

# **Cookridge Holy Trinity CE Primary School**

## **Physical Activity Policy**

### **Introduction**

This policy has been developed by the PE subject leaders in consultation with the senior management team, pupils, parents, staff and governors. It recognises how Physical Activity plays an important role in the total development of each pupil. Physical Activity, along with school sport and physical education, can bring about whole school improvement through impacting on behaviour, pupil attainment and attendance.

The policy is available to view on the school website.

Date Policy formally approved: March 2017

Date Policy becomes effective: March 2017

Review date:

Person responsible for implementation and monitoring: PE Subject Leaders and SLT

Links to other relevant policies: Physical Activity Policy, School Travel Plan, Healthy Schools Policy.

### **Aims:**

To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and the wider community.

To increase the physical activity levels of the whole school community by developing a supportive environment conducive to the promotion of physical activity.

To develop an understanding of the importance of regular physical activity amongst the whole school community.

### **Rationale**

Regular physical activity can improve quality of life, improve physical and mental health, promote social inclusion, raise individual's self-esteem and confidence and counter anti-social behaviour. Schools play a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

At Cookridge Holy Trinity CE Primary School we have a responsibility to help pupils and the wider school community establish and maintain healthy lifestyles. 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 Sport Premium funding will be extremely effective in improving and sustaining high quality PE and sports provision in our school.

We wish to:

- meet the national target that the school encourages a minimum of one hour physical activity per day outside of the curriculum
- challenge the increasing obesity of children nationally and decreasing levels of physical activity
- address the fact that physical activity will affect the ability of children to learn effectively

### **Objectives**

- To enable pupils and staff to understand the importance of physical activity
- To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
- To increase physical activity levels of pupils in line with national targets

- To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.
- To provide the opportunity for pupils to develop valuable life skills.
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.

### **Curriculum links**

Pupils are taught about the importance of physical activity within science units covering 'Animals, including humans' and PSHCE lessons. Leeds Rhinos lead 3 assemblies per year aimed at promoting the benefits of physical activity. In addition to this sporting successes are celebrated in our weekly Thursday assemblies. Furthermore, teachers are encouraged to take the children outside for a 10 minute 'Daily Mile' run as frequently as the weather/class timetable allows.

The school's Physical Education (PE) Policy provides detailed information about the teaching of PE at Cookridge Holy Trinity Primary School. It is important to note that:

- PE lessons are delivered by class teachers, with the exception of swimming which is taught by specialist coaches alongside teachers. Year 3 pupils and 'non-swimmers' in Year 4 attend swimming lessons.
- Each class has two timetables PE sessions per week. The school hall is sometimes unavailable and teachers are encouraged to make use of the outdoor facilities in order to provide two PE lessons each week.
- An annual audit of all physical education equipment is conducted by the PE subject leaders in order to prioritise any necessary expenditure each year.
- Resources for games, dance and outdoor activities can be found in the PE cupboard and blue container.
- PE and school sport funding has been used to provide staff CPD. Teaching staff also have opportunities to work alongside specialist coaches from the local sports partnerships.

### **Extra-Curricular Activities**

#### **Break times / lunch times**

Morning and lunchtime break times are staggered to decrease over-crowding and facilitate active playtimes. Children are encouraged to play with the sports equipment kept in the buddy shed at lunchtimes. The trim trail is available for the children to access with the supervision of an adult at lunchtime. There are some playground markings for the children to use – though we are in the process of planning to have these renewed. One lunchtime a week children in upper Key Stage 2 can join the cross country club.

#### **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 take part in (extra) regular exercise. A range of clubs are offered; these include gymnastics, rugby, dance, footgolf, athletics, cricket and football.

#### **Competition**

Pupils take part in a range of intra-school and inter-school competitions organised throughout the year. These include football, sportshall athletics, Wake Up Shake Up, rugby, skipping, swimming, gymnastics and cross country.

### **Promotion/Encouragement**

We currently have 2 colourful display boards promoting physical activity, as well as our school trophy cabinet. Our Holy Trinity Superstars display encourages a range of out of school physical activity using photographs of the children brought in from home. We also have posters around the main school hall which promote the benefits of physical activity.

Weekly celebration assemblies promote and acknowledge sporting successes both within and outside of school. Children are invited to talk about their achievements and show their certificates, medals and trophies.

### **Consultation**

Pupils, staff, parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered. Consultation takes place through the School Council, pupil voice, the PE council, staff meetings, the newsletter and a short questionnaire at the end of each year. The school takes steps to remove barriers to participation identified by consulting with pupils and, where possible, involves pupils in these developments.

### **Inclusion**

Every child is required to take part in all PE lessons, where suitable learning challenges are set. All physical activity opportunities provided at Cookridge Holy Trinity are designed to be inclusive and cater for different ability levels. Physical activity opportunities are reviewed regularly and innovated to ensure the maximum numbers of children are able to participate in, and enjoy, physical activity.

### **Promoting Walking and Cycling**

As a school we promote walking, cycling and scootering to school. See our School Travel Plan for reference to Bike/Scoot to School week and Walk to School week. Year 6 children take part in Bikeability every summer term. Bikeability is designed to give all the children skills and confidence for all types of cycling. Most children graduate from Level 2.

### **Training for Staff/Volunteers**

The PE subject leaders organise OSHL and ensure all coaches hold appropriate qualifications. Staff request extra courses for their own professional development or are encouraged to attend by the subject leaders if deemed appropriate. In addition, teachers and adults other than teachers gain CPD opportunities through their work with coaches in school or through attendance on courses provided by local organisations. Further training needs are identified and agreed with staff and the Headteacher. Training opportunities with relevance for the whole school or individual teachers are circulated to the school staff. The PE subject leaders are up to date with current initiatives and have close links with the 'Active Schools' programme and the Leeds North West School Games Organiser based at St Mary's High School, Menston.

### **Facilities/Resources**

PE subject leaders are responsible for resources which encourage physical activity (See Physical Education Policy). PE lessons are delivered in either the school hall or outside on the playgrounds or field, weather/activity dependant.

### **Use of Wider Opportunities**

Pupils are encouraged to participate in organised events/physical activity sessions outside of school, especially in the school holidays. Local clubs information is disseminated to parents regularly. Pupils are taken to organised events outside school hours to promote sport and encourage them to become interested e.g. Professional rugby matches, cross country events and competitions .

### **Safety**

The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and Health and Safety documents.

The School refers to guidance given in the BAAPLE (now AfPE) Safe Practice in Physical Education Publication.

### **Parental Involvement**

Parents can view the Physically Active policy on the school website, where they can also find photographs and write ups about competitions their children have been involved in.

Parents are sent details of physical activity clubs their children may attend.

Parents are welcome to attend and support at competitions and are often asked to help with transport.

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

The collection of Sainsbury's Active Kids vouchers by the wider school community raises the awareness of the enjoyment and the benefits of physical activity.

Parents are asked to support events such as bike/scoot/ walk to school weeks, as well as sports days and Sport Relief days.

### **Implementation and Monitoring**

The PE subject leaders are also responsible for Physical Activity. They are responsible for providing leadership in developing and monitoring physical activity within school. They work closely with all members of staff and the deputy head. They monitor levels of participation and make appropriate adjustments. They consult with pupils and staff to identify barriers to participation and to ensure there is a broad range of activities provided for all pupils to participate in.

### **Kite Marks**

Our school works hard to achieve recognised status for physical activity and sport. We currently hold the Sainsbury's School Games Gold Kitemark (2015-16) and Youth Sport Trust Silver mark (2015-16)

### **Signatures**

Headteacher: C. Harbrow

Subject Leaders: V.Johnson, M.Osborn, D.Wilkinson

School Council: