



St Mary's C of E Primary School Physical Activity Policy – Autumn 2017

Rationale

Participating in physical activity is a key way of developing healthy lifestyles, improving standards, reducing inequalities and improving social inclusion within our school community. Our aim as a school is to promote healthy, active lifestyles to our pupils regardless of physical ability. The school provides a range of active opportunities both within and out of curriculum hours such as: PE lessons, after school clubs, outdoor learning and links with external companies and clubs.

Aim

The aim of this policy, alongside our PE Curriculum policy, is to ensure that physical activity is promoted as a fundamental part of a healthy and active lifestyle to all members of the school community. We also aim to increase the activity levels of the whole school.

Objectives

- To increase opportunities to be more physically active.
- To provide a variety of sports / activities for children to participate in.
- To provide high quality physical activity.
- To improve training opportunities around physical activity.
- To raise confidence and self-esteem in pupils.
- To increase awareness of the importance of a healthy, active lifestyle.
- To encourage wider participation in physical activity.
- To offer the opportunity for children to participate in intra and inter school competitions.
- To promote positive attitudes towards physical activity.
- To make equipment available for pupils to use at lunchtimes and break-times and encourage pupils to be active at these times.

Equal Opportunities and Inclusion

All physical activity provision at St Mary's C of E is designed to be inclusive of all abilities / needs. This also includes opportunities to Pupil Premium children – funded by the Sports Premium budget.

For further guidance on equal opportunities, please see the following policies:

- Equality policy
- PE policy
- Safeguarding policy
- SEND policy

Curriculum

Physical Activity occurs in a variety of ways at school:

- The PE programme is taught by all teachers, external coaches, support staff, and swimming teacher.
- We aim for all children to participate in 2 hours of physical activity a week.
- Each child will have the opportunity to have swimming lessons each summer term
- A wide range of activities through our PE scheme of work, and through extra-curricular clubs.
- Cross curricular links, especially opportunities for Science, Computing and Maths (Maths of the Day).
- Lunchtime activities (led by the Sports Crew members) and intra/inter-school competitions.



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Assessment

Class teachers use the foundation subject assessment document to assess pupils against the National Curriculum and learning objectives from the PE Scheme of Work. Assessment for learning is used throughout lessons and delivery of physical activity.

Participation levels and extra-curricular activities are monitored by the PE Co-ordinator.

Extra-Curricular Provision

1. Lunch times – a range of activities including structured physical activity and unstructured play. Children are encouraged to take part in games organised and delivered by the Year 6 Sports Crew. Physical activity club delivered by external coach once a week
2. After school clubs – a range of sporting activities are run by both school staff and outside coaches.
3. Competitions – children throughout Key Stage 2 participate in various inter-school competitions and District Sports.
4. School trips – Year 4 & 6 attend residential trips where they are given the opportunity to take part in various outdoor and adventurous activities.
5. The school take part in the annual Golden Boot Challenge, which encourages children to come to school actively e.g. walking, cycling, scooting.

Policy written by: Charlotte Roberts (PE Co-ordinator)

Next review due: Autumn 2018