

St. Margaret's Anfield Church of England Primary School

Jesus said, "Love one another as I have loved you" John 13:34.
Therefore, by faith and work, be the change you want to see.

With God, all things are possible.



Policy for Physical Activity

Mr M Anderson

Date	Action	Review Date
February 2023	Adopted by Governing Body	February 2024

Physical Activity Policy **St Margaret's CE Primary School**

Aim of Policy

We have a responsibility to help students and staff, establish and maintain lifelong habits of being Physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- through its effects on mental health, physical activity can help increase students' capacity for Learning
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

Provision of Physical Activity in School

Physical Activity in school is provided through the following;

1. School Ethos
2. Physical Education Lessons
3. Extra-curricular physical activity
4. Travelling to and from school
5. Before School, Break and lunchtime activity
6. Accessible and adequate facilities
7. Staff opportunities
8. Involvement with parents/carers
9. Involvement with Little Sports Coaching, LFC Foundation and other community resources
10. Celebrating Physical Achievements

1. School Ethos

Every child shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, all staff are encouraged to participate in and model physical activity as a valuable part of daily life.

2. Physical Education Lessons

We aim to provide a well-balanced curriculum which covers the statutory requirements for the Early Years Foundation Stage (EYFS) and the PE National Curriculum. In the Reception Class (EYFS), opportunities are provided for children to be active and to develop their co-ordination, control and movement through moving and handling activities, which involve the use of a range of equipment and involve different spatial experiences. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic, dance and swimming activities. At KS2 pupils continue to apply and develop a range of skills and units of work include a range of invasion, net/wall, fielding and striking games, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor and adventurous activities.

Safety

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury.

- Children should dress in shorts or tracksuit bottoms, sweatshirts and t-shirts.
- Children will work in plimsolls or barefoot for all indoor and apparatus work.
- Trainers are worn for indoor and outdoor games, together with tracksuits if it is cold.
- Stud earrings should be covered. Other jewellery is not to be worn. Watches should be kept safely in the classroom.
- Long hair should be tied back and rigid headbands should be removed. Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

Links with other subjects:

PE can link to other subjects, e.g. Literacy, (recount/report/instructions), Science (body parts/pulse rates) and Maths (shape/position/directions/counting and graphical representation of data). ICT is also recognised as a potential tool for recording movements and actions to develop children's ideas.

3. Extra-Curricular Physical Activity

This school offers a physical activity programme that features a broad range of activities and meeting the following criteria:

- Children have a choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured and other physical activity options e.g. gardening and drama.
- Every child has an opportunity to participate regardless of physical ability. All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required e.g. serious accident.

4. Travelling To and From School

The school has a travel plan that has developed a safer route into school and encourages active methods of travelling. There is park and walk facility available at Anfield Sports Centre to encourage parents to walk their children a short distance to school. There is a traffic free zone outside school at critical hours. There is cycle storage available.

5. Break and Lunch Time Activity

The school has 5 playgrounds and a large field, playground markings, toys and equipment available for free play. Mid-day supervisors are trained in 'Positive Play' to engage pupils in physical activity at lunchtime, which reduces boredom and 'squabbles' and the time it takes to sort such issues out. The 'Play Pals' help pupils in dispute work out their problems through discussion. Break times shall complement, not substitute, physical education classes.

6. Facilities

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies and operational budgets that are necessary to achieve the objectives of the physical activity program.

The use of physical education facilities for non-instructional purposes, such as using the hall for school assemblies during times scheduled for physical education classes will be minimised.

The School takes part in various fundraising activities where possible to supply new equipment e.g. LTA Tennis and RISE gymnastic initiatives have both provide funding for PE equipment.

7. Staff Opportunities

Staff have participated in and been involved in fundraising activities with the children for 'Sport Relief and 'Children in Need'. Staff participate, alongside children, as part of planned physical education lessons within the guidance stated in "Safe Practise in Physical Education and School Sport" Association for Physical Education.

8. Involvement with Parents/Carers

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents have been consulted on physical activity opportunities in school and previously parents have supported us with after school clubs.
- Parents are invited to the Schools Annual Sports Day. The fundraising committee develops opportunities to raise money for the school which occasionally involves physical activity for families working with their children.

9. Involvement with Little Sports Coaching LFC Foundation and Other Community Resources, including Liverpool Schools Sports Partnership

The school works with Little Sports Coaching, Anfield Sports Centre, LFC Foundation and Liverpool School Sports Partnership to co-ordinate and enhance opportunities available to children and staff for physical activity.

The school takes part in termly competitive events organised by Liverpool Schools Sports Partnership Coaching alongside other schools. The LFC Foundation also runs a Football league and a variety of different competitions Free to local schools in the Anfield area.

10. Celebrating Physical Achievements

Achievements in sports are recognised at an individual level throughout the year, including those physical activities that children participate in during out-of-school times.

Equal Opportunities

Physical activity needs to serve the needs and interests of all children and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness levels thereby encouraging participation.

CPD Opportunities

The Physical Education Lead receives regular training as appropriate. Training needs are identified and agreed in liaison with colleagues and within Performance Management Review with the Team leader/ Line Manager. Training Opportunities with relevance for the whole school are circulated to the rest of the school staff during staff meetings and via email.

Midday Supervisors have had training in playground games. They are able to initiate and organise playground games to involve children in physical activity.

Healthy Schools Award

We have National Healthy School Status and this policy forms part of this award.

Monitoring and Evaluation

The subject leader for physical activity provides clear leadership and management to develop and monitor the physical activity policy.

The subject leader will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. They will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided for all pupils to participate in.

Policy Development and Review

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors and LA representatives.