



Physical Activity Policy		
	Name	Date
Head Teacher	Fiona MacCorquodale	Sept 2023
Governing Body	Children's Standards and Curriculum Sub Committee	
Next review date	Autumn 2024	

Aims

As a Healthy School, we want to ensure that we promote the health and well-being of the whole school community through all aspects of food, nutrition and physical activity to provide consistent messages to pupils, parents and staff. Through all aspects of school life, we aim:

- To promote health awareness
- To give our pupils the knowledge and skills they need to be able to make healthy choices
- To ensure that we are giving consistent messages about physical activity and health across the school day
- To ensure across the school day reinforces the healthy lifestyle message
- To include the whole school community in the promotion of healthier lifestyle and the importance of regular physical activity

Provision of physical activity in School

Provision of physical activity in school is provided through the following:

- School ethos and environment
- Physical Education lessons
- Cross curricular lessons about the importance of being active e.g PSHE
- Active lesson, such as Forest School
- Extra- curricular physical activity
- Travelling to and from school
- Before and after school, break and lunchtime activity
- Accessible and adequate facilities
- Staff opportunities
- Involvement with families
- Achievement assemblies
- School residential

School ethos: All pupils will receive a rounded education on the importance of being active. Over the school week children will have regular physical sessions that build on a range of skills and introduce children to a range of different physical activities. These sessions will be supported by classroom based activities focusing on the health benefits of being active.



Physical Education lessons: One session a week is delivered by a sports coach following a sequential scheme of work that builds skills and covers a wide range of activities. These sessions are supported by the class teacher and any staff working with the class. A second session is then delivered by the class teacher to build on these skills. Every child will participate in these sessions. Activities will be adapted where necessary to meet the needs of the individual child. These sessions will be at least two hours per week. Spaces are allocated to ensure that alternatives are available to ensure the session happen irrespective of the weather. There is an annual sports day at local facilities that is a highlight of the sporting calendar.

Cross curricular lessons: Schemes of work are in place to ensure there is a sequential approach to teaching the skills and benefits of being healthy.

Active sessions: Where possible children will be taken out of the classroom and be active in their learning. For example, forest school sessions. Classes also have timetabled movement breaks, brain gym sessions and the daily mile sessions.

Extra curricular physical activity: The school offers a broad range of activities through the extended day provision. These include gymnastics, football, dodgeball, basketball and multi skills clubs. These sessions are delivered by qualified staff with a passion for the subject.

Travelling to and from school: Families are actively encouraged to walk or cycle to school. The school offers cycling proficiency sessions. Secure storage is available for bikes and scooters. The school promotes initiatives such as 'Beat the Streets' and 'Walk to School Week'.

Before and after school, break and lunchtimes: Breakfast club and night owls provide opportunities for physical activities using all available facilities on site. Children have allocated time in the playground and in the school hall to ensure that these sessions happen irrespective of the weather.

In the playground routines are in place to ensure all children have the opportunity to use the range of spaces available. Sessions on the pitch are on a weekly rotation to ensure a range of activities happen that complement the PE program.

Accessible and adequate facilities: The school endeavours to ensure the cost-effective provision of adequate spaces, facilities, equipment, supplies and operational budgets that are necessary to achieve the objectives of the physical activity program. The school uses the hall spaces for PE sessions, clubs and extended day provision. The MUGA is used in all weathers.

Staff opportunities: Staff are involved in the delivery of physical activity within the school day. Staff with an interest in Physical Education are able to be involved with extra-curricular activities such as the after school football league. Staff also have opportunities to be involved in sponsored events such as 'Run Islington, Run'



Involvement with families: Families are informed of the weekly timetable and when PE sessions occur to ensure all children are appropriately dressed to fully participate in the session. Families are encouraged to continue to develop the skills being taught in school. For example families are sign posted to out of school sessions and holiday clubs to continue swimming, athletics, cricket etc. Parents are invited to the Sports day and encouraged to take part in the adult races.

Achievement assemblies: There is a weekly celebration assembly where participation in a range of sporting events is shared with the whole school. Children also have an opportunity to share their own individual achievements. For example events through a sports club out of school.

School residential: The school has a strong established commitment to two annual residential for Y4 and Y6. The focus is on being outside and being active all day. Children are able to experience a wide range of new activities such as abseiling & climbing and are then signposted to facilities within the local area to continue to explore these.

Monitoring and Evaluation

The curriculum and out of school programs are monitored through self- evaluation.

The methods of evaluation are:

- Assessing children's progression across a range of skills through each unit
- Assessing children's achievements
- Reviewing programs of activities
- Reviewing register of activities
- Staff and pupil discussions
- Reviewing involvement with outside organisations to supplement in school offer