

# **St Joseph's Catholic Primary School**

## **Physical Activity Policy**





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#### **Rationale**

In St. Joseph's Catholic Primary School, 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 the rest of their lives. The planned use of the Sports Premium funding will be extremely effective in improving and sustaining high quality PE and sports provision.

#### **Aims**

- 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 the celebration of sporting events
- To promote inclusion and participation for all pupils
- To improve the quality and breadth of PE and Sport in our school.

#### **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'.

#### **Delivery**

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff, our PE specialist teacher or swimming teacher
- Cross curricular links in our curriculum – Early Years Foundation Stage programme, PE, PSCHE and Science
- Extra-curricular clubs run by our school staff and external providers
- Additional initiatives e.g. the Daily Mile, Tenenergy
- Lunchtime activities
- Breakfast Club activities
- After school activities
- Outdoor learning, whenever possible
- Residential Trips

### **Physical Education Lessons**

Our scheme of work for P.E. involves moderate to vigorous physical activity on a regular basis. Every pupil in each year participates in regular physical education throughout the entire school year. We use the hall, playground and grassed area for P.E. activities. All pupils participate in physical P.E. activities each week, including extended provision made possible by our involvement in the Barking and Dagenham Schools Partnership. Year 4 pupils in Key Stage 2 currently go swimming each week throughout the year.

### **Extra-Curricular Physical Activity**

Pupils have a diverse choice of activities in which they can participate - competitive, non-competitive, structured, unstructured and including some physical activity options such as drama, gardening, parachute games etc as part of our PSHE curriculum. We have a number of before and after school clubs that children can access. Our extended school Breakfast and After-School Clubs ensure that opportunities for physical activity are built into the structure of their sessions whenever possible. All activities are supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A trained first aid member of school staff is always available in case support is required – e.g. in the event of an accident. We are part of a cluster of schools (B&D) and regularly take part in different festivals and tournaments for pupils of different ages. We actively encourage pupils to go to local clubs and access enrichment activities wherever possible for as many children as possible.

### **Lunchtime Activities**

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime. The trained Play Leaders organise and lead activities for the younger pupils.

### **Active Travel**

Our school is developing a school travel plan in association with the School Travel Adviser. We have an active travel policy, which promotes active travel and has put in place a number of strategies and initiatives to support this which are outlined in our school travel plan. Children, young people, staff and parents/carers are encouraged to walk or cycle to school through the strategies in place and these are publicised through a variety of means. In addition, we are part of the Walk to School initiative run by Living Streets.

### **Equal Opportunities**

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

### **Differentiation**

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

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- Pupils at different starting points all make progress
- The achievement of all pupils is maximised by providing variations in tasks, resources, levels and nature of support and group structure.

### **Assessment, Recording, Reporting and Monitoring**

An audit of out of school activities is kept to indicate the number of pupils participating in physical activities. Levels of participation will be monitored with regard to gender and overall levels of interest. Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/don't enjoy about P.E. All assessments are recorded on Target Tracker and are monitored by the PE Coach and SLT. Information about attainment in PE is shared with parents in their annual report.

### **Staff Training**

The B&D Sports Partnership has a focus on staff CPD, with coaches working alongside teachers to enhance their knowledge, skills and provision. In addition, our qualified PE Coach provides staff training on a regular basis and works with staff to support and develop their skills. Health and safety plays a major part in all training for staff.

### **Health and Safety Guidelines**

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities. All guidelines for physical education and games are followed; e.g. supervision, behaviour, clothing, jewellery and use of equipment. All coaches from other organisations must hold suitable qualifications and will be DBS checked - including parent helpers. Gymnastics equipment and wall bars are checked annually by an external company.

### **Promoting Physical Activity to the Whole Community**

Parents are sent details of physical activity clubs their children may attend; Parents are welcome to observe or help where appropriate/possible. Details of physical activities in the wider community are sent home - especially activities taking place during the school holidays.

### **COVID-19 Update**

Due to COVID restrictions we are currently not allowing any external agencies deliver sporting activities where different year groups mix together. This will be reviewed regularly in line with Government advice.

Last Reviewed: September 2024

Next Review: September 2027