

## Physical Activity Policy

*The school's role in Physical Activity is now much greater than purely the delivery of Physical Education. The school should realise its role in helping its pupils develop new interests and increasing their knowledge of a range of possible pursuits which will support them to be active now and in their future lives. The Physical Activity policy should address this and look at the opportunities to promote this beyond the National Curriculum requirements for PE lessons.*

### **School Name:**

**Consultation involved in policy development:** *(e.g. have you consulted pupils, parents/carers, and all staff in developing this, do you have a working group that is made up of a variety of these?)*

**Policy dissemination:** *(e.g. how do you plan to make all parties aware of the policy and its contents?)*

**Date policy approved by Governors:**

**Date policy will become effective:**

**Review date:**

**Person(s) responsible for implementation and monitoring:** *(this may include your Physical Activity lead, Governors, SMT, Staff member responsible for School Travel Plan, Staff member in charge of extra-curricular activities etc.)*

**Links to other relevant policies:** *(e.g. PE policy, School Travel Plan, Food policy, Teaching and Learning policy, Health & Safety policy, PSHE policy etc.)*

**Relevance to other school requirements/targets:** *(e.g. Every Child Matters: being healthy, enjoying and achieving, making a positive contribution, 2 hour target of high quality PE, School Travel Plan, etc.)*

### **Rationale:**

*Why are you writing this policy? You may want to consider the requirements on schools and the issues that your pupils face. Here are some ideas you may want to consider:*

- *Ethos of your school – as a Healthy School*
- *National target of 2 hours structured Physical activity*
- *The 5 hour offer and the school's contribution towards this*
- *The rate of childhood obesity and decreasing levels of activity in children*
- *To improve pupils health, self-esteem, confidence and ability to interact with each other*
- *To promote lifelong commitment to physical activity*

### **Aims:**

*What are your aims for Physical Activity (including PE) within your school? May link to school aims, or specific areas you want to develop e.g.*

- *“To increase physical activity participation by creating an inclusive and supportive environment and offering a broad range of physically active opportunities to appeal to the whole school community”*

- *“To ensure that a wide range of activities and extra-curricular clubs are available for all ages and abilities. That these clubs offer opportunities for competitive and non-competitive activities.”*
- *“To develop in our whole school community an understanding of the importance of being physically active on a regular basis and how this contributes towards a healthy lifestyle.”*

### **Objectives:**

*What do you want to achieve? What are the intended outcomes of your physical activity policy? These should be relevant to your school so you will need to decide on your own, but here are some examples to get you thinking:*

- *To increase physical activity levels of all pupils in line with national targets/ ensure all pupils receive a minimum of 2 hours curriculum time PE*
- *To improve self-esteem and confidence among pupils and allow everybody the opportunity to achieve*
- *To develop/update a School Travel Plan and encourage more pupils and staff to walk to school.*
- *To introduce a non-competitive after-school activity (e.g. Active Club)*
- *To help pupils develop the skills needed to be active for life (e.g. introduce Leap into Life in KS 1/ Multiskills)*

### **Action / Key themes:**

*How will the objectives be met?*

#### **Curriculum:**

*This area should consider curriculum provision and ensure you meet the statutory requirements. You may want to consider:*

- *Do all year groups receive minimum 2 hours curricular PE?*
- *Is the PE programme accessible to all pupils and does it meet a variety of needs and interests?*
- *Do you include DPA (Daily Physical Activity) e.g. Take 10 or Wake up Shake up?*
- *Do teachers plan active lessons where possible?*
- *Do you teach health-related exercise/ health benefits of physical activity?*

#### **Promotion/encouragement/publicity of Physical Activity**

*Do you promote Physical Activity positively within school e.g. displays around school, staff encourage physical activity, after-school clubs promoted, positive role models (including females) are promoted, celebrate achievements (including physical activity not just sport e.g. skipping challenges, walks etc.).*

#### **Consultation**

*How will pupils/parents be asked for their ideas around activities such as after-school clubs (e.g. questionnaires, school council)? Will their views be taken into account when planning activities?*

**Inclusion**

*How will you deal with equal opportunities e.g. consider activities available for SEN, all age groups, gender, lower ability, gifted and talented? Can you remove barriers to participation for all pupils?*

**The 5 hour offer**

*How does your school plan to achieve its contribution towards the 5 hour offer for all children/ young people? This should include 2 hours of curriculum PE for all and access to 1 hour of organised sport on the school site either at lunchtimes or after school.*

**Extra curricular activities**

*You should consider here what is available for different groups, e.g. is something available for all age groups and genders. Is there a range of activities that appeal to all e.g. sports, multi-skills, Active Club or fun games activities, dance. Do you have any clubs that include parents? Do you offer any activities such as "Fun Fit"?*

**Promoting walking and cycling**

*Do you have a School Travel Plan, take part in Walk to School weeks, offer cycle training e.g. Cyclewise / Bikeability?*

**Playtimes/breaks and playground facilities**

*Playground apparatus, markings etc to encourage activity, Huff 'n Puff equipment, playground leaders?*

**Training for staff/volunteers**

*Ensuring staff have access to appropriate CPD, consider training for staff other than teachers e.g. Teaching Assistants or Lunchtime Supervisors. Ensure volunteer coaches hold appropriate qualifications etc.*

**Safety and Risk assessment**

*Ensure aspects of Health and Safety are considered, e.g. risk assessment, safety of equipment, first aid etc.*

**Facilities / resources**

*Consider the facilities and resources that are available for physical activity, you may also want to consider what budget is available for developing these (also consider alternative ways e.g. supermarket voucher schemes for equipment, BHF jump rope for heart etc). You may also want to consider changing facilities and the suitability/standard of these, availability of equipment for curricular and break times, and whose responsibility it is to maintain equipment.*

**Use of wider opportunities**

*How does the school link with agencies such as SSCOs or other networks to other opportunities? E.g. who is the Primary Link Teacher (PLT), does she/he attend meetings etc.*

**Parental involvement**

*Your plans for sharing this policy with parents and for highlighting the benefits of physical activity to parents and carers. Do you plan to involve parents/carers in physical activity with their children e.g. through clubs/Sports Day etc?*

**Monitoring and reviewing**

*Once the policy is in place you will need to plan monitoring and evaluate the effects to see whether you have addressed your aims. This will vary depending on your aims. Consider gathering pupils'/parents'/staff views on effectiveness, using school records e.g. those taking part in PE lessons/ extra-curricular activities. State when you plan to review your policy.*

**Signatures**

*Signed by appropriate people e.g. Head, Governors, Physical Activity Lead, Primary Link Teacher (PLT), pupil representative.*