

Cliffe V.C PRIMARY SCHOOL

Physical Activity Policy

1. Rationale

Cliffe VC Primary School is committed to promoting the physical health, mental health and overall wellbeing of its pupils and staff through physical activity. As a school we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. All pupils will benefit from regular physical activity and it is important that as a school we offer a good range of opportunities for every pupil to participate in from an early age. By offer these activities and creating a Physical Education curriculum which supports this, we hope to establish lifelong physical habitats which build their character and help to embed values and qualities such as determination, endurance, perseverance, fairness and respect.

2. Aims & objectives

Aim: To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and visitors.

Our specific objectives are as follows:

- To help children become physically active and understand the importance of physical activity in promoting a healthy active life.
- To give children the opportunities to enjoy and engage in physical activities including, competitive sports, games and other co-operative physical activities, regardless of race, age, ability or location, so that we can encourage a lifelong healthy lifestyle pattern.
- Improve the self-esteem and confidence of the pupils through participation in physical activity.
- Maintain a high profile for physical activity in all aspects of school life.
- Increased pupil participation in physical activity both within and outside of curriculum time.
- Working towards a minimum of two hours high quality physical education, within the curriculum, and offering additional hours through extra-curricular clubs and competition.
- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- A designated member of staff (P.E. coordinator) will lead on the broader aspects of physical activity development with support of senior staff.
- Offer a broad and balanced activity programme, which is inclusive to all pupils.
- Ensure pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- Encouraging cross-curricular links throughout the day to help raise the awareness of physical activity.
- Organising specific events that promote and raise the profile of physical activity.
- To encourage participation in community sport and physically active recreation.
- Promote regular physical activities to all school staff.

3. Links to other school policies

This policy links to a number of other school policies, including, for example;

- Equal Opportunities
- Teaching and Learning
- Health and Safety
- Healthy Eating
- PE
- PHSCE

4. Equal Opportunities

All physical activity opportunities offered at Cliffe VC Primary School are designed to be inclusive and take into account the individual needs of all pupils. We encourage all pupils to participate in extra-curricular activities and learning. For more information please refer to the Equal Opportunities policy.

5. Roles and Responsibilities

Cliffe VC Primary School has the responsibility to ensure that every student is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development. To ensure this responsibility is met the school, has appointed James Hedges as the physical activity policy and strategy leader to oversee and monitor this. As well as this, our partnership with external agencies such as Premier Sports, has widened the school's ability to access CPD and as a result staff are more equipped to deliver PE and improve physical activity levels.

6. Resource Provision

Cliffe VC Primary School has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music center to support the teaching of dance. For the teaching of games, there is a large playground, with markings and a large field, which, in summer, is marked with track and football markings. As a school we ensure all pupils by Year 6 have had access to swimming lessons by using an external provider. An annual audit of all physical education equipment is conducted by the PE coordinator in order to prioritise any necessary expenditure for the year. Resources for games, dance, forest schools and outdoor activities can be found in the shed, and planning resources can be found in the staff shared area.

7. Curriculum Provision

The PE programme is taught by class teachers or organised providers, with the exception of swimming. This is taught by specialised swimming instructors across both key stages during the summer term. Each child will receive at least 2 hours of Active PE time a week. This is enriched and supported by additional active lessons such as Active Maths/English to increase regular physical activity. Every pupil follows a timetable of Daily Mile activities. This includes class and whole school runs throughout the week to ensure that every pupil's activity levels are increased daily.

Planning: The school scheme of work operates on a 2-year rolling cycle, and is based on the progressive learning objectives outlined in the 'Power of PE' scheme of work. In both key stages we teach gymnastics, dance, games, swimming and athletics with the addition of outdoor adventure activities such as forest schools. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned regularly.

8. Playtime activity

We have recently added markings to the playground in order to stimulate children at playtimes. Children are encouraged to physically active by playing with a range of equipment such as skipping ropes, netballs and footballs. Every class has access to playground equipment to play with at break times and lunchtimes. The children are responsible for monitoring their equipment (stored in a box) and handing equipment out to their friends.

Children are encouraged to use the field at lunchtime to take part in any game they wish, weather permitting. They children also have access to the AstroTurf and tyre pack and this can be used when weather conditions prevent the field from being used.

Play makers have been trained to deliver various clubs during break times to encourage more physical activity and improve the mental wellbeing of their participants. Midday supervisors are able to promote and support playtime activity during lunchtimes.

9. Extra-Curricular Provision

We aim to provide a diverse weekly programme of out of school hour's activity clubs, which suits the needs of all pupils and involve them in deciding the clubs we put on offer. The range of clubs offered should include competitive and non-competitive activities such as gymnastics, gardening, football or hockey.

As a school we also offer a number of outdoor education experiences throughout the year either in-house or as trips. These include the biannual Year 5/6 residential.

10. Active Travel

As a school we actively encourage children, wherever possible, to travel to school actively, either by walking or using equipment such as bikes or scooters. To encourage this we take part in the annual Bike to school week, organise fun runs as well as providing storage for travel equipment. We also ensure every Year 6 pupil has the option to receive Bikeability training every year.

11. Community Links

The school actively works alongside external sports providers in the community to advertise the options available to pupils. Pupils take part in a range of intra-school and inter-school competitions throughout the year such as Skipping Day and football tournaments.

12. Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for example, joining in the Daily Mile. Staff often play games with children at playtime and demonstrate physical activity during PE lessons. To enable this staff can wear active wear in school.

13. Monitoring and Evaluation

The physical activity policy co-ordinator and PE lead will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives.