

# Physical Activity Policy

**Name of School:** *Shelton Infant School*

**Date policy formally approved:** *Jan 2022*

**Date of next review:** *Jan 2025*

**Person responsible for drafting the policy:** *Mr D J Kershaw*

**Who was consulted in drafting this policy:** *Children, young people, all staff, parents/ carers, governors.*

**Person responsible for implementing and monitoring this policy:** *Mr D J Kershaw*



## **Rationale**

Nationally there is a growing problem with obesity and inactivity. There is strong and consistent evidence that regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. Our school plays a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a commitment to being more physically active. Our aspiration is to influence the whole school community to establish and maintain lifelong physical activity habits.

## **Definition of Physical Activity**

“Physical activity” is a broad term referring to all bodily movement that use energy, where you feel hotter and the heart rate increases. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs.

## **Relevance to other related school policies:**

This policy is additional and complimentary to the PE policy and sits within a number of other school policies on: SEND, PSHE, Health and Safety, Teaching and Learning, Safeguarding, Race Equality, Supporting Children with Medical Needs, Gender Equality Policy, Special Educational Needs and Disability, and Inclusion.

## **Aim(s)**

- To increase physical activity across the whole school community.
- To promote and develop an understanding of the importance of regular physical activity.
- To improve the self-esteem and confidence of pupils through participation in physical activity.
- To promote the link between healthy eating and physical activity as part of a healthy lifestyle.

## **Objectives**

- To ensure that all children and young people have the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity for at least an hour each day as recommended by the Chief Medical Officer (Department for Health) and to establish and maintain an interest in regular physical activity.
- To improve the knowledge, understanding, experience of and attitudes towards participation in physical activity for children, young people, parents/carers and staff
- To provide students with the best possible physical activity experiences, through a wide range of quality physical activity opportunities both within and outside the curriculum
- To ensure that physical activity provision in the school reflects the cultural, personal, social and medical needs of all children and young people.

## Our objectives are delivered by:

### Resource provision and facilities

The school budget provides a small delegated budget for PE. The school benefits from School Sports Premium funding which is used to support the development of School Sport including the provision of clubs, staff training, purchasing equipment and other resources etc.

Additional equipment is also purchased using voucher schemes offered by commercial companies. Mr Daniel Kershaw (PE Lead) is responsible for overseeing this budget. For more detail of how we spend our funding on physical activity please see the relevant section of the school website: <http://www.sheltoni.derby.sch.uk/pupil-sports-premium>

Some additional resource is available via training, activities and programmes offered by the School Sport Partnership, Active Learning, Derby County Community Trust and membership of the Association of PE.

Facilities available for physical activity include:

**Onsite:** school hall, playground and grassed areas.

Allenton Primary School fields are used for our annual collaborative Sports Event (Year 2 students).

### Staff co-ordination and development

Responsibilities:

Physical Education & Physical Activity: Mr D J Kershaw

Out-of-School-Hours Learning: Karen Houldsworth

- All staff involved in promoting, supporting or leading physical activity are provided with opportunities for continuing professional development
- All adults supporting learners involved in out of school hours' provision have appropriate training/qualifications and have undergone a DBS check.

### Ethos and environment

- The school identifies children and young people who do not participate regularly in physical activity and those who need extra support to participate. Strategies to encourage and support pupils to be more active are then implemented.
- Facilities are improved and developed to promote increased participation in physical activity in consultation with children, young people, staff and parents/carers.
- We have adopted a whole school approach to being physically active through the 'Active School programme' and our commitment to being a 'Healthy School'.
- The participation of children and young people in physical activity is recognised and celebrated through presentations in assemblies and photos on our Shelton Sport Stars display.
- Pupils are encouraged to walk, scoot or cycle to school, a point reiterated through our eco-schools song, "We're the E-Team!" <https://www.youtube.com/watch?v=f6u2t53Ywu8>.
- Staff understand the importance of physical activity and act as role models.

## Curriculum

- The school provides two hours of curriculum time for physical education for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all children and young people.
- All staff look for opportunities to plan active lessons where possible and appropriate. The school also uses short bursts of physical activity to break up learning using resources on GoNoodle and other similar websites.
- All children and young people learn about the importance of being active, and children are taught about the link between physical activity and healthy eating as part of a healthy lifestyle.
- Children are regularly encouraged to focus on healthy lifestyles. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources are involved in activities during this week. Derby County Community Trust coaches encourage participation at lunchtimes in a range of physical activities.

See PE Policy for additional details on curricular provision.

## Out-of-School-Hours Learning (OSHL)

- All children are provided with opportunities to be physically active through out-of-hours learning via a wide range of activities including both individual and team/group, non-competitive and competitive.#
- The emphasis is on participation and enjoyment and the opportunities are open to all children.
- Physical activity is promoted before school, during breaks, lunch-times and after school.
- All out of hours clubs in school are affiliated to the Shelton University.
- Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community, for example our Mini Morning Motivator.

## Community Links

- The school is affiliated to the Derby City School Sport Partnership and has well-established links with Derby County Community Trust. The school strives to make full use of the available expertise to enhance the quality and range of provision.
- Children and young people are made aware of physical activity opportunities beyond school through letters, leaflets from outside providers, links on our website and visitors to school.

## Kite Marks

This school works hard to achieve recognised status for physical activity and school sport, and achieved the Bronze Award via the Youth Sport Trust. The school is now a member of the Association For Physical Education (AfPE) and uses the available resources to assess areas for development with the intention of applying for their Quality Mark in the future.

## Consultation

- Children, young people, staff and parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered.
- Consultation takes place through a questionnaire at the end of each year.
- The school takes steps to remove barriers to participation identified by consulting with children and young people and, where possible, involves them in these developments.

## Involvement with Parents/Carers

- Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.
- An information leaflet is sent out to parents/carers highlighting the benefits of physical activity for their children, the ethos of the school and the opportunities available at the start of each year.
- This school aims to actively involve parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school, eg Family Learning FUNDamentals sessions, parent participation in Sports Day, our Mini-Morning Motivator and Family Learning Forest Schools sessions.

## Safety

- The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and the Health and Safety Policy.

## Monitoring and evaluation

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through a formal assessment process plus teacher/pupil and parent self-evaluation and reviewed annually.

Aspects that are monitored include:

- Pupil questionnaires - both PE questionnaires undertaken by the PE Subject Leader with pupils and general school questionnaires completed with pupils by the Chair of Governors.
- Staff questionnaires
- Lesson observations
- Scrutiny of planning
- PE and Sport Premium plan. Budgets are regularly monitored to see which elements of spend have had the most impact on improving provision and outcomes in PE, physical activity and school sport. Plans are shared on the school website and updated to demonstrate impact

The methods of evaluation include:

- assessing the achievements of children
- reviewing schemes of work
- reviewing programmes of activities
- reviewing registers for activities
- children and staff discussions

- questionnaires
- Shelton University records and attendance of clubs