



Beever Primary School Physical Activity Policy September 2014

INTRODUCTION

Beever Primary school is committed to promoting the health and well being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Beever Primary school.

ETHOS & ENVIRONMENT

Beever Primary school strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

PHYSICAL ACTIVITY POLICY CO-ORDINATOR

The school physical activity policy and strategy co-ordinator is Leanne Whitehead (Activity development worker)

PHYSICAL ACTIVITY AIMS & OBJECTIVES

Aim: To ensure that all aspects of physical activity in school are promoted for the health and well being of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets

EQUAL OPPORTUNITIES

All physical activity opportunities offered at Beever Primary school are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities and Gifted and Talented policy.

RESOURCE PROVISION

Beever Primary has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playground, containing a sports cage and a large field. We are also very fortunate to have access to our local swimming pool which allows the pupils to swim regularly in years 3 and 4. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. All equipment is checked on a regular basis by a specialist designated company to ensure it meets all the necessary standards.

CURRICULUM PROVISION

The PE programme is taught by class teachers, with support from our activity development worker, with the exception of swimming. This is taught by specialised swimming instructors that work with all the primary schools across Oldham.

Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: 45 mins x 2 lessons and 20 mins per day of active play activities.

Year 1 and 2: 40 minutes x 2 lessons

Year 3 and 4: 1 x 45 minute lesson plus 40 minutes swimming lesson

Year 5 and 6: 1 x 55 minute lesson and 1 x 45 minute lesson

Planning:

The school scheme of work operates following the 2014 National Curriculum. In both key stages we teach gymnastics, dance, games and athletics with the addition of swimming and outdoor adventure activities in key stage 2. (See below) In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy

communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Cross curricular links

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and science skills.

EXTRA CURRICULAR PROVISION

Break times / lunch times

Children are encouraged to take part in a range of physical activities during their break and lunch times. Lunchtime activities are supported by our activity development worker who organises structured sessions of Dodge ball, Netball and Basketball / Cricket whilst other members of the lunchtime staff engage children in a range of physical activities and games which develop a range of skills. Our Year 5 and 6 children take the roles of "Sports Leaders" with the Key Stage 1 children and support them in a range of physical activities.

After school clubs

We aim to encourage all pupils to take part in a range clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part and can therefore be encouraged to do so. We aim to put on a sports club every day after school. These may differ over the year but will include football, netball, cross country *and Change for Life activity programmes will also be held at school.*

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through our activity development worker.

We aim to hold at least 3 inter school competitions, linking with our neighbouring schools and will also hold a range of intra school competitions throughout the year.

School trips

Our outdoor and adventurous Physical education provision is completed during the time we spend at Castleshaw. The activities range from team building to orienteering.

ACTIVE TRAVEL

Please refer to the School Travel Plan for details of how we promote travel to school. In addition to this each year our children complete their cycling proficiency training with “Bikeability”.

STAFF ACTIVITY

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. racing the children at sports day. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

HEALTH & SAFETY

Please refer to the school’s health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on CRB / staffing checks.

MONITORING & EVALUATION

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives including participation .