



New York Primary School
Federated with
Frithville Primary School

Whole Federation Physical Activity Policy

Plan approved by Governors

Review in Summer 2018

Signed on behalf of Governors: **Sue Brackenbury** Date: **14/07/2016**

Presented to the governors for approval.

Who was consulted in drafting this policy: Children
Parents
Governors

Person responsible for implementation and monitoring of this policy:

PE Subject Leader, Miss Kim Baxter

Relevance to other school requirements/targets:

PESSCL: 2hours high quality PE and School Sport

Relevance to other related school policies/strategies:

PE policy

PSHE/**SMSC** policy

Health and Safety policy

Relevance to other related local policies/strategies:

National Healthy Schools Programme

Why this policy is important:

- The health benefits of regular purposeful physical activity are substantial. The Chief Medical Officer's report 2004 states:
- "There are few public health initiatives that have greater potential for improving health and well-being than increasing the activity levels of the population of England"
- Schools can play a significant role in promoting healthy active lifestyles so that all pupils get a good start in life.
- The PESSCL target of two hours of physical education and school sport each week is only one contribution to the public health recommendation that young people participate in 60 minutes of at least moderate physical activity every day. Schools need to maximise the opportunities available for regular physical activity and engage with all pupils in order to help them meet the requirements.
- One of the major threats to health is the obesity epidemic. Schools have a key role in encouraging increased participation rates among young people to help achieve the Public Service Agreement to "Halt the year on year rise in obesity among children under the age of 11".
- Providing a whole range of purposeful physical activities can promote the corporate life of a school by stimulating and providing opportunities for teachers, support staff, pupils and parents to find mutual satisfaction in individual and team successes.
- Placing a high value on purposeful physical activity can promote further participation beyond the school.
- To increase the activity levels of every child through the provision of a supportive environment conducive to the promotion of physical activity and a healthy lifestyle.

- To ensure that those leading and supporting physical activity have the confidence and competence to provide pupils with a safe, stimulating and high quality experience.
- To increase pupils' knowledge, understanding, experience and attitudes towards participation in physical activity.
- To provide quality physical activity opportunities both within and outside the curriculum, ensuring that all pupils have access to opportunities to participate in at least 2 hours high quality PE and school sport.
- To ensure that the physical activity provision in the school reflects and provides for the cultural, personal, social and medical needs of all pupils
- To ensure that pupils' experiences of physical activity are positive and encourage participation in and beyond school
- To increase pupil participation in physical activity both within and outside of curriculum time

Ethos and environment:

- Pupils are consulted and involved in decisions about physical activity within the school.
- Pupils' participation in physical activity is recognised and celebrated.
- Pupil-centred, differentiated learning and teaching methods are used.
- Equipment is made available for children to use at break times and lunch times.
- Equipment is easy to access and is regularly checked and replenished.
- All those leading physical activity adopt a supportive approach and encourage pupils to challenge themselves.
- The PE programme is broad and balanced and complies with statutory requirements.
- The PE programme is accessible to and meets the needs and interests of all pupils.
- Consideration is given to the grouping of pupils to ensure inclusion.
- Cross curricular links are explored and developed as appropriate.
- An understanding of fitness and health is developed through PE, ensuring National Curriculum requirements are met.

Out of hours learning:

- All pupils are provided with opportunities to be physically active through out of hours activities, where staffing allows.
- A range of physical activity clubs are offered on different days and for different age groups, ensuring at least one weekly physical activity session is available for every year group.
- All clubs are open to both boys and girls.
- Children are encouraged to participate in physical activities with other schools.
- Physical activity is promoted during breaks and lunchtimes and pupils are encouraged to be more active at these times.

Community Links:

- The school links with Middlecott, William Lovell and Haven High Secondary Schools, the Boston School Sports Coordinator, Lincoln City FC, Boston RUFC and other relevant individuals in the community to enhance and extend physical activity opportunities.
- The school participates in events organised by the School Sports Partnership.
- Staff regularly attend training sessions as part of the School Sports Partnership programme and use their learning and experiences in clubs and curriculum lessons.
- Pupils are provided with information on activity opportunities within the local community.

Active travel:

- The school aims to work towards a school travel plan as part of the Healthy School Programme

Other:

- The Head Teacher is committed to providing all pupils with quality physical activity opportunities and as a member of the Senior Management Team was involved in the development of the Physical Activity Policy. He is also a level 1 Rugby coach and referee one evening per week at each school.
- Staff and some parents are involved in promoting, supporting and leading physical development and are provided with opportunities for professional development.
- All adults other than teachers involved in physical activity provision have appropriate qualifications and/or experience and have undergone a CRB check.
- Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community.

Targets:

1. To continue to develop the skills and expertise of all adults involved in leading physical activity.
2. To maintain a high uptake of physical activity clubs outside of school hours.
3. To present children with new opportunities for physical activity both inside and outside of school hours.
4. Achieve Sainsbury's "School Games Gold Award".

The Physical Activity policy will be reviewed alongside the PE policy and as part of the school's rolling programme of subject review.

An audit of physical activity, both inside and outside of school hours, will be carried out twice yearly.

The range of opportunities offered by staff, parents and external providers will be reviewed at each new round of clubs.