

White Laith Primary School Physical Activity Policy

Date agreed by Governors: October 2021

Review date: October 2024

Rationale

In the development of this policy staff, children, governors and parents have all been consulted and have fed into its content. This policy links to the School Development Plan, PE policy, PSHE Policy and SEN policy.

At White Laith Primary School we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall wellbeing.

The Chief Medical Officer's Physical Activity Guidelines 2019 state:

- Children and young people (5-18 year olds) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.
- Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

The guidance also highlights the risks of inactivity and sedentary behaviour for health. There have been notable developments in the evidence base for the health effects of sedentary time seen in children where sedentary behaviour is associated with cardiovascular fitness and obesity. In all groups, the relationships of sedentary behaviour and health occur independently of moderate-to-vigorous physical activity (MVPA) for some health outcomes.

White Laith Primary School is committed to promoting the health and well-being of *Children, Staff, and families* through the embedding of physical activity throughout the school day and beyond. It is important that pupils are given opportunities to participate in a broad range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sport's funding will be extremely effective in improving and sustaining high quality PE and sports provision and promoting lifelong physical activity.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem, confidence and social skills of the pupils through participation in physical activity

- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle and that children know the risks associated with an inactive lifestyle (in line with statutory guidance for health education)
- To promote inclusion

Delivery

The promotion of physical activity is delivered through:

- The promotion of active travel through the living streets travel tracker badge reward scheme. Including class competition for the most active class
- Active travel is supported by HSBC ready.set.ride training provided to all reception children and bikeability sessions provided to year 6
- We have bike and scooter racks for safe storage
- Participation in the Physifit and swokit online programmes to encourage children, parents and teachers to be more active, mentally healthy and aware of their own health in and out of school
- KAGAN and other active learning strategies during all curriculum lessons. KAGAN activities require children to move around preventing sedentary behaviour. Teachers are supported in delivering active learning activities through training with organisations such as TAGTIV8
- Physical Education lessons led by members of staff or team taught with qualified coaches who are experienced in working with primary school children
- Cross curricular links in our PE curriculum
- Monthly learning log tasks linked to Physical Activity which encourage the whole family to take part
- Extra-curricular clubs run through our after-school clubs programme with links to local clubs/centres
- Active assemblies which showcase activities children take part in outside of school
- Lunchtime activities- including school games competitions and activities linked to national and international sporting events
- The Leeds Beckett Active 30:30 award scheme celebrated in assembly
- Active achievers celebrated in assembly and on the school website
- Charity fundraising linked to physical activity
- Health and fitness weeks
- Assemblies linked to physical activity, health and well-being

Curriculum provision

All pupils have access to 2 hours of P.E. per week in each year group. We follow the REAL PE scheme which develops children holistically. Reception pupils have one timetabled PE lesson but have access to indoor and outdoor play throughout the day. Teachers ensure all PE lessons are a physically active as possible. PE is accessible for all pupils. (See PE policy)

School residential includes opportunities for adventurous physical activity away from the school site and offer the opportunities for the development of resilience, reflection and other skills linked to children's physical and mental health.

Teachers provide opportunities for pupils to be physically active during lesson time (e.g. KAGAN, Sworkit, Supermovers Cosmic Yoga, active maths and grammar)

Extra-curricular physical activity

Pupils are offered a broad range of activities in which they can participate- competitive, non-competitive, structured and including some physical activity options such as gardening and singing.

All activities shall be supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of school staff will be available in case support is required-e.g. an accident

We are part of a cluster of schools and regularly take part in different festivals and tournaments for pupils of different ages.

We actively encourage pupils to go to local clubs and promote our gifted and talented through links to outside clubs/coaches provided to children and parents and through recognition in assemblies, on Class Dojo and on our website.

Children are also encouraged to take up swimming/water-based activities outside of school through targeted leafleting, the school website and social media e.g. triathlon, competitive swimming, sharks and mermaids club.

Children's physical activity is monitored and children who do not regularly partake in extra-curricular activity are asked for their views and input to help them to increase their physical activity.

Lunchtime activities

Our school has playgrounds, playground markings and play equipment for free play and specific fundamental agility, balance and co-ordination activities. The playground is split into zones and different activities are offered at each station to encourage children to try a wide range of physical activities: promoting a lifelong positive association with physical activity. Mid-day supervisors and school staff engage and encourage pupils to partake in physical activity at lunchtime. Children's suggestions, which are provided in the annual audit of PE and physical activity, shape activities provided at lunch by pupils. The Sports Ambassadors lead lunchtime school games challenges and encourage inactive children in their class to try activities. Sports ambassadors actively ask classmates for school games challenge ideas for the playground and challenges are linked to national/international sporting events when relevant. The Sport Ambassadors also encourage children to follow our school sporting ethos which are developed in line with the School Games values.

Equal opportunities

All pupils in our school including those with special needs are entitled to a wide range of fun, active opportunities to meet their health needs. Activities are differentiated to meet individual needs either through adaptation of activity or equipment by suitably trained staff. (see equality policy and PE policy) It may be necessary to amend the activities to meet the needs of individual pupils. We provide targeted intervention (through REAL PE scheme and fit2learn intervention) to improve pupils gross and fine motor skills to promote confidence in physical activity. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Differentiation

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- ☒ Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- ☒ Pupils at different starting points all make progress
- ☒ The achievements of all pupils are maximised by providing variations in tasks, resources, support, group structure and by targeted intervention.

Assessment, recording, reporting and monitoring

An audit of pupils participating in school clubs, out of schools clubs, competitions and enrichment activities linked to physical activity is kept and updated regularly, to indicate the number of pupils participating in physical activity.

Levels of participation will be monitored and children who have not yet joined a club in or out of school will be asked for their opinion on clubs they would like to be offered and supported if there are any barriers which prevent them in engaging in physical activity after school.

Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning and through self- assessment of their progress towards intended goals and outcomes. All children should know what they need to do to improve.

We use REAL PE assessment of holistic and physical skills to link pupils' achievements to National Curriculum level descriptors and we use this information to inform future planning. What we are covering in school is reported to parents in a half-termly newsletter.

Staff training

PE co-ordinator and healthy schools' leader attend training and cascade to staff within school.

Staff are supported by the PE co-ordinator to ensure teacher confidence and best practise is demonstrated across the key stages.

Staff complete an annual audit for Physical Activity and School Sport which informs the staff training plan for the following year.

Health and safety training is offered for all staff.

Health and safety guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.

Guidelines for physical education and the latest copy of 'safe practise in PE' are available to staff and used to inform risk assessments and further staff training eg. supervision, behaviour, clothing, jewellery and use of equipment. The latest copy of 'safe practise in PE' is available in the office.

All coaches from other organisations must hold suitable qualifications and will be DBS checked.

Promoting physical activity to the whole community

Parents are sent details of in school physical activity clubs their children may attend each term. Activities offered by school are informed by the pupil audits carried out annually and mid-year (for inactive children who are not taking part in a club in or out of school) At the end of in school clubs, where relevant, parents are sent information linked to local clubs/centres, so that children can carry on taking part in physical activity outside of school.

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

The school website, Class Dojo,celebration assemblies, health and fitness fortnights, sports days, notice boards and newsletters are used to promote achievement in physical activity in the whole community. We encourage staff and parents to take part in regular physical activity through participation in the Sworakit schemes as well as through regular healthy schools homework activities. We are also in the process of introducing REAL PE at home to all students.

Kite Marks

Our school works hard to achieve recognised status for physical activity and school sport. We have achieved Youth Sport Trust Silver Award and Silver School Games Mark.

We have also been awarded Healthy Schools status.

Partnership Organisations

To raise the profile and increase the opportunities for pupils to be physically active we regularly work with the following organisations:

- Active Schools
- LEPP trust of schools
- School Sports Partnership Leeds East
- Leeds Gymnastics Club
- Leeds 5's
- Health for All- Active Clubs Experience
- Create Development (creators of REAL PE scheme)

Monitoring and evaluation

The PE co-ordinator and healthy schools leader work closely with all members of staff and coaches. Alongside pupil representatives, levels of participation and healthy lifestyles are monitored and appropriate adjustments are made within school to support this. Pupils and staff are consulted with to identify barriers to participation and to ensure that a broad range of activities are provided for all pupils to participate in.

This policy is a working document will be reviewed every 2 years