



| Physical Activity Policy |                      |            |
|--------------------------|----------------------|------------|
|                          | Name                 | Date       |
| Head Teacher             | Andrew Boyes         | 01/09/2017 |
| Governing Body           | Curriculum Committee |            |
| Next review date         | September 2019       |            |

### Aims

As a Healthy School we want to promote the health and wellbeing of the whole school community through increasing awareness and enjoyment of and participation in physical activities. We are aware of our role, alongside parents and carers, in supporting children to meet the national physical activity guidelines:

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

### Responsibility for physical activity in school

**Katy Moore** has overall responsibility for physical activity, including overseeing that the policy is implemented

**Katy Moore** is the PE coordinator

**Katy Moore** leads on travel to and from school

**Katy Moore and Krisztina Rudolf** leads on out of school hours physical activities

### Physical activity and the school community

#### Pupils

- Students are able to participate in twice weekly PE lessons, they have a range of playground equipment and an opportunity to attend before school and after school sports clubs.

#### Staff

- Staff should be aware of the policy and understand their role within it.
- Staff should dress appropriately for practical lessons and be good role models for students both during PE and out of school life. E.g. cycle to school, promote walking and being active.
- Teachers are given support when planning PE lessons and have a range of external and internal support they can access.



## Prior Weston Primary School and Children's Centre

### Physical Activity Policy

- PE lead to ensure all teachers cover the PE curriculum, PSHE lead to ensure healthy lifestyle is covered in the PSHE curriculum and science Lead to ensure the students are taught about food choices and healthy lifestyle.

#### Parents

- Parents are able to support and volunteer at the different sporting events.
- Parents may volunteer to help support the running of sports clubs.
- Parents have the opportunity to attend health and wellbeing workshops.
- Parent have information displayed on the notice boards and PE folder.

#### Governors

- Governors will oversee and review the impact of PE within the school.

#### External providers

- Prior Weston has strong links with the Islington PE team
- We have support from the following external providers:
  - Arsenal
  - Golden Lane Tennis
  - Middlesex Cricket
  - Premier Sport
  - Islington PE team
  - School Games

#### PE in school

We believe that Physical Education can provide unique opportunities for pupils to enjoy physical activity, develop physical skills, learn about healthy lifestyles and develop personal qualities such as self-confidence, cooperation, communication and fair-play.

- It is expected that every pupil has access to 2 hours PE within the curriculum, one hour with their class teacher and one hour with the PE specialist
- The PE specialist has embedded a enriched curriculum for all year groups, this covers Striking and Fielding, Multi-sports, Invasion games, Outdoor Adventurous Activities, Ball Games, Net games, Inclusion Sport, Gymnastics, Dance, Swimming and Athletics.
- Gifted and talented pupils are given differentiate more challenging tasks within PE lessons and the opportunity to represent the school on the sports teams.
- Each scheme of work will have links to how to adapt the topic for children with disabilities who are expected to be included in every session. External support is provided by Richard Cloudesley.
- Parents receive a personalised comment about their child's progress within PE at the end of the year. Students have 'can do' statements linked to the national curriculum that are reviewed on a termly basis.
- Students unable to participate are given roles to support the lesson, such as umpiring, giving student feedback and supporting the teacher in the lesson.
- Pupils who forget kit are able to participate if they have appropriate footwear, if they do not they will be asked to support the teacher in the lesson and may have a consequence for repetitions of forgetting kit.

#### Health and Safety



## Prior Weston Primary School and Children's Centre Physical Activity Policy

- The school refers to the Association for physical Education (AfPE) handbook (stored in the PE admin cupboard): Safe Practice in P.E. Physical Activity and School Sport

The school recognises that physical activity involves pupils in activities which by their very nature, contain an element of risk. Teachers manage this risk by:

- being familiar with safe practices for moving and using apparatus
- being aware of pupils who have special needs with regards to physical activity, eg asthma
- having pupils wear appropriate clothing for the activity
- having pupils remove any jewellery
- having pupils tie long hair back
- being aware of the correct procedures for the development of specific skills being taught,
- ensuring that apparatus and equipment are stored safely at the end of each lesson
- encouraging pupils to consider their own safety and the safety of others at all times

It is a general requirement that we undertake an annual risk assessment of the school premises and equipment. The PE specialist will carefully monitor and maintain equipment.



---

## **Supporting physical activity in all aspects of school life**

### **Out of school hours learning**

- The school offers free morning sports clubs and a range of after school clubs which have a small charge. Some clubs are targeted to specific ages, sex or ability.
- Attendance is monitor through scholar pack and advertisement is sent through parent mail.
- Activities are run by both internal staff and external agencies.

### **Active travel**

- We participate in walk to school week and provide bike/scooter park to encourage active walking.
- Our students live very locally to school therefore travelling by car is not an issue.
- We are part of TLF stars and have achieved our bronze award which supports our school travel plan.
- Where possible staff are advised to walk as much on trips rather than using public transport.
- Students have road safety assembly's, learning through the PE curriculum and taking part in Road safety week.

### **Facilities available**

- Golden Lane Swimming Pool
- Big Hall
- Small Hall
- Playground
- Small indoor pool for babies and disability students

### **Equal opportunities and inclusion**

All pupils in the school, including those with special needs are entitled to a comprehensive programme of physical activity which:

- fulfils the statutory national curriculum requirements
- takes into account their individual needs and interests
- provides them with opportunities to pursue activity beyond the school day

The school assists pupils with specific disabilities/health conditions and provides effective learning opportunities where appropriate. Activities are adapted to suit individual requirements as appropriate; this may include modifying a task, offering a parallel or separate activity.

The school is sensitive to the needs and skills of the individual and physical activity provision is inclusive of all abilities and pupils whether the pupils are physically gifted or challenged.

### **The playground and physical activity**

- Students have 15 minutes play in the morning and 30 minutes play at lunch time
- Support staff will run the different areas with different activities within those areas
- We provide equipment for ball games, skipping, bouncing, dance, climbing, balancing and running.

### **Physical activity in the classroom**

- We are part of '5 a day TV' which has a range of activities that teachers can use as 'brain breaks' 'changing activities' and other opportunities.



**Prior Weston Primary School and Children's Centre**  
Physical Activity Policy

- Teaching the understanding of physical wellbeing in PSHE.