

# Whaley Bridge Primary School

## Physical Activity Policy

### Why have a physical activity 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; and
- 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, and to remove or discourage practices that negate them.

### What is 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”.

### How is Physical Activity provided?

1. School ethos
2. Physical Education Lessons
3. Other curriculum opportunities for physical activity
4. Extra-curricular physical activity
5. Travelling to school
6. Supervised break time activity
7. Accessible & adequate facilities
8. Staff opportunities
9. Community involvement

### **School Ethos**

Every student 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, staff are encouraged to participate in and model physical activity as a valuable part of daily life.

### **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 irrespective of ability, but according to capability, 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 & 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 Physical Education Policy statement and scheme of work.

### **Other curriculum opportunities for activity**

All staff look for opportunities to plan active lessons where possible & appropriate, for example; delivering literacy, speaking & listening through drama.

Staff may use physical activity such as brain gym, stretches, games to break up sessions which are static or when they realise pupil concentration is waning. The aim of this is to improve concentration as well as contribute through *snackactivity* to pupils' physical health.

### **Extra curricular Physical activity**

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

- students have a choice of a diverse activities in which they can participate. Competitive, non-competitive, structured, un-structured, & including some non-sport options eg gardening or drama.
- every student has an opportunity to participate regardless of physical ability;

- students have the opportunity to be involved in the planning, organization, and administration of the programme.
- home schooled students should have access

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

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive orientation about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

### **Travelling to school**

The school has a travel plan that has developed safer routes to school & encourages active methods of travelling. Participation in cycle safety & maintenance courses will be encouraged by the school.

### **Break time Activity**

Break time provides opportunities for physical activity, which helps students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings, toys & equipment available for free play. Mid-day supervisors engage pupils in physical activity at lunchtime. The Playground pals organise and promote inclusivity in activity at break time.

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

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment, nor should they cancel it for instructional makeup time. There maybe exceptional circumstances where this is not possible.

### **Facilities**

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

The use of physical education facilities for non-instructional purposes, such as using the school hall for assemblies during times scheduled for physical education classes will be minimized.

Access to organised activities after school hours will be permitted wherever it is appropriate to do so and where adequate safety and supervision can be demonstrated.

### **Staff Opportunities**

There are planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity.

### **Community Involvement**

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity joint school and community recreation activities. Please see outside agencies & visitor policy.

### **Equal Opportunities**

Physical activity needs to serve the needs & interests of all students & staff, taking into consideration differences of gender, cultural norms, physical & cognitive abilities, & fitness levels thereby encouraging participation.

### **Personnel**

The Physical Activity Co-ordinator is Estelle Chapman

### **Monitoring & Evaluation**

The member of staff responsible will monitor levels of participation, & activity inside & outside the curriculum regularly and make appropriate adjustments. Pupils, parents & the wider community may also have a role in this process.

### **Policy Development & Review**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors, LEA representatives, community dietitian, school community nurse and local Healthy School Standards representative.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

It will be reviewed on an annual basis.

**Review Date: 3<sup>rd</sup> December 2007**

**Signed**..... **Date**.....  
Chair of Governors TLC Committee

### **Policy Links**

Physical Education  
PSHE  
Science  
Food  
Behaviour  
External Contributors