

Physical Activity Policy

Ingleton Primary School

Introduction

As a school we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion

Delivery

The promotion of physical activity is delivered through:

- Physical education lessons – 2 hours per week (Y1-Y6)
- Daily physical activities in EYFS
- Cross curricular links in our curriculum
- Extra-curricular clubs
- Active Playtimes
- Active travel to school

Physical education lessons

There is a sequential scheme of work for PE which involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. Pupils in Early Years Foundation Stage take part in Physical Activity daily and have a PE lesson once per week. Pupils in years 1 – 6 have 2 PE lessons per week. In Y3-6 this includes swimming in the Summer term.

Extra-curricular physical activity

All pupils in Years 1 – 6 have the opportunity to take part in extra-curricular clubs. Physically active clubs include; Dance, Multi-sports, Football, Tag Rugby, Fitness and Gardening.

We regularly participate in inter-school competitions which include cross-country, Tag Rugby, Football, Swimming, Athletics, Cricket and Rounders.

All pupils in Reception to Year 1 take part in some inter-house sports competitions which includes Mini Olympics, Football, Cross-country, Athletics, Swimming and Cricket.

We actively encourage pupils to go to local clubs and promote these through school assemblies, parent email and social media. These include; Craven Wanderers Football Club, Kirkby Lonsdale Rugby Club, North Ribblesdale Rugby Club, Craven Judo Academy, Blue Moose Dance, Cumbria Cricket, Settle Cricket Club, SDA Sports Academy, Kirkby Lonsdale Tennis Club.

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime. There are lunchtime clubs on offer to encourage further physical activity. These include Forest Club, Fitness Club and Badminton.

Active Travel

Many pupils, and staff, live locally to our school. We encourage active travel to school including walking, cycling and riding scooters. We have plenty of space on offer to park bikes and scooters and keep helmets safe. Our Nursery pupils are shown how to ride balance bikes safely and in Y5 pupils take part in Bikeability so that they can cycle on roads safely. In PSHE lessons, all pupils take part in road safety sessions. In assemblies and on school communication with parents we encourage active travel to school for those who can do so.

Equal opportunities

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account of their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Assessment, recording, reporting and monitoring

A record of extra-curricular activity participation is kept to indicate the number of pupils participating in physical activities. Levels of participation will be monitored with regard to gender and overall levels of interest. Pupils are assessed during PE lessons by teacher observation, specific tasks set and discussions with pupils. House Captains carry out pupil discussions with all year groups to monitor and evaluate physical activity across classes. Staff use these methods of assessment and monitoring to identify the least active pupils in classes.

Health and safety guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities. All guidelines for physical education and games are followed e.g. supervision, behaviour, clothing, jewellery and use of equipment. All coaches from other organisations must hold suitable qualifications and will be CRB checked- including parent helpers.

Monitoring and evaluation

The PE, Sports and Physical Activity Leader is Jen Middleton. Jen is responsible for ensuring all pupils have daily access to physical activity, physical activity levels are monitored and staff are well trained. Physical activity is monitored regularly throughout the year and adjustments are made to our curriculum. For the past four years Ingleton Primary School has been awarded the Gold School Games Mark.

Reviewed September 2022