

Essendine Primary School

Physical Activity POLICY



July 2019

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 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 Luke Masterson. The PE lead is Brian Ellington

The Deputy PE Lead is Sally Alemayehu.

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 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.
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 3 of outdoor spaces, which can be easily accessed by the children and is regularly used for physical activity.

In addition, use is made at various times of facilities at Paddington recreation Ground, which is in close proximity of the school.

Swimming lessons take place throughout the year at Moberley Sports Centre Year 3 pupils currently go there weekly. It is a 15 minute walk.

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

An annual audit of all physical education equipment is conducted by the PE Lead 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, and planning resources can be found in the office of the PE Lead.

STAFF RESPONSIBILITY & DEVELOPMENT

Schools Sports Coordinator: Luke Masterson

School Travel Plan Coordinator: Tim Killick

PE is delivered by the class teachers/ coaches.

Staff are encouraged to attend courses offered by the local authority and partner organisations. Our school has partnership with MYTIMEACTIVE which has widened the school's relationships with external agencies. As a result, local coaches often come into school and work alongside teachers.

CURRICULUM PROVISION

Organisation

Each child will receive ACTIVE PE lessons of one hour each twice per week:

Planning

The school scheme of work operates on a 2-year rolling cycle, and is based on the progressive learning objectives outlined in the QCA scheme of work. In both key stages we teach gymnastics, dance, games, swimming and athletics with the addition of outdoor adventure activities in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

The school is in partnership with the Health Education Partnership and has recently received a new scheme of work. The scheme of work offers comprehensive lesson plans from Reception to Year 6 for many of the topics taught in school. It is intended that the plans will be adapted by the teacher in order to suit the needs of their class.

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 use the end of topic expectations from the QCA, and 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 throw and catch at play. Each class has their own playground equipment to play with at lunchtimes. The Playground Staff are responsible for monitoring their equipment (stored in the 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 of 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 put on offer each year to prepare children for competitions. A range of other clubs is also offered; these include gymnastics, Tennis and Squash.

Competition

Pupils take part 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.

ACTIVE TRAVEL

Please refer to the School Travel Plan for details of how we promote travel to 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 in which Parental contributions are encouraged.

COMMUNITY PARTNERS / LINKS

We have also 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 e.g. racing the children at sports day. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

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 impact of the policy in line with the above mentioned objectives including any participation data collected on behalf of the local authority or Sports Partnership.

Policy date: July 2019

Next review date: July 2020