



Appleton CE (A) Primary School

Physical Activity Policy

Rationale

At Appleton Primary, we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout their lives.

Aims

The aims of Physical Activity in Appleton School are:

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle
- To promote inclusion
- To work towards Active 30:30- the Youth Sport Trust's response to the Government's Childhood Obesity Plan. The ambition is for all children to be physically active for at least 60 minutes per day with schools being responsible for delivering 30 of these active minutes.
- To improve pupil, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity.

Delivery

The promotion of physical activity is delivered through:

- Physical Education lessons led by members of staff, our PE specialist teacher and swimming teachers.
- Cross-curricular links in our curriculum adopting active learning strategies.
- Extra-curricular clubs
- Active learning breaks during the school day
- Active break and lunchtimes

All those leading physical activity sessions adopt a caring and supportive approach. The school identifies pupils who do not participate in physical activity and those who need extra support to participate and implements strategies to encourage and support these pupils to be more active. Pupils' participation in physical activity is recognised and celebrated through presentations in assemblies and information on noticeboards/ in newsletters.

Extra-curricular physical activity

Pupils have a broad range of activities available in which they can participate including competitive, non-competitive and some physical activity options such as drama. The emphasis is on participation and enjoyment and the opportunities are open to all pupils, regardless of ability.

All activities are supervised by members of staff or qualified coaches. A member of school staff will be available in case support is required.

Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community:

- Whole School Sports Evening
- Interhouse and Interschool events
- Links to National/ International sporting events e.g the Olympics

Break time activities

Our school has an astro turf area, field space and equipment for free play. Staff encourage and engage pupils in physical activity at break and lunchtimes. The trained Play Leaders organise and lead activities for the younger children.

Differentiation

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests
- Pupils at different starting points all make progress
- The achievement of all pupils is maximised by providing variations in tasks, resources, support and group structure

Assessment, recording, reporting and monitoring

A record of both in and out of school activities is kept to indicate the number of pupils participating in physical activities. We use assessment sheets to link pupils' achievements to National Curriculum outcomes and use this information to inform parents in the end of year report.

Pupil voice is used to collect feedback relating to Physical Education, Physical Activity and School Sport. This is collected through questionnaires and Sport Crew meetings. Staff views are also collected via questionnaire.

The Physical Education, Physical Activity and School Sport programmes are monitored on an ongoing basis and are reviewed annually.

Health and Safety

We follow the guidance as outlined in the Safe Practice in Physical Education, School Sport and Physical Activity document. Risk assessments are carried out regularly and members of staff continually assess the safety of any physical activity.

We encourage children to consider their own safety and the safety of others at all times.

Promoting physical activity to the whole school community

Parents/ carers are sent details of physical activity clubs that their children may attend. Details of physical activities in the wider community are also sent home. Links to any relevant national/ local initiatives for physical activity and healthy lifestyles are also communicated to the school community.

Our school works hard to achieve recognised status for PE, Physical Activity and School Sport and we have consistently achieved the School Games Gold Award for the past four years.