

# **St Laurence Catholic** **Primary School**



## **Physical Activity Policy**

*THROUGH GOD'S GRACE A COMMUNITY, GROWING IN KNOWLEDGE AND  
UNDERSTANDING*

**Policy Aims**

We aim to:

- promote physical activity for children and staff of all ages and abilities
- provide a range of physical activities throughout the day
- encourage enjoyment of physical activity
- develop a shared understanding of the importance of physical activity throughout life

To achieve these aims we will provide:

- 2 hours of weekly high quality physical education in KS2 and school sport in which a broad and balanced programme is delivered
- 2 sessions of weekly high quality physical education in Reception and KS1 school sport in which a broad and balanced programme is delivered
- quality physical activity opportunities both within and outside of curriculum time which:
  - a) considers the needs and interests of all pupils
  - b) promotes positive attitudes towards participation in physical activity
  - c) enables pupils to develop a full range of basic movement skills
  - d) increases pupils' knowledge and understanding of the importance of physical activity
- e) provides opportunities to increase pupil participation in physical activity both within and outside of curriculum time
- f) provides relevant in service training opportunities and, where appropriate, qualifications for all those leading physical activity sessions; both inside and outside the curriculum
- g) supplies adequate resources and funding for all elements of physical activity
- h) ensures safe and stimulating areas in which pupils can play and be active
- i) links with professionals, clubs and families in the community to help develop physical activity pathways for pupils beyond the school
- j) provides accurate data through monitoring pupils' levels of involvement inside and outside of school
- k) provides opportunities to encourage all staff and governors to participate in physical activity

**Rationale**

- We are committed to providing an environment in which children are given opportunities to participate in a range of enjoyable physical activities from an early age so they will be more likely to continue being physically active throughout the rest of their lives.
- We believe that physical well being is an important asset in our modern world. It is physical activity that equips our pupils with strength, mobility, stamina and perhaps more importantly good physical health through appropriate health related exercise.
- While we recognise that P.E provides opportunities in a diverse content for all children to find a sporting discipline they enjoy, we believe organised sports for children should complement, not replace; free play and recreational sports. We believe that walking or cycling to school and active lunch and playtimes are all part of physical activity.

**Relevant Policies****Equality of Opportunity Policy**

All pupils in the school, including those with any additional educational needs, are entitled to a comprehensive programme of physical activity which includes fulfilling National Curriculum requirements and offering other extra-curricular opportunities, to ensure that every child is given the greatest possible opportunity to reach his or her full potential. We will adapt our environment and resources to the individual and diverse needs and interests of all our pupils enabling them to fulfil their potential.

Physical activity provision at St Laurence Catholic Primary is developed appropriately to provide a variety of teaching, learning and organisational approaches, to ensure that:

- tasks are matched to pupils of different abilities, needs and interests
- challenges are balanced with the likelihood of success
- all pupils make progress

### **Adults Other Than Teachers Guidance**

All adults other than Teachers/Teaching Assistants involved in curriculum or out of hours learning activities, including lunch times, playtimes and after school, will be appropriately trained and monitored in accordance with afPE (The Association for Physical Education) /DfES (2004) guidance entitled 'The Use of Volunteers and Sports Coaches in Physical Education and School Sport'.

### **Health and Safety Policy**

Teachers have an additional duty of care in Physical Education, due to the nature of activities and resources involved. Pupils must be made aware of all safety issues related to Physical Education, including the assessment and management of risks.

When teaching physical activity adults need to:

- Refer to the county, and school Health and Safety policies
- Refer to potential risks involved with activities in their planning documents e.g. use of apparatus, hard balls and bats. Any damaged equipment or gymnastic apparatus is reported to the PE subject leader /head teacher and removed and/or labelled and not used.
- Encourage the safe handling of apparatus and equipment at all times.
- Teach pupils how to take action to control risks themselves in order to carry out tasks safely.
- Receive basic First Aid training before teaching swimming. Staff must refer to the separate Swimming Pool Safety Guidelines.

The warm up is an integral safety element of every lesson. It will involve:

- a) mobility exercises to prepare the joints;
- b) pulse raising activities to prepare the cardiovascular system;
- c) stretches to prepare the muscles and associated ligaments/connective tissue.

The warm up should be gradual and sufficient to increase muscle/core temperature without causing fatigue or reducing energy stores. Aerobic activity which incorporates mobility of the joints should be completed prior to stretching.

Within Physical Education teachers must adhere to the school accident and emergency procedures.

St Laurence Catholic Primary, as part of Cambridgeshire LEA, adopts afPE Safe Practice:in Physical Education, Sport and Physical Activities as its policy on Health and Safety, which is subsumed into the county health and safety manual. For guidance on health and safety around the school and its grounds, refer to the Health and Safety Policy.

### **PE Policy and Curriculum**

We follow the Cambridgeshire Scheme of work

All year groups cover a progress programme in:

Dance, Games and Gymnastics.

In addition Key Stage 1 also covers Multi Skills

In addition Key Stage 2 also covers Athletics and Outdoor Adventurous activities (through a residential trip).

The majority of assessment evidence will be collected through observation and listening to pupil answers, discussion and evaluation. The teaching/learning activities and the organisation of those activities provide the necessary assessment opportunities. Children's progress and learning in Physical Education are reported to parents in annual reports.

Monitoring of Physical Education will be the responsibility of the head teacher, P.E. subject leaders and governors.

Monitoring will be carried out by using:

- a) teachers' planning and pupil assessment;
- b) classroom observations;
- c) discussion with pupils;
- d) checking the storage and quality of the resources.

All children should change for P.E, including into appropriate sports footwear.

No jewellery should be worn during P.E.

Long hair should be tied back.

Staff should be dressed appropriately to teach P.E.

### **Out of Hours Learning Programme**

Out of Hours physical activities are offered at lunchtime clubs and after school clubs for both Key Stages. A wide range of after school clubs are available, for example, football, netball, tag rugby dancing and athletics. We also support the local netball leagues, inter-school activities arranged through the School Sports Co-coordinator and School Sports Partnership (SSP) programme and inter-school activities organised by our club coaches. Out of Hours physical activities are led by trained teaching staff or appropriately qualified ASL's.

At lunchtimes, a wide range of sporting and activity based toys and games are available for children in both key stages encouraging positive relationships, physical activity and development. Equipment is safely stored in an equipment cupboard. Children are not allowed access to this cupboard.

When possible, competitions are organised with other local schools. Children also participate in a range of sporting events and tournaments within the county. Links with local sports clubs are encouraged. Coaches are invited to support teacher's input during Physical Education lessons when available.

**Professional Development**

At St Laurence Catholic Primary we believe that:

- the professional development of the staff is a cornerstone for the continuing development and success of our school.
- all staff working at the school are entitled to a framework of support to enable them to develop effectively, confidently and competently within their role.

St Laurence Catholic Primary is involved in the training opportunities offered by the SSP programme for staff and children.

**Facilities and resources**

Separate resources are available for curriculum PE and lunchtime sports and games.

Play equipment also offers a range of opportunities to improve fine and gross motor skills as well as hand and eye coordination e.g. through balancing, juggling and bouncing toys.

**Monitoring and Review**

This policy will be reviewed by staff and governors every three years.

This School policy for Physical Activity reflects the consensus of the whole teaching staff, and has the full agreement of the Governing Body. The implementation of the policy is the responsibility of all the teaching staff and the head teacher.

This policy has undergone an Equality Impact Assessment

May 2019

Review Date: Summer 2022

Policy Name: PE Policy

Policy Date: May 2019

**EQUALITY IMPACT ASSESSMENT for SCHOOL POLICIES**

		Yes / No	Comments
1.	Does the Policy/Guidance affect one group less or more favourably than another on the basis of:		
	• Age (for policies affecting staff)	N/A	
	• Disability	N	
	• Sex	N	
	• Gender reassignment	N	
	• Pregnancy/maternity	N	
	• Race (which includes colour, nationality and ethnic or national origins)	N	
	• Sexual orientation	N	
	• Religion or belief	N	
	• Marriage / civil partnership	N	
2.	Is there any evidence that some groups are affected differently?	N	
3.	If we have identified potential discrimination are any exceptions reasonable, legal and justifiable?	N	
4.	Is the impact of the policy/guidance likely to be negative?	N	Policy states that allowances are made for pupils with additional needs
5.	If so, can the impact be avoided?	N	
6.	What alternatives are there to achieving the policy/guidance without the impact?	N	
7.	Can we reduce the impact by taking different action?	N	

Equality Impact Assessment carried out by: MJ O'SullivanDate: 5<sup>th</sup> July 2013