



## **Kirkstall Valley Primary Physical Activity Policy**

### **Rationale**

At Kirkstall Valley 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. As a school we aim to meet the national targets of all children engaging in moderate to vigorous physical activity for at least 60 minutes every day, outside of the curriculum, addressing the increasing obesity of children and decreasing levels of physical activity among children. This rationale links closely with our Healthy Schools Policy and Sports Premium spending plan, which is used to further improve, and then sustain, high quality PE and sports provision.

### **Aims**

- To increase the physical activity levels of all pupils in line with national targets of a minimum of one hour a day.
- To further improve the provision of a supportive environment conducive to the promotion of physical activity.
- To promote the benefits of physical activity to the whole school community and improve pupils' knowledge, understanding, experience and attitudes towards physical activity.
- To improve the self-esteem, confidence and well-being of the pupils through participation in physical activity, including opportunities to work together.
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events.
- To promote inclusion.
- To improve the quality and breadth of PE and Sport.
- To contribute to pupils' behaviour, physical fitness, growth and development, assisting pupils to meet their fullest potential.

### **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, PE specialist teachers and coaches and swimming teachers.
- Cross curricular links – Early Years Foundation Stage programme, PE, PSHE and science.
- Extra-curricular clubs run after-school.
- Lunchtime activities.
- Various visitors throughout the year, including dance workshops, Taekwondo instructor, Leeds Rhinos and Olympic athletes.
- Regular physical activities which take place in class. (See below)

In addition to the daily 20 minute break and 60 minute lunchtime, classes regularly participate in some or all of the following:

- *Wake up, Shake up!*
- 5 minute movement breaks
- *Debbie Doo* - movement/actions
- *Go Noodle*
- Tyre park breaks
- Scrap shed
- Yoga
- *Squiggle While You Wiggle!* and *Dough Disco* (Foundation Stage)

SEN children regularly take part in many of the physical activities listed above and have designated time in the hall for these.

Class discussions and School Council meetings are held to give all children the opportunity to comment on existing physical activity opportunities as well as suggest others, providing them with ownership of their after school clubs and physical activities.

## **Lunchtime activities**

Our school has a number of playgrounds, playground markings and play equipment for free play providing all children with opportunities to participate in more vigorous exercise every playtime and lunchtime. We are investing in more high quality playground equipment and resources, including fixed equipment for balancing, traversing and development of other physical skills. These will further promote daily physical activity and social interaction. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime. Each class has regular access to the Tyre Park, Scrap Shed and games area. (See lunchtime activity rotas).

Additional lunchtime clubs and activities take place at certain times of the year, e.g. Leeds Rhinos and netball.

## **Extra-curricular physical activity**

Pupils have a diverse choice of activities in which they can participate- competitive, non-competitive, structured, unstructured including school trips, drama, gardening and parachute games.

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

We regularly take part in different festivals and tournaments for pupils of different ages.

We actively encourage pupils to go to local clubs and promote our gifted and talented through outside clubs. Achievements are celebrated in class and Special Assemblies.

## **Equal Opportunities and inclusion (See also KVPS Inclusion Policy)**

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 abilities, 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.

The overriding aim should always be to create an environment in which, from the earliest age, children and their teachers learn to respect each other.

Physical activities enable all children to benefit. There will be no barriers to access or opportunity based on race, sex, religion, ethnic group, culture or ability.

Consideration will be given to those with special educational needs, whether they have disabilities or a particular talent. The action necessary to respond to an individual's requirements for curriculum access will be met through greater differentiation of tasks and materials.

We recognise the importance of good mental health and emotional wellbeing for children, and know the impact this has on a pupil's learning. Therefore, physical activities will be adapted to support emotionally vulnerable children, wherever needed. This may be informally during the activity itself, or formally when planning and risk assessing the activity. As with all areas of our school, physical activities will strive to boost self-esteem wherever possible.

## **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.

## **Health and safety guidelines**

When carrying out any physical activities within school, reference should be made to the Physical Education Policy, particularly the safety and risk assessment aspect.

All staff participating/leading physical activities are fully trained, are aware of health and safety requirements and are First Aid trained, as stated in the Physical Education Policy.

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 correct use of equipment.

All coaches from other organisations must hold suitable qualifications and are DBS checked.

## **Physical Activity and Educational Visits**

**At Kirkstall Valley, we plan trips for all of our children (Nursery to Year Six) which are within walking distance to promote physical activity through walking to local places of interest. Recently, we have walked to:**

- Kirkstall Abbey and the surrounding grounds
- Abbey House Museum
- Armley Mills
- Yorkshire County Cricket Club, Headingley
- South Parade Baptist Church, Headingley
- Goals
- Burley Park
- Burley St Matthias Church
- Vue Cinema, Cardigan Fields
- MOD Pizza, Cardigan Fields
- Hollywood Boal, Cardigan Fields
- The Cardigan Arms Pub and the viaduct on Kirkstall Road
- Leeds Grand Mosque
- Reuse Revive Shop, Kirkstall
- Hyde Park Cinema
- Virgin Active Leisure Centre

We also plan trips where we use public transport, again to encourage children to understand that we don't have to go 'door-to-door'. Recently, children from Nursery to Year Six have used public transport to visit:

- Abbey House Museum
- Leeds City Centre
- Thackray Museum
- The Grand Theatre
- City Varieties
- West Yorkshire Playhouse
- Leeds Town Hall
- Leeds City Museum

We also plan visits themselves to have a physical activity or PE purpose. Trips where this has been the case recently include:

- Yorkshire County Cricket Club Education Day
- Tour of the local area examining Victorian architecture
- Tour of Leeds City Centre
- Year 6 Residential
- Otley Chevin Den Building and Forest School
- Nidderdale (farm and countryside)
- Scar House Reservoir
- Filey
- Hollywood Bowl
- Lotherton Hall
- Lawnswood Sports Festival
- St Leonard's Farm
- Yorkshire Wildlife Park
- Nell Bank
- Fearnville Leisure Centre Swimming Competition
- 'Road to Wembley' Carr Manor High School PE Competition
- 'Active Crew Club' children's training, Virgin Active
- Anglers Country Park, Waterton Countryside Discovery Centre

This policy was reviewed by Angela May (PE Subject Leader) in February 2018

It was reviewed by Hayley Wild (Acting Head Teacher) in February 2018

It was ratified by Governors in March 2018

It was distributed to staff in March 2018

It is due to be reviewed in February 2019 and/or as updates are received.