

Summerfield Primary Physical Activity



Introduction

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with *physical inactivity*.

Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood help to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns

The Chief Medical Officers Physical Activity Guidelines 2011 state, 5-18 year olds should be physically active for at least 60 minutes (1 hour) every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis.

Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Summerfield Primary School is committed to promoting the health and well-being of *Children, Staff and Families* through physical activity.

Rational & Ethos

At Summerfield Primary school we think the levels of physical activity of our children and the impact of this is very important. We have therefore developed this policy in consultation with staff, children, governors and parents/carers.

Aims

Physical activity is any activity that involves movement of all major muscle groups and the body (trunk) from one place to another.

We will ensure that all aspects of physical activity in school are promoted for the health and well-beings of pupils, staff, families and visitors.

Objectives

- * We will provide all pupils with information and opportunities to be physically active during the school day and beyond
- * We will provide all parents with information about the importance of being physically active for themselves and their children
- * We will provide staff with up to date information about physical activity opportunities in school

Equal Opportunities and Inclusion

All physical activity opportunities offered at Summerfield Primary school are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities policy.

All children are encouraged to fully participate in physical activity opportunities and specific arrangements/changes are made to activities (transport, staffing) in order for this to happen.

Facility, equipment & resources

Indoor facilities - Hall

Outdoors facilities - playground, field, trim trail, quiet area, outdoor classroom, Foundation Stage play area

Fixed equipment - Tyre park, ball shoot, Trim Trail

Portable equipment - skipping ropes, hoops, bean bags, bats, balls, circus equipment, parachute, space hoppers and much more...

Staff are made aware of the equipment and the available facilities through liaising with the lunchtime supervisor, PE leaders and Sports leaders.

PE leader (Caroline Firth) is responsible for purchasing and maintaining equipment

Resources for physical activity participation outside of the curriculum can be found mainly in our large storage container outside and also in the hall. These are easily accessible by staff and children.

Out of School Hours Learning OSHL

Playtimes

Children are encouraged to play team games and have access to a range of outdoor play equipment including a trim trail, tyre park and a ball shoot. These activities are timetabled for FS2, KS1 and KS2.

Lunchtimes

As above.

Year 5/6 Sports leaders encourage children in all classes to take part in a wide range of physical activities including target games, heart line activities and activities to improve agility, balance and coordination

After school clubs

There are after school clubs which encourage children to be physical active including gymnastics, football, athletics, Multi Sports and Netball, dance and cricket.

We have a Change 4 Life club which is targeted at those children who are less physically active or have barriers to physical activity.

Curriculum provision

All children throughout KS1 and KS2 have 2 hours of PE each week.

Children in Foundation Stage have a 1 hour PE lesson in the hall and continuous provision for physical activity in their play area.

See PE policy for further information about curriculum PE

There are many opportunities throughout the school day for our children to be physically active in curriculum time. These include brain gym breaks between lessons, MOTD (Maths of the Day) movement between lesson locations, use of our outdoor classroom and our other outdoor areas

We have a teacher from Leeds West Academy who works alongside staff in PE to support and increase teaching knowledge in all areas of PE. We also target groups of children in each class throughout KS1 and KS2 who complete a 6 week programme of multi games with Paul Anderson to increase physical activity and develop a real interest in different ways to be active.

We welcome outside providers and community clubs into our school to increase activity levels across the curriculum. These include Leeds Rhinos, Leeds United, Skipping school, Bramley Phoenix, Athletes in School and Total Dance.

Safe practice

Small equipment is checked by the subject leaders on a regular basis. If any defect is found in any of the Physical Education/Physical Activity/School Sport equipment this must be reported immediately to the PE subject leader and taken out of use. Large PE equipment is checked annually by Sports Safe UK.

In all areas of PE/PA/SS safety guidelines should be strictly adhered to in order to promote safe practice and fulfil the safety requirements of the National Curriculum. We follow the safety guidelines 'Safe Practice in PE and School Sport' guidance provided by the Association for Physical Education. A copy of the document is kept by the PE Subject Leader and can be found with the PE resources in the filing cabinet in the subject leader's classroom. Health and safety is an integral part of pupils' learning in PE/PA/SS and they are taught to recognise and take some level of responsibility for their own safety. They are taught to recognise and be aware of hazards that are present from an early age.

Childhood Obesity Plan 2016-physical activity minutes

The government's 2016 Childhood obesity plan states schools will need to provide a minimum of 30 minutes physical activity through the school day for all pupils, including lesson time, break, and lunchtimes (excluding time for PE).

Opportunities for all children to participate in physical activity are offered outside of the curriculum. All teachers are aware of the 30 active minutes and encourage it. The 30 active minutes can be achieved during curriculum time, break, lunch and after school.

All staff are involved in supporting 30 active minutes for all pupils. They are delivered throughout the day before, during and after school.

Later this year (September 2018) we will be encouraging children to be active for 30 minutes in school and 30 minutes outside of school hours by taking on the '30:30' challenge. Children will be awarded a certificate after being active for 60 minutes on 10 separate days. Bronze, silver and gold wristbands will be awarded to children who are active for 60 minutes every day for approximately 80% of the term.

School Staff/Adults Supported Learning/Leader Development

Responsible for developing, improving and monitoring the policy:

Caroline Firth - Subject leader for PE & responsibility for Physical Activity

Budget arrangements for supporting physical activity opportunities:

-School Sports Premium funding

-Curriculum funding

Other funds to support physical activity:

- Friends of Summerfield

Staff CPD needs:

- All teaching staff are regularly audited for CPD needs in relation to PE and physical activity and appropriate training offered and undertaken. All staff are kept up to date with current training opportunities.

What systems and structures are in place to recruit, appoint, induct and monitor people who deliver physical activity opportunities?

All parties involved in delivering physical activity are inducted and all relevant documents collected. See Safe Guarding policy

Staff Physical Activity Engagement

Staff are encouraged and supported to understand and engage in physical activity themselves by leading after school clubs, taking part in Wake 'n' Shake sessions (KS1) and leading playground activities at playtimes and lunchtimes.

Partnerships

Summerfield Primary School work closely with Leeds West academy to raise the profile of and support the engagement of individuals in physical activity. We have a very successful School Sports partnership in our cluster which offers weekly opportunities for our children to engage in physical activity. We work with many other local agencies, for example, Leeds Rhinos, Leeds United, Stanningley Rugby Club and Bramley Phoenix to raise the profile of sport.

Family engagement

Summerfield Primary shares information about physical activity with families through newsletters, parent evenings, leaflets, website and termly family events.

Date completed

February 2018

Date of review - annually

Teacher signed