

Physical Activity Policy

Broomfield Primary School



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Signed _____ Headteacher

_____ Governor

Contents

Introduction

Aims

Definition of Physical Activity

Delivery

Physical Education Lessons

Extra-Curricular Physical Activities

Lunchtime Activities

Equal Opportunities

Staff Training

Health and Safety

Celebrating Physical Activity

Promoting Physical Activity in the Community

Monitoring and Evaluation

Introduction

As a school we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sport's funding is extremely effective in improving and sustaining high quality PE and sports provision. Through this provision, it is vital to ensure our children are given the opportunities to become conscientious, caring citizens.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality and breadth of PE and Sport

Definition of Physical activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff or trained professionals
- Cross curricular links e.g. PSHE and Science
- Extra-curricular clubs run by a variety of external providers such as Metcalfs, Premier Education.

Physical Education Lessons

Our school follows the Primary PE Planning Scheme of work. It teaches key skills and builds on these, allowing children to apply their knowledge in competitive sport both in and out of school and evaluate their performance. We use the hall, playground and field for PE activities and every child participates in lessons twice weekly.

Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/ don't enjoy about PE.

Extra-curricular Physical Activity

We provide opportunities over the course of a day for pupils to be physically active in a way, which supports their health and fitness and helps to embed the school game values: determination, honesty, respect, self-belief, teamwork and passion. We provide a diverse range of activities in which they can participate to promote physical activity. E.g. gardening, outdoor learning, outdoor gym, residential visits.

We actively encourage pupils to attend after school clubs such as football, gymnastics, basketball and dodgeball. All activities are supervised by qualified coaches or instructors. A member of school staff will be available in case support is required- e.g. an accident

We regularly take part in different festivals and tournaments for pupils of different ages such as Hi-5 netball, Tri-golf, football and quad kids athletics.

We actively encourage pupils to go to local clubs and promote our gifted and talented through outside clubs.

Lunchtime Activities

Our school has concreted playground areas, a range of playground markings such as hopscotch, 100 square, an outdoor gym and play equipment provided for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime.

Equal Opportunities

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- Pupils at different starting points all make progress
- The achievement of all pupils is maximised by providing variations in tasks, resources, support and group structure.

Staff training

Our PE Subject Lead attends training and cascades to staff within school.

Health and safety plays a major part in all training for staff. Staff, including lunchtime supervisors are first-aid trained.

Health and Safety Guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.

All guidelines for physical education and games are followed e.g. supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be DBS checked- including parent helpers.

Celebrating Physical Activity

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the pupil's confidence and self-esteem, which in turn may encourage them to continue being active.

Promoting Physical Activity in the Community

Parents are sent details of physical activity clubs their children may attend via Arbor and in our weekly newsletter.

Useful Links and Organisations:

Active Together - <https://www.active-together.org/activeatschool>

School Sport and Physical Activity Networks (SSPANS) – <https://www.active-together.org/>

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

Monitoring and Evaluation

The PE Subject Lead is responsible for providing clear leadership and management in developing and monitoring physical activity within school. The subject lead works closely with all members of staff and liaises with outside agencies to ensure there is broad range of activities for all pupils to participate in.

Policy Review

This policy document was produced in consultation with the entire school community, including pupils, parents and school staff. This document is freely available to the entire school community. It has also been made available on the school website. This policy is a working document will be reviewed every 2 years.