

Townley School Physical Activity Policy

Aim of Policy

We have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), 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.

We understand we have an important part to play in this strategy by introducing our children to a broad variety of physical activities and removing barriers to participation.

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. Physical Education Lessons
2. Active 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. Involvement with parents/carers
8. Involvement with School Sports Partnership and other community resources
9. Achievement Assemblies

1. School Ethos

All the children at Townley 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 healthful 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

There is a sequential scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff; and is coordinated with the PSHE curriculum. Every student in each year, shall participate in regular physical education for the entire school year, including students with disabling conditions and those in alternative education programs.

(Students in the Foundation Stage shall participate in physical education for at least 60 minutes during each school week, and students in Key Stage 1 and 2 shall participate for at least 120 minutes per week).

The scheme of work makes effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. See School Physical Education Policy statement and scheme of work.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate.

4. Extra Curricular Physical Activity

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

- Students have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options.
- Every student has an opportunity to participate regardless of physical ability;

Activities include: Football, netball, athletics, swimming, orienteering, unihoc, cricket, rounders, multiskills, gymnastics, 'take 10' and dance

All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers.

5. Travelling To and From School

The school has a travel plan that has developed safer routes to school and encourages active methods of travelling. The school plans to offer secure cycle storage shortly. A Safe Cycling course is offered by the school to children over 10 years.

6. Before School, Break and Lunch Time Activity

Our break times provide opportunities for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings, toys and equipment available for free play. The 'TOPS' children often organise activity for those that want it at break time. They also help pupils who need it to work out their problems through discussion. Disputes can range from minor bullying to unkind behaviour or disagreements in playground.

Break times shall complement, not substitute for, physical education classes.

7. Facilities

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

Access to sports halls and playgrounds after school hours will be permitted wherever it is appropriate to do so.

The School takes part in the Sainsbury's Active Kids campaign / TESCO Active to raise money for new sporting equipment in school. Parents are very supportive of this.

9. Involvement with Parents/Carers

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 are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age..
- Parents were invited to our Healthy Lifestyles Launch Day and were encouraged to participate in activities with the children.
- Parents are invited to the Schools Annual Sports Day. The PTA organise fundraising opportunities to raise money for the school which often involves physical activity for families.

10. Involvement with School Sports Partnership and Other Community Resources

The school works with Witchford Village Partnership (Ann-Marie Latham) and other community organisations to coordinate and enhance opportunities available to students for physical activity joint school and community recreation activities.

Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. Certificates are given to children who are trying their best at a new activity or who have achieved their personal best. Therefore every child has a chance to receive a certificate in our achievement assemblies.

Equal Opportunities

Physical activity needs to serve the needs and interests of all students 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 Co-ordinator (Primary Link Teacher/SSCo) receives regular training from the LA and the School Sports Partnership. The school sport's co-ordinator is Rob Glozier. The school has accessed staff training through the Witchford group.

Training needs are identified and agreed within Performance Development Reviews with the Headteacher. The Physical Education Co-ordinator is up to date with current initiatives and has close links with the LEAs Education Officer for PE and the School Sports Partnership.

Health Promoting School

We are working towards the Health Promoting School Status and this policy forms part of this award.

Monitoring and Evaluation

The Physical Activity Co-ordinator in school is Rob Glozier.

The above member of staff responsible provides clear leadership and management to develop and monitor the physical activity policy.

The co-ordinator will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. 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 staff and governors.

It will be reviewed on a bi-annual basis.

Review Date: _____

Signed: _____
(Chair of Governors)

Date: _____

Policy Links

Physical Education
Food
PSHE
Science
Behaviour