

Braywood CE First School



Physical Activity Policy

“From little acorns, mighty oak trees grow, nurtured and watered by the love of God”

Aims

To increase the activity levels of the whole school through the provision of a supportive environment and to promote a healthy lifestyle.

Objectives

- To ensure the existence of a Physical Education Co-ordinator with a clear job description outlining his or her responsibilities to the school.
- To provide a curricular physical education programme which meets statutory National Curriculum requirements
- To strive for at least two hours of high quality physical activity within the curriculum for every child
- To increase pupil participation in
 - high quality physical activity beyond the curriculum and organised by the school.
 - additional sport and physical activity at clubs and in the community.
- To provide high quality physical activity opportunities both within and outside of curriculum time which:
 - considers the needs and interests of all pupils
 - promotes positive attitudes towards participation in physical activity
 - enables pupils to develop a full range of basic movement skills
 - increases pupils' knowledge and understanding of the importance of physical activity.
- To provide safe and stimulating areas in which children can play and be active
- To raise the profile of physical activity throughout the school
- To make facilities and equipment available for pupils to use at lunchtimes and break times and to encourage pupils to be active at these times
- To invite appropriately qualified professionals to contribute to the provision of out-of-hours activities
- To provide pupils with the information and confidence they need to take advantage of physical activity opportunities in the local community and move from dependence on the teacher to independent action
- To liaise with relevant professionals in the community to help develop physical activity pathways beyond school
- To organise specific events (e.g. Sports Day/ Sports week) which promote and raise the profile of physical activity
- To develop the role of Sports leaders within the school.

School policies on specific aspects:

Health and safety

The school is committed to safe and effective exercise procedures and all those involved in Physical Activity, including pupils, regularly assess risks and take actions to minimize them.

The PE Co-ordinator should ensure:

- A systematic approach to risk assessment with findings recorded and shared with others
- Pupils understand all procedures and information regarding the minimising of risks associated with PE

- All Staff are familiar with, have access to and follow the BAALPE document 'Safe Practice in PE'.

Contact between teachers and pupils

Clear roles should be understood in performing an activity for both the child and the person supporting i.e. what, where and how they will be supporting.

Curricular Physical Education programme

See the Physical Education Policy.

Physical Activity at lunchtime

The playground is zoned into distinct activity areas, two of these are for physical activity (the third is a quiet area). Playground Leaders are selected and trained from Year 3 and 4 children to help to organise and encourage appropriate activities in each area.

Out of School Hours Learning (OSHL) programme

There are at least 4 physical activity after school clubs

- Most clubs run throughout the year
- Clubs are generally mixed sex
- Some Clubs are Key Stage specific but effort is made to ensure that there is a balance of club on offer to each age group
- The PE Coordinator is responsible for overseeing OSHL and ensures that clubs are run by appropriately qualified teaching staff and/or AOTTs and that the quality of coaching is of a consistently high standard

Monitoring and evaluation procedures

Monitoring and Evaluation within Physical Activity will be in line with Physical Education Policy.

Measures that will be used:

- Teacher feedback
- Feedback from governors/staff
- Pupil feedback
- Existence of staff with a specific responsibility for areas such as out-of-hours learning activities and links with the community

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