



## HOLMBUSH PRIMARY SCHOOL

# Physical Activity

### AIM

Establish an “active school” ethos and environment which will increase activity levels and promote health within and outside the curriculum.

### RATIONALE

Why this policy is important:

- The health benefits of regular purposeful physical activity are substantial. The Chief Medical Officer's Report 2004 states: *"There are few public health initiatives that have greater potential for improving health and well-being than increasing the activity levels of the population of England"*
- Schools can play a significant role in promoting healthy active lifestyles so that all pupils get a good start in life.
- Schools need to maximise the opportunities available for regular physical activity and engage with all pupils in order to help them participate in 60 minutes of **at least** moderate physical activity every day.
- One of the major threats to health is the obesity epidemic. Schools have a key role in encouraging increased participation rates among young people to help achieve the Public Service Agreement to 'Halt the year on year rise in obesity among children under the age of 11.
- Providing a whole range of purposeful physical activities can promote the corporate life of a school by stimulating and providing opportunities for teachers, pupils and ancillaries to find mutual satisfaction in individual and team successes.
- Placing a high value on purposeful physical activity can promote further participation beyond the school.

### OBJECTIVES

- Appoint a designated member of staff (PE Co-ordinator) who will lead physical activity development.
- Maintain a high profile for physical activity in all aspects of school life.

- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- Encourage all pupils to participate in physical activity through positive play 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.
- Offer a broad and balanced activity programme which is inclusive to all pupils.
- Promote regular physical activities to all school staff.

### **1. Physical Activity Co-ordinator**

- The PE Co-ordinator (Mrs F Langford) shall also be the designated Physical Activity Co-ordinator, with responsibility for leading all broader aspects of physical activity, with strong support from the head teacher.
- This person shall also be designated Primary Link Teacher with specific responsibility for providing the school link with other local schools.

### **2. Raising the Physical Activity Profile**

- Provide a dedicated notice-board which advertises opportunities for all pupils and staff to participate in school and community activity and celebrates success.
- Regularly celebrate achievement and promote activity in assemblies.
- Provide opportunities for children to enter local festivals.
- Invite parents to support inter-school festivals, Dance performances and the annual sports day.
- Take part in the LEA Travel Plan, encouraging pupils to walk to and from school.
- Provide a cycle storage area.

- Offer the cycling proficiency programme to pupils.

### **3. Training Programme**

- Release the Primary Link Teacher (PLT) on a regular basis to attend training courses.
- Ensure that the PLT co-ordinates a full training programme for all staff, including teachers and Adults Other Than Teachers (AOTTs)
- Provide a National CPD Health workshop for the whole staff or allow access – whole staff, or PLT access to the course with follow-up in-school training.
- Run a dedicated training programme for lunch-time supervisors backed up by a range of appropriate resources.
- Provide playground leadership training and run the leadership award scheme for selected senior pupils

### **4. Play-time activity**

- Make a range of equipment available to all pupils during break time periods.
- Promote skipping as a specific fitness activity (in partnership with the British Heart Foundation).
- Train senior pupils to act as playground leaders – oversee equipment and support activity for younger children. (Positive Play)
- Ensure that lunch-time supervisors are able to promote and support play-time activity (see Training).
- Develop appropriate and safe playground areas, which have innovative permanent markings, designed by children and staff, which encourage and facilitate activity to all pupils.

### **5. Curriculum**

- Ensure that all pupils receive a minimum of 2 hours curriculum time physical education each week.
- Provide a physical education programme which is broad, balanced and fully inclusive, suiting the needs of all pupils.
- Provide ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved.

- Ensure that all PE lessons include at least one period of time in which the children are "stretched" physically (ie become out of breath).
- Ensure that all PE lessons include the National Curriculum health related exercise strand, so that pupils are aware of the need to exercise, the body changes during exercise and know how to warm-up and cool-down.
- Ensure that all PE lessons are structured to include a warm-up and cool-down.
- Promote physical activity and health related exercise within other lessons – e.g. the effect of exercise on the body, anatomy and physiology in science.
- Provide an annual programme of intra school activities for all pupils, including a sports day.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Provide enjoyable experiences, which help to develop positive attitudes of sensitivity, co-operation, competition and tolerance.

## **6. Out of School Hours Activity**

- Provide a diverse weekly programme of out of school hours activity clubs, which suits the needs of all pupils. This should be developed in consultation with pupils. Children with special educational needs to be given the same opportunities to join clubs with any necessary adjustments made.
- Provide a programme which offers an equal balance of competitive and non-competitive activities.
- Provide one weekly specific movement/general physical activity club, which develops fitness.
- Encourage every pupil to attend a minimum of one OSHL activity each week (Key Stage 1 and KS2)
- Run a minimum of one physical activity breakfast club each week which are accessible to all pupils.
- Coaches from other organisations must hold suitable qualifications and be CRB checked – including parent helpers.

## 7. Community Links

- Ensure that the school employs a range of auxiliary qualified and experienced coaching staff and implements quality assurance.
- Ensure that the PLT takes responsibility for forging strong local community club links (club coaches visit school/pupils attend club taster days/clubs advertised on notice-board)

## 8. Staff Activity

- Staff are encouraged to take part in physical activity.
- Advertise and promote walks and routes on the activity notice board.
- Advertisements for local leisure centres and swimming pools are posted in the staff room.
- Sponsored events are advertised in the staff room and some staff participate as part of their active lifestyle.
- All staff to change and take an active part in PE lessons.

**Date: November 2010**

**Date of next review: November 2013**

**Signed: \_\_\_\_\_ (Primary Link Teacher)**

**Signed \_\_\_\_\_ (Head Teacher)**

**Signed \_\_\_\_\_ (Chair of Governors)**

### **FURTHER INFORMATION**

**Further to the policy the school should maintain records of the following:**

- A calendar overview of the annual physical activity programme
- A timetable showing the weekly programme of activities
- A list of the tournaments, festivals and events attended by the school
- A contact list of key partners which link to physical activity and health
- Copies of the school's annual PE /School Sport and Club Links (PESSCL) National Survey results

**This policy compliments the School Physical Education Policy.**