

# GILDERSOME PRIMARY SCHOOL

## Physical Activity Policy



Agreed by the Governing Body: March 2019

Review Date: March 2022

## **Rational & Ethos**

At Gildersome Primary we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sports funding will be extremely effective in improving and sustaining high quality PE and sports provision.

## **Aims**

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle
- To promote the celebration of sporting events
- To improve the quality and breadth of PE and Sport

## **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'.

## **Delivery**

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff and our PE specialist teacher from Woodkirk Academy.
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science.
- Extra-curricular clubs through the week.
- Lunchtime activities.

## **Physical education lessons**

There is a sequential scheme of work for PE which involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. We use the playground and field for PE activities as well as our two halls. All pupils participate in physical PE activity each week and all Year 4 currently go swimming each week.

## **Extra-curricular physical activity**

Pupils have a diverse choice of activities in which they can participate – competitive, non-competitive, structured, unstructured and including some physical activity options such as drama and gardening.

All activities shall be supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of school staff will be available in case support is required e.g. an accident.

We are part of the Morley Schools Sports Association and regularly take part in different festivals and tournaments for pupils of different ages.

## **Differentiation**

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success.
- Pupils at different starting points all make progress.
- The achievement of all pupils is maximised by providing variations in tasks, resources, support and group structure.

### **Assessment, recording, reporting and monitoring**

An audit of out-of-school activities is kept to indicate the number of pupils participating in physical activities. Levels of participation will be monitored with regard to gender and overall levels of interest.

### **Staff training**

Our staff receive training / up-skilling throughout the year from the Woodkirk specialist PE staff in the form of 6-week blocks of teaching (first two weeks observing the PE specialist teacher, second two weeks team-teaching and the final two weeks with the teacher delivering and the PE specialist observing / supporting).

Our school is part of the Morley Schools Sports Association. There are termly meetings to organise tournaments for the pupils to compete against other local primary schools.

### **Health and safety guidelines**

Risk Assessments are carried out regularly and members of staff continually assess the safety of playground activities. All guidelines for physical education and games are followed e.g. supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualification and will be DBS checked – including parent helpers.

### **Lunchtime activities**

Our school has a field, playgrounds, playground markings and play equipment for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime. We also have sport leaders and play leaders to support more structured play at break-times.

### **Equal Opportunities**

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

### **Promoting physical activity to the whole community**

Parents are sent details of physical activity clubs their child/children may attend. Details of physical activities in the wider community are sent home especially activities taking place during the school holidays.

### **Kite Marks**

We currently hold the School Games Gold Award and are recognised as an asthma friendly school.

### **Monitoring and evaluation**

The Physical activity co-ordinator is Neil Ryan. He is responsible for providing clear leadership and management in developing and monitoring physical activity in school. He works closely with all members of staff and our PE specialist colleagues from Woodkirk Academy. He monitors levels of participation and makes appropriate adjustments.

This policy is a working document and will be reviewed every two years.