



# St John with St Michael CE Primary School Physical Activity Policy

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At St John with St Michael we want to change children's lives through Physical Activity. We aim to create a welcoming, enjoyable environment that will equip children with physical movement skills, body confidence and embed a positive attitude towards their physical ability and lifelong skills and health. In addition, we also believe that physical activity is not just about Physical Education lessons but how the children are physically active throughout the whole school day.

There are several pieces of recent research that supports the implementation of our school policy. These include:

- ❖ The Department of Health. They believe that all children aged 5-18 should minimise the amount of time spent being sedentary for extended periods of time. This will improve cardiovascular health, help to maintain a healthy weight and improve self-confidence.
- ❖ The UK Chief Medical Officers' Physical Activity Guidelines. These guidelines state that children should engage in physical activity for at least 60 minutes up to several hours a day. And activities that strengthen muscle and bone should be carried out 3 times a week.

## Aims and objectives

- ❖ Through physical activity we aim to enhance children's physical and mental well-being, individual capabilities and social, emotional and economic development
- ❖ To create a safe and relaxed environment where children feel confident and able to develop, challenge and display their skills
- ❖ Provide pupils with 2 hours of physical activity per week in curriculum time
- ❖ Encourage resilient/less active children to participate in physical activity
- ❖ Develop skills to manage both success and failure in competitive and cooperative situations
- ❖ Involve children in the planning and delivery of activities within school
- ❖ Ensure children are aware of the benefits of physical activity and how this can help them live a healthy life
- ❖ Strengthen and support fundamental movement skills, coordination and swimming

## Outcomes

- ❖ Children will be honest and fair with themselves and others, will work well as part of a team or equally as an individual, will show respect and understanding and will have self-belief, passion and determination (School Games Values)
- ❖ The majority of children will develop enthusiasm and enjoyment for physical activity

- ❖ Children will have an understanding of the effects physical activity has on their emotional well-being and their bodies

### **The curriculum**

As of September 2016, each class will be allocated 2 hours of physical activity curriculum time, swimming included. In addition each class also does 10 minutes of compulsory Wake Up and Shake Up 5 times a week.

### **EFYS**

Children do not pick up fundamental movement skills naturally as a part of their growth and development and it takes between 240 and 600 minutes of application for children to master just one skill. Therefore, nursery and reception children use their PE, music and movement and outdoor continuous provision time in order to practice and develop the following skills using a fun, creative and enjoyable approach.

- ❖ Balance
- ❖ Sprint run
- ❖ Vertical jump
- ❖ Side gallop
- ❖ Catch
- ❖ Kick
- ❖ Hop
- ❖ Skip
- ❖ Leap
- ❖ Over arm throw
- ❖ Two hand strike
- ❖ Dodge

### **KS1**

Class 2 will split their 2 hour time allocation between the LCC scheme of work, Funda Story and multi-skill sessions with RLT. The Funda Story scheme aims to teach vital movement skills through engaging stories linked to themes from the Lancashire themed booklets.

### **KS2**

Class 3 and 4 are currently following the new Lancashire scheme of work. This includes gymnastics, dance, athletics, striking & fielding skills, net & wall skills, invasion games and OAA. They will also have sport specific related sessions with RLT.

### **Extra-curricular and cross-curricular**

In addition to our 2 hours of Physical Education per week, children also have the opportunity to take part in extra activities through competitions (intra and inter school), themed weeks/days (e.g. India dance during art week) and cross country and gym sessions during the summer term

at Whitworth High School. We also take advantage of national and local events such as The World Cup, The Olympics and Whitworth Sports Festival and use these in other areas of the curriculum such as Numeracy, Literacy, Science, Geography, History and RE.

### **Extended services**

There are several different types of activities planned for after school club. However, a physical activity is available at least twice a week for those children in afterschool club. Furthermore, other clubs are also run by staff, volunteers and coaches where all children are invited.

### **Assessment**

Assessment is vital in Physical Education so that children can reflect on and evaluate their ability in order to improve. Therefore several assessment techniques are used including:

- ❖ Self-assessment tools so children can evaluate and improve their own performance. This may include videos, diaries etc
- ❖ Peer-assessment tools so that children can make suggestions for improvements in relation to their peer's performances
- ❖ Use of core tasks in relation to the Lancashire scheme of work. These are done by the class teacher
- ❖ Assessment against KLIPS using a ranking of entering, developing or securing. Again these are done by the class teacher

### **SEN and inclusion**

All children have access and a right to high quality physical activity regardless of their age, gender, religion or disability. To ensure all children achieve and make good progress we try to minimise the barriers to learning and activity that some children may face by adapting the curriculum to make it accessible for all. This includes:

- ❖ Using multisensory approaches
- ❖ Providing differentiated learning objectives and success criteria
- ❖ Using a variety of resources suitable to needs
- ❖ Using additional adults for support
- ❖ Maintaining an inclusive learning environment
- ❖ Attending inclusion events at Fearn's
- ❖ Attending Gifted and Talented Academies

### **Playtimes and Lunchtime**

The National Institute for Health and Care Excellence believe that playgrounds should encourage varied physically active play and should allow for opportunities to promote individual and group activities. Therefore we have implemented a games rota and play ground leaders in order to enhance the quantity and quality of physical activity during these times. Different sports are offered on a daily basis for KS2, the equipment trolley is provided so that KS1 can

continue to develop their fundamental movement skills with equipment such as bean bags, stilts, rackets, hoops, skipping ropes etc and activities also take place inside which the children organise and promote such as dance club and gymnastics group.

### **School travel**

Travelling to school is an excellent opportunity for physical activity. At St John with St Michael, we try to encourage physically active travel in several ways including:

- ❖ Themed days or weeks where children are encouraged and rewarded for using physically active travel methods
- ❖ We provide suitable road safety and cycling training for all pupils to encourage safer travel
- ❖ We provide a safe area where children can leave bikes and scooters over the course of the day
- ❖ We teach children about the benefits of using alternate travel methods such as walking or cycling and the impact this can have on your body

### **Health and safety**

As Physical Activity is extremely versatile and requires a lot of movement, it is vital that the following are carried out at all times.

All children should have a change of top, jogging bottoms/shorts, and indoor and outdoor footwear in school at all times as unexpected PE sessions do sometimes occur.

When a child is swimming they will need a swimming costume or trunks and a towel. Girls will need a swimming hat. A small, healthy snack can also be brought to consume after the session.

For safety reasons, jewellery including earrings cannot be worn during physical activity including swimming. If ears are freshly pierced it is the child's responsibility to bring in suitable plasters/tape to cover these - school will not provide these.

If you wish for your child to be exempt from physical activity, it is vital that a note is given to the class teacher. However, children (particularly KS2) will be asked to make notes and observations on the lesson that they are missing. This also applies to children who are missing parts of or the whole session due to behavioural issues.

It is within our health and safety policy that if any minor accidents occur, an accident form will be completed and your child will be sent home with a letter. However, in the unlikely case that there is any more serious issues, parents will be notified immediately.

### **Sports premium**

During the 2015/2016 academic year, St John with St Michael will receive £8525 Sports Premium money to support all children and improve the quantity, quality and breadth of PE and sport provision. The allocation is calculated according to the intake of the school, and the school must decide how best to use the money to improve the breadth and quality of PE and sport

provision, including increased participation in PE and sport so that all pupils develop healthy lifestyles and reach the performance levels they are capable of.

At St John with St Michael CE Primary we have decided to spend this money on:

- A specialist PE teacher who will teach alongside the class teacher to help improve the quality of PE
- Improving the quality of the school field and buying a trim trail to enhance fundamental movement skills and physical education during playtimes
- Extra coaching from Rossendale Leisure Trust in preparation for interschool competitions
- Resources to enhance lunch time activities and PE lessons
- CPD to continue the knowledge and skills of the PE coordinator
- Up skilling class teachers who will teach PE
- The Lancashire scheme of work for both key stage 1 and 2
- Buying into the Rossendale School Sports Partnership
- Membership of the Youth Sport Trust

### **Targets for 2015-2016**

- Take part in and achieve well in level 2 interschool competitions
- Embed an effective playtime and lunchtime activity rota
- Implement an efficient and successful scheme of work that is progressive and tracks pupil's progress
- Teacher's become confident and well equipped to teach high quality PE lessons
- Raise the profile of PE and sport in our school and local community
- Set up a school sports committee that involves young ambassadors in the planning and delivering of extra-curricular activities and competitions
- Provide opportunities for less active children to participate in physical activity

### **Impact**

- All children are being taught a broad and balanced high quality PE curriculum that allows them to progress and achieve their potential
- Children have the opportunity to take part in competitive sporting events
- Children will be physically active throughout playtimes and lunchtimes
- Teachers are confident deliverers of PE and sporting activities
- Sport becomes an important and essential part of education and children's lives
- Older children in the school play a part in leading and organising different activities
- Children with SEN/MLD and other needs are included and engaged with sport and PE
- Less active children are actively taking part in extra-curricular opportunities

In the academic year 2014/2015 St John with St Michael received £8181 in Sports Premium Funding. We spent this on a specialist PE teacher, PE equipment and resources; staff CPD, Rossendale Schools Sports Partnership and membership and workshops from Rochdale Football Club.

## **Impact**

- At least 20% of children took part in extra-curricular activities
- 5% of children engaged in leading and organising school sports
- A range of coaches ensured that pupils received high quality sports instruction
- Pupils attended a variety of level 2 interschool competitions
- The PE coordinator attended initial training
- Children took part in a Sainsbury's school games day
- Lunchtime staff were able to implement activities on the playground
- Lessons were enhanced through quality resources

Written by L Westerman (PE coordinator)

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