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# Halsall St. Cuthbert's C.E. Primary School

## Physical Activity Policy

**The following guidelines for a Physical Activity policy are in addition to an existing Physical Education policy.**

### **Consultation**

This policy has been developed by a working group including the Healthy School's Key Teacher and Physical Education Co-ordinator. All members of staff had input during our weekly staff meetings. Additionally, task group members including parents and the school council were involved in the development of the policy and will be an integral part of its implementation and review. Suggestions from our annual parent questionnaire were also taken into consideration during the developmental process.

### **Aims and Values**

- To ensure that all aspects of Physical Activity in school are promoted for the health and well being of pupils, staff and visitors.
- For aspects of Physical activity to be an integral part of the whole school day.
- To provide a variety of opportunities for members of our school community to take part in Physical Activity as part of a healthy lifestyle.

### **Rationale**

This policy is being developed in order to increase and enhance the activity levels of the whole school through provision of a supportive environment conducive to the promotion of Physical Activity. We feel that our school will benefit from such an initiative in terms of supporting the community in issues such as the increasing levels of obesity of children and decreasing levels of Physical Activity among children, the role of the school in contributing to family and community health and well-being and the outcomes of Every Child Matters.

### **Objectives**

- To go beyond the national target of providing a minimum of two hours structured activity per week, in and outside of the curriculum.
- To provide a wide range of active extra curricular opportunities for pupils to become involved in, which include both competitive and non-competitive activities.
- To increase pupil's knowledge, understanding, experience and attitudes towards Physical Activity.

## **Action**

The following sections of the policy will demonstrate actions that will be taken by staff and pupils to ensure that the above objectives are met.

### **Meeting the 2 hours a week target**

All children have two timetabled Physical Education lessons per week which total two hours. This is extended for KS2 with a forty minute swimming lesson each week for over twelve weeks of each school year. We will provide at least one 'unique' activity per term for each Key Stage whereby an outside agency is invited into school to run a course with the children. In addition to this, Physical Activity is an integral part of the school day as outlined in Appendix 1.

### **Extra Curricular Activities**

We strive to provide a wide range of activities that are relevant to the pupils in the school and are competitive and non-competitive. All clubs are given many opportunities to celebrate achievements. Children are able to suggest which clubs they would like to see in order to promote physical activity for all children. All clubs take registers at the beginning of a session. Clubs include;

Competitive Extra Curricular Clubs;

Netball	KS2
Tag Rugby	KS2
Football	KS2 & KS1
Rounders	KS2
Cross Country	KS2
Athletics	KS2

Non-competitive Extra Curricular Clubs;

Skipping Workshops	KS1
Dance and Drama	KS2

We also provide a variety of whole school / community events that implicitly involve and promote Physical Activity. These include;

Celeidh  
Carnival  
Family Fun Night  
Carnival  
Strawberry Teas  
Spooky Disco  
Sports Day

### **Promoting walking and cycling**

We feel that if pupils and staff could make walking and cycling a daily part of their lives then this would make a big impact on their lifestyles, in terms of being active and healthy. We hold two annual Walk to School events, in October and May that are linked to the national Walk to School scheme. We enhance this by giving regular incentives and praise to those children who do walk, all or part of the way, to school each day. We do however, appreciate that our school is in a rural location where the roads are commuter routes and have limited pedestrian access. For this reason we do not actively promote cycling to

school but our Key Stage 2 children become involved in the Passport to Safer Cycling Programme.

### **Playtimes / breaks and playground facilities**

Playtimes are used implicitly to promote Physical Activity to all children three times daily – 1 hour 45 minutes in total. We have two members of staff on duty at all times to encourage and play active games with the pupils. The wide range of facilities includes;

- Two Physical Activity adventure areas one for Foundation Stage, one for KS1 / KS2.
- Skipping ropes
- Basketballs / Netballs and hoops
- Football pitch
- Other markings such as Hop-Scotch, race tracks and Snakes & Ladders

### **Children with Special Educational Needs**

The school strives to ensure that all pupils have equal access to Physical Activity and that the opportunities offered to pupils are as inclusive as possible. Physical activities are structured to enable pupils of varying skills and abilities to participate and an ethos of encouragement and enjoyment is promoted by all members of staff. Where necessary individual pupils receive additional support from Teacher Assistants to achieve objectives and complete tasks.

### **Links with other policies**

1. Physical Activity
2. Equal opportunities: School is committed to providing equal opportunities for all pupils, including those with special needs, in the provision of physical activity.
3. Teaching and Learning: Physical activity provision within school is developmentally appropriate and a variety of teaching and learning approaches to ensure that tasks are matched to pupils of different abilities and pupils at different starting points all make progress.
4. Safety: Appropriate steps will be taken to ensure the safety of pupils participating in physical activity.
5. Behaviour and Attendance
6. Anti-Bullying
7. SEN Provision

### **Implementation and Co-ordination**

The implementation of this policy will be the responsibility of the Physical Education Co-ordinator who will monitor aspects related to Physical Education such as resources, safety and risk assessments, training and links with the SSCoS, and the Healthy Schools Key Teacher who will oversee specific Physical Activity events such as Walk to School Weeks and extra curricular provision for Physical Activity.

## **Monitoring and Evaluation Procedures**

Measures that will be used include:

- Teacher feedback.
- Feedback from governors/staff.
- Pupil feedback.
- Parental feedback.
- Number of out of hours learning opportunities offered.
- Pupil participation in out of hours clubs.
- Number of pupils walking or cycling to school.
- Daily activity levels.
- OFSTED Inspection.
- Achievement of Physical Activity Certificate of Achievement/ Quality Mark on the Lancashire Healthy Schools Programme.

The Physical Activity policy will be reviewed on a two yearly cycle.

**Headteacher: Douglas Scholes**

**Physical Education Co-ordinator: Eleanor Crane**

**To be Reviewed: Summer**