

## **Physical Activity Guidelines**

### **Introduction**

We at Hampstead Parochial believe that there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile and the effect it has on a child's wellbeing and health and their ability to learn effectively. As a healthy school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting fitness and a healthy lifestyle.

We also aim to increase enjoyment and participation in sport and physical activity for all pupils.

### **Aims:**

- To show how we promote fitness and a healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games and gives guidance to staff
  - To give guidance to staff about their role in promoting physical activity
  - To give information to parents and carers about what is taught and how they can support the policy
- To show how the school meets national guidelines for physical activity, including PE and sport

### **Our approach to participation in physical activity**

- To provide pupils with the best possible physical activity opportunities and experiences for all pupils, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity
- To provide 120 minutes of PE across the curriculum for all pupils
- To provide a range of opportunities for all pupils to participate in intra- and inter-school sporting competitions and experience a range of sports
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities,
- To provide appropriate resources and facilities.

### **Guidelines development**

Our policy was developed by reviewing our provision for PE, sport and physical activity and increasing the range of access to physical activity through after school clubs and playground activities.

We consulted with

- All pupils through the school council
- Staff during an INSET
- PE and Sport consultant from Camden's School Improvement Service

### **Links to other policies**

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Equality and Teaching and Learning and Healthy Food policy.

### **Responsibility for physical activity**

Matthew Booker (PE subject leader) has overall responsibility for physical activity and the development, monitoring and review of the provision of physical activity. Their role includes: ensuring annual health and safety checks of all PE equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, and coordination of intra- and inter school sporting competitions

All staff should be aware of the guidelines and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities,

### **Health and Safety**

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. The advice contained in the BAALPE publication 'Safe practice in Physical Education' will be followed.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves and leggings may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm.)
- Pupils remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards?
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity

We undertake an annual risk assessment of the school premises and equipment including PE equipment as necessary. Risk assessments are carried out for school sporting trips.

## **Curriculum**

### **PE**

All children from Year 1 to Year 6 have two hours of PE a week during curriculum time. Reception has at least 1½ hours of physical activity planned into their curriculum. The curriculum covers the programme of study for PE in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' progress in PE is assessed using the new age related statements bands.

A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons. Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided.

Types of physical activities/sports that are taught include – Gymnastics; Dance; Football; Hockey; Tennis; Cricket; Benchball; Netball; Volleyball; Swimming; Rounders; Athletics and Dodgeball.

### **Opportunities for physical activity outside of PE**

In addition to PE, there are a range of opportunities for physical activity through activities such as brain break and physical activity warm ups before and during lessons. The importance of Physical activity is included in science, PSHE, and Computing.

### **Provision for talented pupils**

Pupils identified as within PE, sport and dance will be provided with the following opportunities and support through the school:

- PE lessons will be suitably differentiated in order to support and challenge pupils.
- Curriculum enrichment opportunities will be made available where possible
- Independent work and leadership / volunteering opportunities will be provided
- Pupils will be encouraged to fully engage with extra-curricular and competitive opportunities provided in school
- Pupils will be encouraged to attend community clubs to enhance their learning
- Teaching and support staff will ensure that pupils are not underachieving in lessons by regularly monitoring progress

### **Participation**

Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills. Pupils who do not participate in PE can be engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Students should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long term health reason.

### **Facilities available for physical activity**

On-site facilities include:

- Hall – climbing frame, gymnastics mats, balance benches, vaulting horse
- Playgrounds (KS1 and KS2 separate playgrounds) – to be used during the day for play times, lunch times and PE, both in and out of school hours
- The local swimming pool is used for Year 4 pupils during term time

### **Clothing to be worn during physical activity (before, during and after school)**

We ask that all pupils change for PE and wear appropriate clothing that includes;

**Winter** – school jumper, navy blue jogging bottoms/sweatpants, PE t-shirt, trainers/plimsolls.

**Summer** – PE t-shirt, navy blue shorts, trainers/plimsolls.

**Swimming** – Swimming costume, swimming hat

For pupils who forget their PE kit we will provide them with spare kit.

## Physical activity outside of the curriculum

### *Out of school hours learning*

A range of after school clubs are available to pupils, run by suitably trained members of staff or outside experts. Pupils entitled to pupil premium are offered clubs paid for through Pupil Premium Funding. We also offer a range of inter-school sporting competitions for pupils to become involved in.

### *Active Travel to and from school*

We encourage pupils and parents to walk, cycle or scoot to school and regularly promote walk to school or wheels to schools events. Safe storage facilities for bikes and scooters are provided to further promote active travel. We have a travel plan which is reviewed on an annual basis to identify where improvement planning can be undertaken. Where appropriate we will walk to venues for school trips or events to promote active travel. We provide road safety training in Key Stage 1 and 2 and cycle proficiency training for Year 5.

### *Active playtimes*

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Support staff are trained to deliver structured physical activity during lunch and playtime. Pupils are trained as playground leaders and sports leaders annually to further support physically active playtimes.

### *Sports Day*

We organise an annual Sports Day, both a Key Stage 1 and Key Stage 2, at the end of the summer term. Children get the chance to represent their houses and parents and carers are actively involved in the day.

### **Involving parents and carers**

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

We invite parents and carers to volunteer and get involved in sports days, intra- and inter school sporting competitions.

### **Monitoring and evaluation of physical activity**

The PE subject leader or senior manager with responsibility for monitoring is responsible for the overall monitoring of the quality of physical activity provision. Our School Improvement Plan includes physical activity (quote from School Improvement Plan)

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved. ICT is used to support observations and support planning to further improve work.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence
- Annual PE subject review
- Monitoring of lesson planning

- Monitoring of equipment
- Feedback from staff
- Feedback from governor curriculum group
- Children questionnaires –
- Parent and carer questionnaires –
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Annual PE survey (organised by Camden LA)
- Pupil achievement in sporting competitions

When external providers are used to deliver physical activity we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer.

### **Training and support for staff**

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. Staff can receive induction training on the teaching of physical activity as appropriate to their role and PE specialists come in to deliver CPD opportunities.