

St Thomas CE (VA) Primary School

Physical Activity Policy

AIM

This policy will ensure that all aspects of physical activity in school promote the health and well-being of all pupils, staff and visitors, within and outside the curriculum.

OBJECTIVES

- The PE Co-ordinator will lead physical activity development
- Ensure that all pupils have access to a minimum of 2 hours curriculum time of high quality PE and sport each week, along with further opportunities to take part in extra curricula clubs
- To make sure there is training for staff and all those involved teaching physical education
- Maintain a high profile for physical activity in all aspects of school life
- Encourage all pupils to participate in physical activity during playtimes
- Offer a broad and balanced activity programme which is inclusive to all pupils
- Embed health related exercise (HRE) principles into the PE curriculum - ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects, such as Science , D &T, English and Maths
- Work with key partners, including the Healthy School Programme, in helping to promote physical activity
- Work with key partners in ensuring that all children have access to appropriate community activities
- To encourage staff to participate in physical activity

1. Physical Activity Co-ordinator

- i. The PE Co-ordinator is the designated Physical Activity Co-ordinator, with responsibility for leading all broader aspects of physical activity, supported by the Headteacher, the PSHE Co-ordinator and the Lunch-time Supervisor.

2. Raising the Physical Activity Profile

- i. There are dedicated notice-boards which advertise opportunities for all pupils and staff to participate in school and community activity and celebrates success.
- ii. We regularly celebrate achievement within school and out of school in the weekly Celebration Assembly.
- iii. We encourage pupils to participate in the 'Walk to School' week/month.
- iv. We offer the Bikeability course to Year 5 and Year 6 pupils and Balance Bike training to Reception and Year 1.

### 3. Training Programme

- i. The PLT co-ordinates a full training programme for all staff.
- ii. A dedicated training programme for lunch-time supervisors is run backed up by a range of appropriate resources.

### 4. Play-time activity

- i. A range of equipment available to all pupils during play-times
- ii. Y5 pupils act as playground leaders- they oversee equipment and support activity for younger children
- iii. Lunch-time supervisors promote and support play-time activity

### 5. Curriculum

- i. All pupils receive 2 hours curriculum time physical education each week
- ii. The physical education programme is broad, balanced and fully inclusive, suiting the needs of all pupils
- iii. There is ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved
- iv. PE lessons include at least one period of time in which the children are 'stretched' physically (ie become out of breath).
- v. PE lessons include the NC health related exercise strand ie. The body changes during exercise and know how to warm-up and cool-down.
- vi. PE lessons are structured to include a warm-up and cool-down.
- vii. Physical activity and health related exercise are promoted within other lessons eg. Science
- viii. There is an annual programme of intra school activities for all pupils, including a sports day.

### 6. Extra Curricula Clubs

- i. The school provides a diverse weekly programme of physical activity clubs. These are football, cross country, netball, dance, drama, athletics and gardening.
- ii. The clubs offer both competitive and non-competitive activities.

### 7. Local School Sports and Community Links

- i. The school participates in local sports events which promote physical activity.
- ii. Port Vale football club run a variety of after school activity sessions.

8. Staff Activity

- i. All staff are encouraged to take part in physical activities in and out of school
- ii. Staff are encouraged to change and take an active part in PE lessons

Policy Reviewed on 25.02.16

Policy reviewed March 2018