



# Physical Activity Policy

Policy Dated: October 2011  
Review Date: October 2012

This policy complements and supports the following policies:

- PE
- Inclusion
- SEN
- PSHE
- School food policy
- Citizenship
- Health and Safety

## **AIM**

**To establish an “active school” ethos and environment which recognises the benefits of regular exercise and will increase activity levels and promote health within and outside the curriculum.**

## **OBJECTIVES**

1. Maintain a high profile for physical activity in all aspects of school life.
2. Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
3. Encourage all pupils to participate in physical activity during play-times.
4. Embed health related exercise (HRE) principles into the PE curriculum - ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects, such as science, D & T, English and Maths.
5. Provide links to other aspects of health, for example, by promoting healthy eating and providing access to water.
6. Ensure that all pupils have access to a minimum of 2 hours curriculum time high quality PE and sport each week, along with further opportunities to take part in enrichment activities.

7. Offer a broad and balanced activity programme which is inclusive to all pupils.
8. Promote regular physical activities to all school staff.

## **1. Physical Activity Co-ordinator**

i) The PE Co-ordinator shall also be the designated Physical Activity Co-ordinator, with responsibility for leading all broader aspects of physical activity, although with strong support from the SLT.

## **2. Raising the Physical Activity Profile**

i) Provide a dedicated notice-board which advertises opportunities for all pupils and staff to participate in school and community activity and celebrates success.

ii) Regularly celebrate achievement and promote activity in assemblies.

iii) Regularly invite parents to both take part in (e.g. annual fun run/Dance Keep fit displays) and observe activities.

v) Run annually a dedicated Activity and Health week, involving key partners such as the School health Advisor and the Dental Nurse.

vii) Encourage pupils to walk or cycle to and from school.

viii) Provide a cycle storage area.

ix) Offer the cycling proficiency programme to all KS2 pupils.

## **3. Training Programme**

Release staff as appropriate and whenever training is provided.

Run regular meetings with LSA and LTS to encourage/promote their role in raising the profile of Physical Activity during break times.

## **4. Play-time activity**

i) Make a range of equipment available to all pupils during play-time periods.

- ii) Promote skipping as a specific fitness activity – regular sponsored skips.
- iii) Train older pupils to act as playground buddies– oversee equipment and support activity for younger children.
- iv) Ensure that lunch-time supervisors are able to promote and support play-time activity.
- v) Develop appropriate and safe playground areas which encourage and facilitate activity to all pupils.

## **5. Curriculum**

- i) Ensure that all pupils receive 2 hours curriculum time physical education each week.
- ii) Provide a physical education programme which is broad, balanced and fully inclusive, suiting the needs of all pupils.
- iii) Provide ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved.
- iv) Ensure that all PE lessons include at least one period of time in which the children are “stretched” physically (ie become out of breath).
- v) Ensure that all PE lessons include the National Curriculum health related exercise strand, so that pupils are aware of the need to exercise, the body changes during exercise and know how to warm-up and cool-down.
- vi) Ensure that all PE lessons are structured to include a warm-up and cool-down.
- vi) Promote physical activity and health related exercise within other lessons – e.g. the effect of exercise on the body, anatomy and physiology, in science.
- vii) Provide an annual programme of intra school activities for all pupils, including a sports day, a health week and Enrichment activities.

## **6. Out of School Hours Activity**

i) Provide one weekly specific movement/general physical activity club, which develops fitness.

ii) Provide Wake Up/Shake Up before school activity.

## **7. School Sport Partnership and Community Links**

i) Ensure that the school regularly participates in Consortia-wide events which promote physical activity (see annual programme).

## **8. Staff Activity**

i) Encourage all staff to change and take an active part in PE lessons.

ii) Provide shower facilities in school.

iii) Provide pedometers to staff so that they can record their daily activity

## **FURTHER INFORMATION**

### **Yearly Activity Programme**

- Annual Fun Run – parents invited to run alongside.
- Friday Enrichment Activities to include: Cycling; Roller Blading; Nature Walks; Swimming; Dance; Keep Fit Activities; Benchball; Squash; Football; Tag Rugby; Netball.
- Participation in consortia tournaments: Football; Benchball; Cross Country; Tag Rugby.
- Sports Day.
- After School Clubs: Dance ;Keep Fit Activities.
- Sailing Residential Week – Y6
- Ski residential week – Y5
- Mushroom park visits x FS2; Y1; Y2; Y3
- Summer Term Activity Week: activities may include Cycle rides; Walks; Whole School Aerobics; additional PE and games.