

## Willerby Carr Lane Primary School



### Physical Activity Policy 2014

#### **How this Policy was developed**

This policy was developed and agreed in consultation with all staff, governors, parents / carers, pupils and various external bodies. It takes full account of the national aims and priorities from the PE School Sport Club Links Strategy (PESSCL), the Sports Premium funding, the aims and objectives that Sport Partnerships have agreed in Development Plans, the Physical Activity Criteria of the National Healthy Schools Programme, and School Travel awareness documentation.

#### **School Context and information on provision of physical activity within the whole school day.**

Across the school, pupils receive at least 2 hours of P.E. a week within lesson times. PE in KS2 is delivered by class teachers and by outside coaches brought in to cover PPA time. The importance of physical activity is emphasised by teachers in these sessions as well as in PSHCE and science lessons. Children do ACTIVATE activities in the morning and afternoon in KS1.

In addition to these structured lessons pupils also receive one hour and forty minutes of breaks, during which time they have the opportunity to take part in many other physical activities. There are also many opportunities for children to take part in structured “out of school clubs” throughout the year. These vary with season and demand and the children are consulted as to what kinds of activities they would like to see at the school. Examples of these clubs include multi-skills, football, rugby, athletics and cricket. The school also has links with many sporting clubs around the area and the school hall is currently used for private Judo and dance classes.

There are many resources and facilities provided for use in physical activity sessions throughout the school. There are two halls available for use as well as two large playground areas and a large school field. Three storage areas are provided for a large amount of sports and play equipment, which is utilised by the children on a regular basis. Children are shown how to use all equipment in the school safely and properly and are supervised all of the time whilst they are using it.

## **Sports Premium**

### **School vision for Sport**

*"To have every single child buzzing with the excitement of physical activity, feeling successful, growing in confidence and developing a healthy and active lifestyle."*

### **School Objectives for use of Sports Premium**

To

- improve PE skills for **all** pupils,
- enter more sporting competitions (so children actually know about competition),
- encourage a healthy lifestyle for all.

### **Rationale**

Physical activity plays an important part in the overall education and well being of young people by helping them to lead full and active lives, through engaging in physical activity. A successful physical activity programme should help pupils to appreciate the importance of a healthy and fit body and begin to understand those factors that influence health and fitness, as well as develop their physical competence.

At Willerby Carr Lane School we believe that physical activity, experienced in a safe, supportive and stimulating environment, is a vital and unique contributor to a pupil's physical and emotional health, development and well-being. Our programme provides opportunities for pupils to grow more confident in their ability to manage themselves and their bodies within a variety of movement situations. Through the selection of differentiated and logically developed tasks, we intend that all pupils, irrespective of their cultural, academic or physical differences, will experience success and be motivated to further develop their individual potential.

Within an enjoyable, balanced and progressive programme of activities, we want to promote self-esteem and respect for others and foster a spirit of co-operation. We will provide a balance between individual and group, co-operative and competitive activities, encourage fair play and teach our pupils how to cope with success and deal with setbacks.

This school actively supports physical activity throughout the school day, ensuring that the whole school community can access physical activity to promote the health and well-being of pupils, staff and parents/carers.

### **Aims and objectives of the policy**

**The main objectives of our Physical Activity Policy are:**

- To move towards all pupils participating in at least two hours of curricular physical education in which a broad and balanced programme is provided.
- Provision of quality physical activity opportunities both within and outside of curriculum time which:
  - Consider the needs and interests of all pupils
  - Promote positive attitudes towards participation in physical activity
  - Enable pupils to develop a full range of basic movement skills
  - Increase pupils knowledge and understanding of the importance of physical activity
  - Increase pupil participation in physical activity both within and outside of curriculum time
  - Where safe to do so increase the number of pupils walking to school
  - Positive Playground activities
  - Extended school activities
  - Give parents/carers the opportunity to be involved in the planning and delivery of physical activity opportunities and helps them to understand the benefits of physical activity for themselves and their children
  - Encourage all staff to undertake physical activity

### **Ethos and environment**

Many areas of the school, particularly the playgrounds, have been modified to promote physical activity. All playgrounds in the school have marking that promote the playing of games at playtimes. In addition to this there is play equipment such as climbing frames on all playgrounds and netball and basketball rings and ball walls on the upper KS2 playground. The school tries to promote a positive attitude towards physical activity which should influence the children, ensuring that they want to participate in these activities.

### **Consultation**

The school council chose the current markings and adventure playground for use at playtimes. Pupils, staff and governors will continue to be actively consulted over the development of both the inside and outside areas of school, which will include the development of areas for sporting activity. This is a key part of our ethos and is promoted as part of our Creative Partnerships work.

### **Involving staff and parents/carers**

Staff are actively encouraged to take part in physical activity and to actively promote a healthy and active lifestyle to the children in their care. The school will also try and include parents/carers in as many aspects of physical activity as they can. This could take the form of parents helping out in the school or simply promoting the same ethos as the school at home. Parents will also be consulted regularly about the Physical activities in the school.

### **Safety**

In all physical activity undertaken at Willerby Carr Lane school safety is of paramount importance. Risk assessments will be undertaken for all activities

and children will be supervised at all times of the day whilst undertaking physical activities. There are designated first aiders in the school which are known to both the staff and the pupils.

## **Equal Opportunities**

At Willerby Carr Lane School, we believe that all children irrespective of background, race, gender and capability are entitled to a comprehensive programme of physical activity which fulfils the statutory national curriculum requirements, takes into account their individual needs and interests and provides them with opportunities to pursue activity beyond school.

The Physical Activity opportunities offered within and outside of curriculum time provide all pupils with equal opportunities to participate and achieve in different activities and ensure that all children have access to a varied programme allowing them the opportunity to meet the national expectations as outlined in the PE national curriculum.

## **Differentiation and Special Needs**

Providing assistance for any child experiencing difficulty may involve:

- Prompting - Highlighting visual, or strengthening auditory cues for children with sensory impairments; using clear demonstrations; questioning; giving examples.
- Modifying equipment - increasing ball size, lowering the height of gymnastic equipment; using textured balls; using a broad-faced striking implement instead of a thin stick.
- Modifying the task - reducing the levels of difficulty and complexity, reducing distance to be travelled; rolling a ball rather than throwing it; swimming using a buoyancy aid; rolling sideways rather than forwards.
- Breaking down the task – analysing and introducing the component parts of an action or sequence of actions, and gradually building up to the whole one.
- Practical support – guiding the arm through the batting action; supporting the hips in a shoulder stand; positioning the head; placing body parts relative to others.

Gifted children will need to be set tasks that motivate and challenge them. They will need to be introduced to more advanced skills, and to apply those skills in situations, which may either constrain them or allow them comparative freedom. For example, a child with excellent hand-eye co-ordination who can strike a ball consistently with a bat may be restricted to striking the ball into a designated area of the court or pitch in order challenge and develop his/her accuracy, or improve a particular stroke. An able gymnast may be given the opportunity to extend the set compositional task and incorporate elements he/she has selected.

## **Roles and Responsibilities**

## ***Governors***

As part of their general responsibilities for management of the school, the governors have played a key role in the development of the schools physical activity policy. They will continue their involvement through regular evaluation of it.

## **Identified member of staff - PA co-ordinator - Mrs A Brothwell**

An identified member of staff takes overall responsibility for this policy and its implementation and for liaison with the governing body, parents, LA and appropriate outside agencies.

- To advise the Head Teacher and Governing Body on the future development of PA.
- To plan, write, implement and keep under review policy documents/guidelines which will incorporate National Curriculum requirements.
- To monitor the development of PA throughout school, with particular regard to continuity, achievement and progression.
- To observe and support in the classroom in the area of PA (as time allows).
- To be available to liaise with/advise colleagues in the field of PA within the time available. For Example: To work with School Sport Co-ordinators and other local schools.
- To plan and lead workshops where appropriate to enable staff to tackle the teaching of PA with confidence.
- To control, evaluate and requisition equipment as required.
- To promote interest and understanding in PA with all members of the School.
- To keep up to date with current developments in the field of PA in education through reading, courses, visits, etc.

## ***Parents***

Parents are encouraged to support the provision of physical activity within the school's curricular and extra curricular programme and have access to this policy. Most parents/carers know why physical activity is good for them and their children and are aware of the opportunities to learn about the benefits of physical activity. The school plays its part in ensuring that parents are kept up to date in developments regarding physical activity provision and offered opportunities to participate in training courses to support the school in planning and delivering a broad range of physical activities.

## ***Pupils***

Pupils have an entitlement to physical activity. They will be actively consulted about the physical activity provision within the school and their views will be central to developing that provision.

**Staff**

All staff both teaching and non-teaching should be aware of the policy and how it relates to them. Any staff involved in physical activity should have opportunities for relevant training.

**Adults Other Than Teachers (AOTT)**

There are several AOTT's involved in physical activity throughout the school. These AOTT's are generally involved in running out of school clubs and are supervised by teachers when they run these clubs. An AOTT also takes responsibility for the teaching of P.E. to all KS2 classes for 1 hour a week, to cover PPA time for class teachers.

**Monitoring and evaluating the policy**

This policy will be reviewed every two years by the lead Governor, Head Teacher, Pupils, Parents/carers, the governing body and relevant outside organisations.

Approved by Governors on;

Signed by; ..... (Chairman of Governors)

Date: .....