



## Physical Activity Policy 2016

Academic Year 2017 - 2018

### 1. Introduction

Consultation That Has Taken Place: *This policy has been developed by a working group (including The Healthy Schools Co-ordinator and the PE Co-ordinator) which has consulted with, pupils (via a survey) and staff (through the Healthy Schools working group)*

How the Policy will be disseminated to Schools Community: via the school website and updates in The Green Gazette

Person(s) Responsible for Implementation and Monitoring: PE Co-ordinator and Healthy Schools Co-ordinator

Links to Other Relevant Policies: *PE Policy, School Travel Plan, Active Travel Policy, Pupil Voice PE Policy*

### 2. Aim

*To increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.*

### 3. Rationale

- *Regular physical activity affects children's attendance, concentration in class, self-esteem, attitude to school work, behaviour and physical and mental health*
- *To instil lifelong habits of physical activity*
- *To aim to encourage a minimum of one hour physical activity per day outside of the curriculum*
- *To address increasing proportion of children classed as obese during primary years*
- *To promote habits of physical activity within the wider school community*

#### 4. Objectives

- *To provide consistent messages in school about physical activity both within and outside the taught curriculum.*
- *To increase the physical activity levels of pupils in line with national targets.*
- *To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.*
- *To improve self esteem and confidence among pupils and provide opportunities for them to work together.*
- *To provide the opportunity for pupils to develop valuable life time skills.*
- *To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.*
- *To ensure physical activity provision in school reflects the cultural and medical needs of pupils.*
- *To contribute to out of hours learning for pupils*

#### 5. Action/Key Themes

##### **Links to the Physical Education Policy**

*The PE and the PA policies overlap in many areas. These include aims, safeguarding, accident procedure, equal opportunities and provision, facilities and the learning environment.*

##### **Links to Wider Curriculum (eg science schemes of work, PSHE)**

*Understanding the health benefits of physical activity is a key part of the Science scheme of work, including why exercise is important for our bodies, the Circulatory System and how to keep your heart healthy, nutrition and digestion (see Science Long Term Plan). In PSHE, Keeping Healthy is one of the key themes of class teaching and discussions, including diet and exercise.*

##### **Promotion/Encouragement/Publicity/Information About Physical Activity**

*Sports Clubs are promoted through the PE Information Board, letters home, school website and parents' noticeboard. Displays throughout school promote sporting role models and participation in physical activity. Regular events are organised to enable children to participate in new activities, including visitors from different organisations.*

##### **Consultation**

*Children are consulted regularly to find out which clubs they would like to attend.*

##### **Inclusion**

*Physical activity is offered to all pupils. Children with physical disabilities are supported by different equipment or adult support as appropriate to enable them to participate. Opportunities to promote achievements of athletes with physical disabilities are given through visitors, assemblies and displays.*

##### **Encouraging the 1 Hour a Day Target**

- *Wake Up Shake Up is offered to children at Breakfast Club and to all pupils in KS1 and 2 to start the afternoon.*

- *Sports Leaders engage groups of children in structured activities at lunchtime.*
- *Buddy Zone provides equipment for children to participate in active play, e.g. skipping, pogo sticks, wobble boards.*
- *Additional staff on duty at lunchtime to encourage active play.*

### **Extra Curricular Activities**

*See Out of School Hours Learning in PE Policy*

### **Promoting Walking and Cycling**

*Children are encouraged to walk or cycle to school through annual Walk To School Week and Wheels Week. Y6 Pupils are offered Bikeability Training to encourage them to cycle to school. Parent and child cycling sessions are being offered to support parents with road safety and confidence on the road. Safer parking around school is promoted through leaflets and letters to parents. Wherever possible, parents are encouraged to park further away from school and walk to collect their children.*

### **Playtimes/Breaks and Playground Facilities**

*Nursery and Reception have a wide range of facilities to promote physical activity such as: bikes, climbing equipment, tunnels, tyres, scarves, ribbons, and playground markings. Balls, hoops, bats, balancing blocks and quoits are also regularly provided.*

*Our main school playground is zoned for KS1 and KS2 to allow safe spaces for all children to be active. Equipment, such as hoops, skipping ropes and stilts, is provided at lunchtime in the Buddy Zone to allow children to enjoy active play. Playground markings, including hopscotch, are available to children at playtimes and lunchtimes. Traversing walls in KS1 and KS2 playground offer opportunities for children to stretch and climb. Sports Leaders provide organised games activities at lunchtimes.*

### **Training for Staff/Volunteers**

*Staff involved with leading physical activity at lunchtime and after school have had the appropriate training. This is undertaken through membership of Leeds Active Schools.*

### **Safety and Risk Assessment**

*Members of staff with paediatric first aid training are involved with promoting physical activity at lunchtime and before and after school. First aiders are available throughout the school day and during out of school hours learning. Risk assessments are in place for all areas of the school where physical activity takes place.*

### **Facilities/Resources**

*Resources for physical activity in school are regularly checked and replenished when required. Resources can also be borrowed from Priesthorpe High School as we are part of their sports partnership.*

### **Use of Wider Opportunities**

*Our school develops and maintains relationships with organisations such as coaches and local clubs. Family events offered at Bramley Baths are promoted to parents through leaflets sent*

home. The school participates in events and inter- school competitions run by local high schools and Active Schools.

### **Parental Involvement**

*The parents of children in Nursey and Reception are involved with their children's physical activity through completing the playing and learning at home sheets. They also get physical activity challenges sent home at different times during the year.*

*Parents are made aware of physical activity opportunities through the parents' noticeboard, letters home and the school website. Special events such as Wheels week are celebrated and shared with parents through weekly class assemblies to which parents are invited.*

### **6. Implementation and Monitoring**

*An audit of out of school hours learning activities is kept to indicate the number of pupils participating in physical activities and sport. Data is also collected for participation on whole school events such as Walk to School Week and Wheels Week. Pupils are surveyed every year to gauge the success and benefits of physical activity offered to them at school and School Council is also part of the monitoring and evaluating process.*

### **7. Conclusion**

*Pudsey Bolton Royd Primary School promotes healthy living and a healthy lifestyle. We want to offer as many opportunities as we can during the school day, as well as before and after school, to be physical active. We want children to enjoy physical activity so it becomes part of their everyday lives both today and in the future.*