



Physical Activity Policy

Date: September 2021

Review: September 2024

Learning to live life in all its fullness...



Roundhay St John's CE Primary School

Physical Activity

Introduction

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with physical inactivity and, as a result of this, it is anticipated that our children's generation will be the first to die at a younger age than their parents. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood helps to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns.

The Chief Medical Officers Physical Activity Guidelines state, that 5-18 year olds should be physically active for at least 60 minutes every day, which should range between moderate intensity activity, such as cycling and playground activities and vigorous intensity activity, such as fast running and tennis.

Rational & Ethos

Roundhay St Johns is an active and healthy school we therefore encourage all pupils and staff to adopt a physical and healthy lifestyle and understand the importance of doing so. We recognise that nationally there is an increasing issue related to the obesity of children as well as decreasing levels of physical activity among children and that schools have a crucial part to play in combatting this. Lockdowns due to Covid-19 further reduced children's ability to be active. We also recognise that increased physical activity directly relates to the ability of children to learn effectively, therefore we encourage a minimum of one hour physical activity per day outside of the curriculum. It is also important to reach out to families and wider community in relation to health and well-being and take every opportunity to ensure that this message is disseminated to the widest possible audience.

Aims

To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and parents/carers as well as the wider community through the provision of a wide range of physical activities in a supportive environment.

Objectives

- To provide pupils, their families and staff with a wide range of opportunities to increase their levels of physical activity

- 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 improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- To provide the opportunity for pupils to develop valuable life time skills.
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- To ensure physical activity provision in school reflects the cultural and medical needs of pupils.
- To contribute to out of hours learning for pupils

Equal Opportunities and Inclusion

The same high expectation, that children will reach their full potential applies to all children in keeping with the school's values and ethos. We have due regard for our duties under equal opportunities legislation that covers ethnicity, disability, gender, sexuality, religion or belief.

All children will be given equal access to opportunities for physical development. We remain vigilant about removing barriers to success; particularly for children who come from disadvantaged backgrounds or have special educational needs or disabilities.

Physical activity is made accessible for all by providing appropriate equipment, activities and support. Children are encouraged to fully participate in physical activity by school providing information, suitable equipment, space and support where necessary. Information will also be provided in various ways and through a variety of sources to inform children about the available activities.

Facility, equipment & resources

School has indoor and outdoor facilities for children to access physical activity when appropriate These include:

- School Hall
- Playground
- School Field
- Classroom
- Playground Markings
- Other facilities outside school by prior arrangement

School will provide indoor and outdoor equipment for children to access for physical activity when appropriate

These include:

- A variety of balls
- Hoops
- Beanbags

- Quoits
- Skipping ropes
- A variety of rackets and bats
- Table tennis tables and associated equipment
- Netball / Basketball Hoops
- Football nets

The PE Subject Leader is responsible for purchasing physical activity equipment and will ensure that information related to the equipment available will be provided to all school staff. Resources are stored between the PE cupboard in the hall and the outdoor storage shed in the key stage one playground. Further playground equipment is stored in the Playground Cupboard near years 3 & 4. Lunchtime supervisors and play leaders are responsible for accessing this equipment.

Out of School Hours and non-curriculum time activities

School will provide a range of opportunities for children, at break times, lunchtimes and after school. Parents will be informed when opportunities are available to their children's class.

There are also a variety of competitions, galas and 'Come and Try' sessions accessible to all children throughout the year.

Curriculum provision

Children will be entitled to two, sixty-minute PE sessions per week – please refer to the PE Policy for more details. In addition, there are a range of enrichment opportunities which take place across the year including residentials, healthy schools' week and sports days.

School Staff/Adults Supported Learning/Leader Development

The PE Leader is responsible for developing, improving and monitoring the physical activity policy alongside those that are responsible for lunch and break time provision. The PE leader is also the budget holder and is responsible for managing the budget allocated to Physical Activity including monies received through the sports premium. The school business manager is responsible for securing other sources of funding that would improve the physical activity opportunities within school.

School staff receive regular training to enable them to deliver high quality physical activity opportunities and are provided with the equipment needed to carry these out. Regular surveys of staff are carried out to identify any CPD requirements and surveys of children are carried out to give them the opportunity to feedback about the physical activity opportunities they receive.

Staff Physical Activity Engagement

Staff participate in wellbeing challenges throughout the year and at other times such as healthy school's week and the annual Pancake Pandemonium.

Partnerships

Through school sports partnerships, children have access to a wide variety of physical activity opportunities both within school and at other facilities. These include competitions and come and try events. We are a member of The Leeds Well School Partnership and, as a member of our local school's cluster, are given opportunities across a wide range of sports and physical activity.

Family engagement

Any opportunities for family engagement in sporting events, such as Friends of Roundhay St John's Junior Park Run takeover or other physical activity are shared with families in a number of ways including: leaflets sent home in book bags; posters around school; email; letters and text message as well as word of mouth.

Evaluation

Monitoring and evaluation of this subject is the responsibility of the Subject Leader. A range of strategies are used including: pupil interviews, staff interviews, children's work and planning scrutiny as well as data analysis to explore standards of attainment and progress.

An Annual Subject Leader Report is produced and shared with governors. This report will clearly reflect the strengths of the subject and the current key areas for further development which will form the basis of the subject action plan.

In all aspects of monitoring, the subject leader will ensure that the policy is being followed consistently across the school.

Date completed: September 2021

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