

# Physical Activity Policy

## Context and Rationale

“Healthy Living is not just about what we eat it also encompasses exercise. Government want schools to take every opportunity to ensure that pupils are physically active. They want children’s experiences in school to lay the foundation for an active adult lifestyle” ([www.teachernet.gov.uk](http://www.teachernet.gov.uk)).

Regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti- social behaviour. Schools play a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

## Aims

To increase the physical activity levels and well-being of the whole school community by developing a supportive environment conducive to the promotion of physical activity.

To develop an understanding of the importance of regular physical activity amongst the whole school community.

## Objectives

To ensure that all pupils can develop the confidence, competence and enthusiasm to participate in physical activity to establish and maintain an interest in regular physical activity as part of an active healthy lifestyle.

To improve pupil, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity

To provide a wide range of physical activity opportunities both within and outside the curriculum for pupils, staff and parents/carers and enable children to participate in at least 2 hours of high-quality PE and School sport each week.

To ensure that physical activity provision in the school reflects the cultural, personal, social and medical needs of all pupils.

## How our objectives are delivered

### **Ethos and environment**

- All those leading physical activity sessions adopt a caring and supportive approach.
- The school identifies pupils who do not participate in physical activity and those who need extra support to participate and implements strategies to encourage and support these pupils to be more active.
- Facilities are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parents/carers.
- Pupils’ participation in physical activity is recognised and celebrated through presentations in assemblies and information on notice boards and in newsletters.

## **Curriculum**

- The school is working towards providing at least two hours curricular physical education for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils
- Schemes of work are in place which outline a planned approach to health-related activity. These are based on the Complete PE schemes of work.
- All pupils learn how active they should be, and activity levels are regularly monitored.

## **Out of school hours learning**

All pupils are provided with opportunities to be physically active through out of hours activities via a wide range of activities including both individual and team/group and non-competitive and competitive. The emphasis is on participation and enjoyment and the opportunities are open to all pupils, regardless of ability Physical activity is promoted during breaks and lunchtimes and after school:

- Sports equipment available during breaks and lunchtimes
- Netball, cricket, multi-skills, rounders and football sports clubs run seasonally after school Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community
- Whole school sports day
- Inter-school netball, football, rounders, cricket athletics festivals

## **Community/club links**

The school links with the Leeds South & Central– Active Schools+, Cockburn John Charles Primary Programme and Leeds United Football as well as other relevant individuals and organisations in the community to utilise the available expertise and enhance the equality and range of provision

Pupils are made aware of physical activity opportunities beyond school through a variety of means.

## **Safety**

The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy, the Health and Safety Policy and the risk assessment documents.

## **Monitoring and Evaluation**

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self-evaluation and reviewed annually.

Aspects that are monitored include:

- Pupils' staff and parents/carers' knowledge of and attitude towards physical activity
- Pupils' progress/attainment in physical activity
- The range of physical activity opportunities offered to all pupils, staff and parents/carers and the levels of participation
- The percentage of pupils participating in 2 hours per week of high quality PE or school sport within and beyond the curriculum
- The number of links to clubs/activities within the community and pupil participation in these
- The number of pupils walking or cycling from/to home
- The number of pupils who achieve an hour of physical activity each day
- The number of professional development courses attended by staff/activity leaders
- How and when pupils, staff and parents/carers have been consulted.

The methods of evaluation include:

- Assessing pupils' achievements
- Reviewing schemes of work
- Re viewing programmes of activities
- Reviewing registers of activities
- Staff and pupil discussions
- Minutes of School Council meetings
- Questionnaires