that members of staff are role models for physical activity
- Encourage more pupils and staff to walk or cycle to school through involvement in national initiatives and local programmes.
- provide relevant CPD opportunities to all staff.

## **OBJECTIVES**

To work towards ensuring that this policy is both accepted and embraced by

- governors
- leadership team
- teachers and support staff
- pupils
- parents and families
- sports' and club providers
- the wider school community

To integrate these aims into all aspects of school life, in particular

- PE provision within school
- pastoral and social activities

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### LINKS TO OTHER POLICIES

- PE Policy
- Single Equality Policy: school is committed to providing equal opportunities for all pupils in the provision of physical activity
- Teaching and Learning: physical activity provision within the school is developmentally appropriate and a variety of teaching and learning approaches are used to ensure that tasks are matched to pupils of different abilities and pupils at different starting points all make progress.
- Safety: appropriate steps will be taken to ensure the safety of pupils participating in physical activity.
- Science Policy
- PSHE Policy

### FACILITIES AVAILABLE FOR PHYSICAL ACTIVITY

- access to a large school field which, when dry, provides space for children to play and participate in a wide range of physical activity.
- infant and junior playgrounds with court and game markings for use at breaks and lunchtimes .
- hall timetabled in morning and afternoon for use during PE lessons to ensure the maximum use of this resource.
- Dinner centre used for appropriate activities.
- Key Stage 1 has outdoor play apparatus which is used on a regular basis during lessons. Pupils using this apparatus are supervised by a member of staff at all times.
- KS2 has Tricky trail apparatus timetabled in order to maximise usage by all pupils.
- Swimming lessons take place for Year 5 at the local swimming pool.

### PEOPLE RESPONSIBLE

Monitored and led by the SMT, PE and PSHE Leader, all teaching staff are responsible for teaching any programmes addressing physical activity and for supporting the principles outlined in this policy.

Governors will be involved by approving the policy and will be provided with information to enable them to hold school to account regarding the appropriate spending of Sports' Premium funds and the positive impact such funding has had.

All staff overseeing any physical activity should ensure that:

- Basic rules regarding behaviour are established and adhered to.
- Basic PE rules regarding clothing, footwear, jewellery etc. are highlighted and adhered to.
- Safe and effective exercise procedures are taught and adopted in all activities within and outside of school, including warm ups and cool downs.
- All pupils are correctly supervised during physical activity.

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### **CURRICULUM, TEACHING AND LEARNING**

- We aim to provide three hours of structured physical activity each week this includes eg. PE lessons, Playground PALS, Wake and Shake, lunchtime games.
- In each year group a broad and balanced curriculum is followed. Schemes of work in games, gymnastics, dance and athletics are covered each year and provision for outdoor and adventurous activities are covered through schemes of work in specific year groups alongside residential trips in Year 6. Swimming provision is offered as a block to children in Year 5.
- Using Sports' Premium funding, each class attends a day course in outdoor and adventurous activities at the local outward bound 'Anderton Centre'.
- Themed days/weeks promoting physical activity are held to support and further develop the pupils' understanding of the contribution that physical activity makes to health and well-being (eg Maths and PE Day, National Walk to School Week).
- A wide range of physical activities are available through the Chorley School Sports Partnership and teachers work alongside these specialist coaches in order to extend their skills and enable them to teach that subject area when funding runs out.
- Outside agencies are invited into school to extend the range of physical opportunities offered
- Opportunities are taken wherever possible to encourage pupils to try different aspects of physical activity through cross-curricular subjects eg. Geography (orienteeing), Maths (number hunts).

### **USE OF VISITORS**

When we use external contributors, we ensure that their input is part of a planned programme which will enhance the Physical Activity offered by school.

All visitors will be subject to DBS / staffing checks in line with the school Visitor Policy.

### **OUT OF HOURS LEARNING PROGRAMME**

We pride ourselves on the extensive out of hours learning activities which are offered at Anderton Primary School, taking place at break times, lunchtimes and after school.

#### **BREAK TIMES**

All children have the opportunity and the space to play safely at break times. They are encouraged to be physically active and play co-operatively using the facilities outlined above.

#### **LUNCHTIMES**

Playground Pals (pupils) help support children to become involved in playing physically active games during lunchtime. A range of equipment is provided for use by the pupils from 12.00 onwards.

#### **AFTER SCHOOL**

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A varied selection of extracurricular clubs, competitive and non competitive, is offered. These clubs are often changed each term and different pupils are given the opportunity to attend. These clubs are offered to pupils in both key stages. Examples of the various clubs which are offered include: football, high fives, athletics, cross country, rugby, multi-skills, gymnastics, dancing, skipping, tri-golf, judo, orienteering and aerobics.

### **ASSESSMENT OF LEARNING**

We will assess pupils' learning in the following ways:

- through lesson observations
- Monitoring of planning by the PE subject leader to ensure the curriculum is broad and balanced
- feedback from staff, pupils and parents. Members of staff leading extra curricular clubs monitor uptake and attendance and the senior leadership team ensure that a range of out of hours learning opportunities are offered.
- pupil questionnaires regarding their understanding of the importance of physical activity and their attitudes to how empowered they feel to choose to enjoy physical activity both at school and in the wider community.

### **CHILDREN WITH SPECIAL NEEDS**

Inclusion is seen as fundamental to both the planning and delivery of work relating to physical activity. All activities are matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist equipment due to their physical needs, and this is purchased accordingly. The schemes of work are sensitive to special needs and the teachers will be aware of any children within their class who may need specialised equipment or an adapted programme. Children who may have difficulty joining in physical activity for medical reasons may be excused from these activities.

### **PUPIL INVOLVEMENT**

We involve and consult pupils regarding the physical activities we provide via Class Council discussions. Pupils' views are taken into account by teachers before extra-curricular clubs are planned.

### **PARENTAL INVOLVEMENT**

Information about the PE curriculum and other physical activities offered in school is provided in school newsletters, the website and the New Parent brochure.

School forwards details of village clubs and holiday schemes via fliers, in order to encourage pupils to continue to enjoy a range of physical activities in the wider community when school is not in session.

This policy, curriculum PE and sport funding will be shared with the school community by being posted on our school website. The policy will be reviewed every 3 years. Parents would be consulted before any major changes were made.

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A Harrison (PSHE Subject Leader)  
October 2015

Next review date: October 2018