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## Physical Activity Policy

Spring 2017

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### Summary

The aim of this policy is to ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and parents/carers, including the wider community.

### Recommendation

Governors to read and agree the policy.

Author's Role	PE Lead
Date	Spring 2017
Internal Review Date	Spring 2018
Official Review date	As changes

## FIELDHEAD CARR PRIMARY SCHOOL PHYSICAL ACTIVITY POLICY

### Why is a policy needed?

At Fieldhead Carr 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 well-being. It is important that pupils are given opportunities to participate in a 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.

### National Guidance

The aims of this policy directly reflect those outlined by the Government entitled 'Physical activity guidelines for children and young people' published July 2011.

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours per day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

*(Individual physical and mental capabilities should be considered when interpreting the guidelines.)*

### Application

This policy covers the areas of:

- Playtime provision
- Extra-curricular activities
- Children's university activities
- Use of third party organisations/ coaches and professionals
- Promotion of physical activity through learning
- Events and celebrations
- Physical education lessons

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

### Playtime provision

Our school aims to provide adequate playtime provision to ensure physical activity opportunities for all. During playtimes, equipment is provided to pupils to allow them to

enjoy a range of activities. The responsibility for this equipment is held by the pupils themselves, specifically the Fieldhead Against Bullying friends (FAB friends). A weekly rota is place for the use of the ball court area and during lunchtimes. Competitions are held and supervised by a member of staff on a regular basis. The trim trail area is also accessed via a class rota system and provides pupils with physical opportunities designed to increase balance, coordination and strength.

### **Extra- curricular activities**

A varied range of extra-curricular activities are available to students at Fieldhead Carr and pupils across the age ranges are given the opportunity to attend these. There are four activities per week with each activity group taking place for one term. Activities are changed where appropriate on a termly basis and pupils have the opportunity to commit to these at that time. Due to the range of activities, some clubs are fee based, while others can be offered free of charge.

### **Use of third party organisations/coaches and experts**

Our school will often work with third party organisations and coaches in order to increase the opportunities available to pupils. This may include work with professional sports teams/individuals to promote an interest in activity or may involve the use of coaches to provide extra-curricular activities. Use of these organisations can also be beneficial for pupils in terms of motivation, self-esteem and behaviour.

### **Promotion of physical activity through learning**

Although many aspects of learning may be classroom based, whenever possible teachers and support staff endeavour to provide physical learning opportunities through curriculum lessons. This can include activities within the classroom, hall or playground areas where it is necessary for children to be physically active in order to learn. Treasure hunts, big art projects, Science and Maths and University for Children are some examples of where physical learning can often take place.

### **Events and celebrations**

Physical activity in school can be promoted across the year through a range of events. These may include events such as Sports day, Healthy Schools week and sponsored events. International and local sports events may also provide opportunities for the promotion of physical activity. Events such as the; Olympics, Football/Rugby World Cup, World championship events, Commonwealth games, etc also provide fantastic opportunities to promote physical activity.

### **Physical education lessons**

Please refer to the physical education policy.

### **Children's University Activities**

Children's University runs once a week across Key Stage 1 and 2. Teachers and support staff offer a variety of extracurricular activities during a one hour timetabled period. Children can self select their activity for the term. Senior Leadership ensure that there is at least one physical activity on offer and this increases to a minimum of two during the Summer term. These activities are often delivered in conjunction with external providers such as specialist Martial Arts teachers and Professional Sports teams.

### **Monitoring**

Monitoring in school is carried out by class teachers, subject leader and the Leadership team to ensure opportunities are available. Pupil voice questionnaires are completed regarding extra- curricular activities and playtime provision. The school council also offer support in this area, consulting with pupils to suggest changes and improvements.