

# Physical Activity Policy



## Aim

We aim to ensure that all aspects of physical activity in school are promoted for health and well being of pupils, staff and visitors.

## Rationale

This Physical Activity Policy is intended to reflect the ethos of the school as a healthy promoting environment. It is a response to the following key issues:

The health of every child matters.

- The obesity epidemic and decreasing levels of physical activity among children and the effect that this has on pupils' ability to learn effectively.
- The national target for all pupils to receive a minimum of 2 hours moderate intensity high quality PE and sport both within and beyond the curriculum.
- The opportunities offered through the school sport partnership.

## Objectives

The intended outcomes are:

- To provide 2 hours of curricular physical education with a broad and balanced programme which meets National Curriculum requirements.
- To provide high quality, safe and effective physical activity opportunities both within and beyond the curriculum considering the interests and cultural and medical needs of all pupils.
- To increase pupils knowledge and understanding of the importance of physical activity and to promote positive attitudes towards participation.
- To contribute to optimum pupil behaviour, physical fitness and development assisting pupils to reach their learning potential.
- To enlist the support of AOTTs in promoting activity and to use qualified professionals to contribute to the provision of out of hours activities.
- To encourage pupils to be active at playtimes by providing safe and stimulating areas, facilities and equipment for them to use.
- To organise specific events which raise the profile of activity.
- To provide pupils with the information and confidence they need to take advantage of physical activity opportunities in the local community so that they can become more independent participants and develop valuable life skills.

## Guidelines

The PE timetable and long term plan show how physical activity is taught within the curriculum.

The school has developed strategies for actively promoting physical activity during the day:

- Extra curricular physical clubs provided for both key stages.
- Premises used by other organisations for physical activity.
- Liaison with School Sports Coordinator.

The school is developing further strategies for actively promoting physical activity during the day:

- Walking to school and travel plan.
- Playground makeover.
- Opportunities for staff to use sporting facilities out of hours.
- Involvement of parents in decision about physical activity in school.

The school works with partner agencies to promote physical activity:

- Sport Relief

Pupils are involved in decisions about physical activity in school:

- Playground equipment selected by School Council

The PE Coordinator attends governors meetings to discuss physical activity within the school. The PE Coordinator arranges staff support and training on physical activity.

### **Implementation and Monitoring**

The PE Coordinator and PSHE Coordinator work in partnership to ensure that these objects are met. They are responsible for liaison with Midday Assistants, Club and Play Leaders.

Physical activity will be monitored and reported by the PE Coordinator using observation and pupil surveys.

### **Conclusion**

We believe that the promotion of physical activity in a supportive environment will benefit the whole school.

## **PE Curriculum Overview KS1**

## **PE Curriculum Overview KS2**

## **PE Curriculum Overview UKS2**