

Essendine Primary School

Physical Activity POLICY



September 2021

Essendine Primary School Physical Activity Policy

INTRODUCTION

Essendine Primary School is committed to promoting the health and well being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Essendine Primary School.

The policy was formulated through consultation with members of staff, the PE coach and outside Physical activity providers.

ETHOS & ENVIRONMENT

Essendine Primary School strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

PHYSICAL ACTIVITY POLICY CO-ORDINATOR

The school physical activity policy and strategy coordinator is Danielle Andrews.

The sports coach is Brian Ellington.

PHYSICAL ACTIVITY AIMS & OBJECTIVES

Aim: To ensure that all aspects of physical activity in school are promoted for the health and well being of pupils, staff and visitors.

Our specific objectives are as follows:

1. To provide and promote opportunities for children to be physically active throughout the school day.
2. To provide opportunities for children to meet the physical activity national guidelines on a day-to-day basis.
3. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
4. Provide opportunities for staff to have training on physical activity and provide them with the tools to increase participation in physical activity in the school.
5. Providing both indoor and outdoor opportunities for children to be physically active throughout the school day.
6. To provide the chance for children to engage and take part in various different games and sports.

EQUAL OPPORTUNITIES

All physical activity opportunities offered at Essendine Primary School are designed to be inclusive, and cater for everybody no matter what gender, race, disability, age and religion they are.

RESOURCE PROVISION

Essendine Primary School has 3 halls, which are equipped with portable and fixed apparatus for gymnastics, and a music centre to support the teaching of dance.

Essendine Primary School has use of 3 of outdoor spaces, which can be easily accessed by the children and these are regularly used for physical activity.

In addition, we also make use of the facilities at Paddington Recreation Ground, which is in close proximity of the school. Pupils attend this outdoor space for some of their PE lessons, including tennis and athletics and also for sports day.

Swimming lessons take place throughout the year at Moberley Sports Centre, which is a twenty-five minute walk away from the school. Year 3 pupils attend weekly swimming lessons here, as part of the National Curriculum.

Essendine Primary School has a range of equipment and specific sports equipment that are used during PE lessons and at extra curricular clubs.

The PE Leader conducts an annual audit of all physical education equipment in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the Playground Store room and the PE cupboard.

STAFF RESPONSIBILITY & DEVELOPMENT

Schools Sports Coordinator: Danielle Andrews

School Travel Plan Coordinator: Tim Killick

PE lessons are delivered by the class teachers and by the PE coach.

Staff are encouraged to attend courses offered by the local authority and partner organisations. Our PE coach can also offer staff specific training.

CURRICULUM PROVISION

Organisation

Children in Years One to Six will participate in one two-hour PE lesson per week. Children in the Early Years will participate in physical activity daily.

Planning

The school scheme of work for PE is 'Rising Stars Champions'. 'Champions' is designed for key stage 1 and key stage 2 and it has a selection of units for each year group, which can be adapted by the teachers to suit their classes. The units contain structured lessons based on the key skills for development outlined in the National Curriculum.

In both key stages we teach gymnastics, dance, games and athletics with the addition of outdoor adventurous activities in key stage 2. Additionally, Year 3 children are taught swimming.

In the Early Years Foundation Stage, Physical Development is one of the prime areas of learning. We give all children the opportunity to undertake activities that offer appropriate challenge, both indoors and outdoors. This is through planned PE lessons and also during the child's independent learning time.

Cross-curricular links

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute too much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

Assessment

Teachers in Years 1 to 6 use the level descriptors in the National Curriculum to help them provide a level for pupils.

EXTRA CURRICULAR PROVISION

Break times / lunch times

We have recently added markings to the playground in order to stimulate children at playtimes. Children are encouraged to play throwing and catching games at playtime. Each class has their own playground equipment to play with at lunchtimes. The Playground Staff are responsible for monitoring their equipment (stored in the outdoor equipment store) and handing equipment out to pupils. In addition, children are encouraged to use the Playground at lunchtime to take part in any game supervised by the Playground Staff.

After school clubs

We aim to encourage all pupils to take part in a range clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Football clubs are offered each year to prepare children for external competitions. A range of other clubs is also offered; these include gymnastics, tennis, yoga, netball and multi sports.

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through the Marylebone Cricket Club and Westminster Schools.

School trips

The school offers a number of outdoor education experiences throughout the year for KS1 and for KS2, including the Forest School at Paddington Recreation Ground.

ACTIVE TRAVEL

Please refer to the School Travel Plan for details of how we promote travel to school. We encourage that children walk to and from school. We also take part in Level 1 and 2 Cycle Training for Year's 5 and 6.

ENGAGEMENT WITH PARENTS AND CARERS

Essendine Primary School provides resources for parents/ carers explaining the importance of physical activity and the development of the appropriate skills and attitudes. This information is posted in the weekly Newsletter.

Parents/ carers get the chance to discuss their child's performance in PE at Parents Evening. There is also an Annual Sports Day at Paddington Recreation Ground in which parental contributions and involvement are encouraged.

COMMUNITY PARTNERS / LINKS

We have established links with the local authority partnership and a number of local clubs including Maida Vale Tennis Club.

STAFF ACTIVITY

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for example racing the children at sports day. Staff often play games with children at playtime and demonstrate physical activity during PE lessons by getting involved, rather than just watching.

HEALTH & SAFETY

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on Safeguarding and DBS / staffing checks.

MONITORING & EVALUATION

The physical activity policy coordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate the impact of the policy in line with the above mentioned objectives. This includes any participation data collected on behalf of the local authority or Sports Partnership.

Policy date: September 2021

Next review: July 2022