



St Jude & St Paul's
Church of England Primary School

Physical Activity Policy

Date: July 2016
Lead: Joy Ashwin-carter
Committee:
Review: July 2018

'Bless us to encourage, love and learn'

Aims

As a Healthy School we 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 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 3 days a week.
- All children and young people should minimize the amount of time spent being sedentary (sitting for extended periods)

Objectives

We aim to:

- raise the profile of physical activity throughout the school
- provide the opportunity for all children to participate in at least 2 hours of quality physical activity each week
- educate pupils to be able to make informed decisions affecting their own health and well-being.
- encourage adults within the school community to increase their participation in activities.
- give the opportunity to everyone to take advantage of physical activities available in the local community (club opportunities are signposted and encouraged)
- encourage more pupils, parents and staff to walk or cycle to school

A notice board is used to advertise and promote information about available clubs and activities as well as to celebrate successes. Pupils levels of involvement in physical activity inside school is monitored.

Roles and responsibilities

Co-ordination of P.E, PSHE and after school activities is by Joy Ashwin-Carter, Deputy Head . Amanda Holohan, Learning Mentor, takes responsibility for playground activities, nurture groups, school council initiatives and the school travel plan. The Head, Mr Hicks, actively promotes the Healthy schools initiatives including Healthy eating.

Outline of facilities for physical activity

- Small triangular playground with zoned activities at playtimes.
- Climbing frame for 10 children wearing high-visibility tops.
- Zoned areas in the playground with a climbing wall, playground markings and basketball hoops.
- Upper School hall with fixed climbing frame. (multipurpose use)

- Lower school hall for smaller groups or younger children
- The school makes use of Highbury Fields for rounders, athletics and football (weather permitting) but this is a 20minute walk.
- We have access to a local sports pitch (called Red Pitch), which is owned by the council
- Highbury Fields pool is used for swimming lessons for years 3 -5. Year 6 have the opportunity to do Top –up swimming in the summer term to enable as many as possible to swim 25m
- Margaret McMillan Centre for residential outdoor adventurous activities.
- Year 4 and Year 5 have residential trips which include organised physical activities.
- Sobell Sports Centre, Market Road pitches, Whittington Park, Finsbury Park and local Secondary Schools are used for borough tournaments: hockey, rugby, rounders, cricket, cross country, football, netball and inclusion festivals.
- The ‘Daily Mile’ happens each day in the small school playground but if the children are out on trips they can make use of other parks or green spaces for this activity, using their pedometers to monitor their own progress and fitness.

By encouraging pupils to make the most of opportunities to be physically active throughout the school day they will be oxygenating their brains helping with concentration, thinking and learning and this should improve motivation for all other subjects and promote wellbeing.

Class teachers teach P.E. in line with the National Curriculum requirements. Specialist coaches are also used for dance, tennis, fencing and football. P.E. lessons are timetabled for use of the hall but the playground can be used in good weather. The local spaces are also used (red pitch) when possible. All classes have at least 2 sessions per week. PE timetables are displayed in the staffroom.

Playtimes and Lunch times

KS1 children have a 15 minute playtime morning and afternoon and 1 hour lunch break. KS2 children have 15 minutes for morning break, an hour for lunch and also include a 15 minute run on days when they do not have timetabled PE..

Midday meals assistants and Teaching assistants lead physical activities in the playground. Children are selected as playground friends to initiate games and encourage others to get actively involved. They wear caps so are easily distinguishable. These children train their successors.

Year 6 children have sole use of the Upstairs Hall for lunchtime sports activities which are organised on a rota including hockey, benchball, dodgeball, football and netball.

Out of School Hours activities

The children can attend after school activities:

- Dance delivered by a specialist dance teacher
- Tennis delivered by Tennis coaches
- Netball - Autumn Term - Mrs Ashwin-Carter
- Athletics - Spring term 1
- Tag rugby – Spring term 2
- Rounders – Summer term

Additional Activities

We also provide other activities during the year which include:

- For SATs week (Year 6) aerobics, or Yoga for 30 mins
- Dances are taught along with drama for the Year 6 Annual Leavers’ production.
- Ice-skating is provided for one KS2 class each half term from November to March each year. There is a nominal fee for schools and is used as an incentive for promoting and rewarding good behaviour.

Sports Day

Parents are invited to sports fixtures and Sports Day to watch their children participate. Sports Day is an annual event for the whole school held at Finsbury Park Track and Field. All children participate and races are available for toddlers and parents.

National School Sports Week

Each year, when Y6 are doing Outdoor adventurous activities on School Journey in Kent, the rest of the school has organised activities and taster sessions as it coincides with National Sport week. Visitors and coaches are invited to give children experience of a variety of different opportunities.

Sports Relief

For Sports Relief, children have a carousel of taster activities, in mixed age ranges to try throughout the afternoon: these may include activities such as street dance, aerobics, Tai Chi, bowling, golf, playground circuits and Yoga.

Sports Inspired Games

This involves children tasting a wide variety of different sports activities in a day, competing with other schools with the aim of encouraging them to join sports clubs. Each year Y4 and Y5 participate.

Other activities

Brain breaks are used during lessons to stimulate the brain.

School participates in 'Healthy schools week' encouraging children to consider healthy eating and exercising to improve life-style and well-being.

Rewards

Certificates are awarded in assemblies and all children who compete in interschool activities, leagues, tournaments or even represent the borough, write reports which are read out and achievement is celebrated. The reports and photographs are kept in a school portfolio and on the school website.

The school takes part in the following interschool activities each year:

- Netball league and rally
- Football rallies for girls, boys and mixed teams from years 3 -6
- Rounders rally
- Indoor athletics competitions
- Quadkids
- Outdoor athletics tournaments
- Hockey tournament
- Tag rugby tournament
- Cricket tournaments.
- Tennis tournaments for Y4
- Golf tournament for Y2
- Gymnastics tournaments for years 3 – 6
- Cross country for years 4, 5 and 6
- Tri golf festival
- Dance festival
- Basketball

School travel plan

The school travel plan encourages children, parents/carers and staff to walk or cycle to school. Borough Cycling proficiency is provided each year for children in KS2. Leaflets are given to children who are encouraged to take part in cycling proficiency courses run in the holidays. Many members of staff now regularly cycle to work. Year 6 pupils take part in the Junior Citizen scheme which includes travelling safely on roads, rail and buses. Year 6 pupils use the Transport for London officers for safety talks each year as part of PSHCE project in the Summer Term.

School policies on specific issues:

- Health and Safety – see P.E. policy
- Equal opportunities

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.

- Differentiation and special needs_(see P.E. policy)

Physical activity provision within this 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 achievements of all pupils are maximised by providing variations in:

- Tasks (providing a range with differing degrees of difficulty)
- Resources (using a variety of equipment to make tasks more/less challenging)
- Response (allowing pupils to work at different paces)
- Support (providing additional support)
- Group structure (permitting small group work; selecting mixed ability or setting, as appropriate)

Assessment

- Assessment for P.E. lessons – see P.E. policy
- Assessment of the aims of out of school activities is monitored by individual teachers and coaches. Registers are kept to monitor equal access for pupils and groups are sometimes targeted.
- Children are encouraged to keep a physical activity diary during the holidays for their homework.
- Children are questioned to find out their likes/dislikes
- Successes are highlighted on sports board, in portfolio and in assemblies.
- Pupil achievement is recorded by use of national awards (e.g certificates for athletics and swimming)
- An annual report is written to inform parents of children's progress.

Dissemination of the Physical activity policy

Policy shared at staff meetings and governors meeting. Staff discuss the best ways to meet the aims and objectives.