



Head of School: Mr P. Coiffait

School Policy

Whole School Physical Activity

Co-ordinator: Debbie Fitton

Governors adopted this policy on:

Signed by the Chair:

To be reviewed on: January 2021



Hawthorns School **Whole School Physical Activity Policy.**

Rationale

Healthy Living is not just about what we eat it also encompasses exercise. The Government want schools to take every opportunity to ensure that pupils are physically active. They want children's experiences in school to lay the foundation for an active adult lifestyle. Regular Physical Activity can improve quality of life, improve health, promote social inclusion, raise individual 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.

Aims

- To increase the Physical Activity levels and well being 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 for maintaining a healthy life.
- To instill behaviour changes so that children learn to love being independently active

Objectives

- To ensure that all pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least 2 hours a week and to establish and maintain an interest in regular Physical Activity.
- To improve pupil, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in Physical Activity.
- To provide a wide range of quality Physical Activity opportunities both within and outside the curriculum for children, young people, staff and parents/carers.
- To ensure that Physical Activity provision in the school reflects the cultural, personal, social and medical needs of all children and young people.
- To increase physical activity levels in line with national targets
- To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential

1. Ethos and environment

All those leading Physical Activity sessions adopt a caring and supportive approach and have a commitment to every child.

The school is committed to maintaining levels of delivery through identification of appropriate CPD for staff and leaders.

The school identifies pupils who do not participate regularly in Physical Activity and those who need extra support to participate, and implements strategies to encourage and support them to be more active, through wide consultation.

Facilities are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parents/carers. Facilities in the school are maintained and teachers utilise space e.g. school halls/fields/playgrounds/courtyard

The participation of pupils in Physical Activity is recognised and celebrated through presentations in assemblies, displays and via Twitter and school blogs.

2. Curriculum

The School provides at least two hours curricular physical education for all year groups per week.

The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils.

Schemes of work are in place, which outline a planned approach to health related activity.

All pupils learn how active they should be, and activity levels are regularly monitored.

3. Out-of-School-Hours Learning (OSHL) and Extra Curricula/curriculum enrichment.

All children are provided with opportunities to be physically active through out-of-hours activities via a range of activities including both individual and team/group, non-competitive and competitive.

The emphasis is on participation and enjoyment and the opportunities are open to all pupils regardless of ability.

The school provides an OSHL activity programme led by appropriately qualified and motivated staff and leaders.

Physical Activity is promoted during breaks, lunchtimes and after school. Children have access to climbing equipment, slides, organised games and small equipment.

Specific events are organised throughout the year that promote Physical Activity and raise its profile across the whole school community e.g. fun runs, Sports Day, Sports Festivals

4. Community Links

The School links with relevant individuals and organisations in the community, to utilise the available expertise and enhance the quality and range of provision. This includes Tameside School Sports Partnership and Active Tameside. Pupils are made aware of Physical Activity opportunities beyond school through school to club links, being directed to websites and local facilities

5. Active travel

The School encourages pupils who live close by to walk to school if possible.

6. Involving staff and parents/carers

Regular information is given to parents/carers highlighting the benefits of Physical Activity for themselves and their children and signposting to suitable activities. Parents are regularly invited to join in activity sessions.

All staff participate in PE sessions to act as role models for the children.

7. Safety

The School is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and the Health and Safety Policy. The School refers to guidance given in the BAAPLE (now AfpE) Safe Practice in Physical Education

8. Consultation

Pupils, staff, parents/carers are consulted and involved in decisions about the delivery, range and type of physical activity opportunities offered. Consultation takes place through the School Council/Sports Council, staff meetings/letters/questionnaires and discussions with parents/carers. The school takes steps to remove barriers to participation identified by consulting with pupils and, where possible, involves pupils in these developments.

9. Monitoring and evaluation

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self-evaluation and reviewed annually.

Updated January 2019 by D Fitton PE Coordinator