

<b>Policy: Physical Activity</b>
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<b><u>Introduction</u></b>
Greenside Primary School is committed to promoting the health and wellbeing of its pupils and staff through physical activity. This policy outlines the aims, principles and strategies of physical activity at Greenside School.
<b><u>Aim</u></b>
“To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and parents/carers.”
<b><u>Ethos</u></b> (principles of good teaching)
<i>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</i> (National Curriculum 2014)
At Greenside School, we are committed to providing a range of physical activity opportunities, which meets the needs of all of our learners. Our school curriculum promotes healthy and active lifestyles and supports pupils to develop a ‘physical literacy’ which in turn enables them to become competent and excel in a broad range of physical activities.
School Vision for PE and PA: <i>“To have healthy, confident children who enjoy sport and competition and strive to improve.”</i>
<b><u>Rationale</u></b>
This policy was written with the intention to: <ul style="list-style-type: none"> <li>• promote the ethos of the school as an Active School;</li> <li>• ensure that the school meets the national target of encouraging a minimum of one hour physical activity per day outside of the curriculum;</li> <li>• combat the increasing obesity of children and decreasing levels of physical activity among children;</li> <li>• ensure that the level of pupils’ physical activity has a positive effect on their levels of concentration and their ability to learn effectively, and</li> <li>• place a high value on physical activity in order to promote further participation outside of school, encouraging positive attitudes towards family and community health and wellbeing.</li> </ul>
<b><u>Objectives</u></b>
The schools objectives relating to physical activity are as follows: <ul style="list-style-type: none"> <li>• to provide consistent messages in school about physical activity both within and outside the taught curriculum;</li> <li>• to increase the physical activity levels of pupils in line with national targets;</li> <li>• to contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential;</li> <li>• to improve self-esteem and confidence among pupils and provide opportunities for them to work together;</li> <li>• to provide the opportunity for pupils to develop valuable life time skills.;</li> <li>• to increase pupils’ knowledge, understanding, experience and attitudes towards physical activity;</li> <li>• to ensure physical activity provision in school reflects the cultural and medical needs of pupils; and</li> <li>• to contribute to out of hours learning for pupils.</li> </ul>
<b><u>Actions/Key Themes</u></b>
<b>Links to the Physical Education Policy:</b>
This Physical Activity policy is closely linked to the school’s policy on Physical Education, which promotes a

target of 95% physical activity during the teaching of PE lessons. PE is taught by class teachers and all children participate in 2 hours of PE per week.

**Links to the Wider Curriculum:**

Pupils develop an understanding of the health benefits of physical activity through the core theme of 'Health and Wellbeing' in PSHE and through Science topics on 'Animals, including humans' in both Key Stage 1 and Key Stage 2. Where possible, staff are also encouraged to deliver an active curriculum which sees both maths and English being taught alongside physical activity.

**Promotion of Physical Activity:**

Physical activity is promoted on displays throughout the school, including on boards showing our pupils participating in PE, PA initiatives and Extra Curricular clubs. A display board promoting school sporting events is located inside the main entrance for the interest of parents and carers.

**Consultation:**

Pupils are given the opportunity to contribute ideas for playtimes and clubs through the school council. Pupils complete an annual PE and Sport survey where they have the opportunity to voice their opinions and ideas regarding PE, PA and School Sport.

**Inclusion:**

All physical activity opportunities at Greenside Primary School are planned to be inclusive of all SEN, ages, genders and abilities. For further information, please refer to our Inclusion policy.

**Encouraging 1 Hour a Day Target:**

The school aims to continue to develop levels of physical activity through:

- increasing the amount and range of extra-curricular clubs;
- our whole school incentive (The Quick Skip)
- increasing the number of intra and inter-school sporting opportunities.

**Extra-Curricular Activities:**

The school offers a wide-range of physically active, extra-curricular activities to all children throughout the school. Activities are planned in such a way as to encourage the full and active participation of all pupils. Registers of all clubs are kept to ensure that children are given equal opportunities to participate, including those with Special Educational Needs and Disabilities and Pupil Premium funding, and to identify those who do not take part in (extra) regular exercise.

**Promoting Walking and Cycling:**

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in the annual Walk to School Week (walking, scooting and cycling) and our Year 6 pupils all have the opportunity to complete Bikeability training.

**Playtimes and Playground Facilities:**

The children receive supervised playtimes each day; Key Stage 1 have 3 sessions (morning/lunchtime/afternoon) and Key Stage 2 have 2 sessions (morning/lunchtime). During playtimes, the children are provided with a range of equipment on a rota basis to provide stimulation for physical activity and cooperation. The school has markings in both the KS1 and KS2 playgrounds in order to stimulate our pupils and encourage physical activity during playtimes. Class teachers are to teach their pupils the set of physically active games that can be play using the markings. A group of Year 5/6 children are designated play leaders who are trained to lead other children in physically active games at lunchtime. A member of staff is employed to be a play leader at lunchtimes and run the school's Energy Club.

**Training for Staff/Volunteers:**

Staff are encouraged to attend courses accessible through Leeds for Learning and Leeds West Partnership. A PE specialist from the Leeds Rhino Foundation and various other local coaches regularly visit school and staff are encouraged to use these visits as opportunities for CPD.

**Safety and Risk Assessment:**

Please refer to the school's Health and Safety policy and risk assessment file. Staff are to refer to the

Association for Physical Education Safe Practice in Physical Education and Sport for safety information specific to different areas of PE and Sport. This is kept with the teaching resources in the relevant PE section on the Year 5/6 landing.

**Facilities/Resources:**

Greenside has a school hall, which is equipped with both portable and fixed apparatus. The school also has two playgrounds and a large field with apparatus which also encourage the pupils to participate in physical activity. The PE subject leader is responsible for purchasing resources for extra-curricular clubs. Resources for playtimes are also purchased by the PE Subject Leader, after consultation with the School Council.

**Use of Wider Opportunities:**

The school is part of the Leeds West Partnership and has established links with a number of local clubs.

**Implementation and Monitoring**

The Physical Activity Policy Co-ordinator along with members of the Health and Wellbeing SIP team, will have the responsibility for monitoring physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives including the collection of participation data.