

## Richard Taylor C of E Primary School

### Physical Activity Policy

#### Introduction:

This policy will be disseminated to the schools community through our school website. The policy has been developed by a working group including the PE Subject lead.

Date Policy Formally approved:

Date Policy Becomes Effective:

Review date: Summer 2019

Person(s) responsible for Implementation and Monitoring: K Saunderson

This policy also links with the PE Policy, School Travel Plan

#### Aim:

To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and parents/carers. In addition, to increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.

#### Rationale:

Our school mission statement is to, 'Open minds, unlock potential and celebrate success'. We strongly believe that PE and sport plays an important part in helping us achieve this statement. In addition, we feel that Physical Education develops pupils' physical competence and confidence in a safe and supportive environment. It provides opportunities for them to be creative as individuals, encouraging healthy lifestyles whilst supporting their emotional wellbeing. Our aim is that all the children should be physically active and develop skills, flexibility and strength. We recognise and encourage the national target of a minimum of one hour physical activity per day outside of the curriculum. By doing so, children will have had access to physical literacy by the time they leave primary school, enabling them to fall in love with movement and develop healthy habits for the rest of their life.

We recognise that when children are physically active, they have the ability to learn effectively and that by keeping active, and involving parents and carers, the school will contribute to family and community health and wellbeing.

#### Objectives:

The school hopes to achieve:

- To provide consistent messages in school about physical activity both within and outside the taught curriculum
- To increase the physical activity levels of pupils in line with national targets
- To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential
- To improve self-esteem, confidence and develop valuable life time skills
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity

#### Action/Key Themes:

This policy has been written in conjunction with the school PE policy, and it is recognised that there will be a number of overlaps in relation to training, safety and risk assessment etc.

Links to the wider curriculum (e.g. science, PSHE)

- Developing understanding of the health benefits of physical activity

Promotion/encouragement/publicity/information about physical activity

- Encouraging the 1 hour a day target
- Information relating to PE and sport and physical activity to be included in class blots, School Games website, School website and Newsletters
- Involvement of Sports Ambassadors, School Council and Playsquad to encourage physical activities where children are able to achieve and improve on their personal best
- Identify children who are least active and encourage them to join Change4Life clubs, after school activities and lunchtime clubs
- Playtimes – opportunities to use equipment and activities to encourage activity
- Promote walking or cycling to school (children in year 6 will have the opportunity to complete the Bikeability course)
- The importance of parental/carer involvement is key and through our increased activity along with student questionnaire, we will highlight the benefits of physical activity

Implementing and monitoring:

A computer program has been purchased to support the implementation of this policy and the results of this will be reported via the school website and newsletter. Initial consultation will take place in the spring term of 2018 and a further review to be held six months and a year later to monitor levels of activity.