



eastbury  
primary  
school



Partnership Learning



# Physical Activity Policy

Approved: December 2017

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## Linked Policies & Procedures

- School Development Plan
- Healthy Schools
- Physical Education Policy
- Healthy Eating Policy
- PSHE Policy
- Health & Safety Policy
- School Travel Plan
- Teaching and Learning Policy

## 1. Rationale

Regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. Schools play a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to Physical Activity.

## 2. Aim(s)

- To increase the Physical Activity levels and wellbeing of the whole school community by developing a supportive environment conducive to the promotion of Physical Activity;
- To develop an understanding of the importance of regular Physical Activity amongst the whole school community for maintaining a healthy life.

## 3. Objectives

- To ensure that all children and young people have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least an hour each day and to establish and maintain an interest in regular Physical Activity;
- To improve children, young people, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity;
- To provide a wide range of quality physical activity opportunities both within and outside the curriculum for children, young people, staff and parent/carers and enable children to participate in at least two hours of physical activity and school sport each week;
- To ensure that Physical Activity provision in the school reflects the cultural, personal, social and medical needs of all children and young people.

## 4. How our Objectives are Delivered

### a) Ethos and Environment:

- All those leading physical activity sessions adopt a caring and supportive approach and have a commitment to every child.
- The school identifies children and young people who do not participate regularly in Physical activity and those who need extra support to participate, and implements strategies to encourage and support them to be more active.
- Facilities are improved and developed to promote increased participation in Physical Activity in consultation with children and young people, staff and parents/carers.
- The participation of children and young people in Physical Activity is recognised and celebrated through presentations in assemblies, information on notice boards and in newsletters.

## b) Curriculum:

- The school aims to provide at least two hours of physical activity for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all children and young people.
- Schemes of work are in place which outlines a planned approach to health-related activity.
- All children and young people learn how active they should be, and activity levels are regularly monitored.

## c) Out-of-School-Hours Learning (OSHL):

- All children and young people are provided with opportunities to be physically active through out-of-hours activities via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all children and young people, regardless of ability.
- Physical Activity is promoted before school, during breaks, lunch times and after school.
- Specific events are organised throughout the year that promote Physical Activity and raise its profile across the whole school community.
- Most OSHL activities are led by school staff with some being delivered by coaches from community clubs.

## 5. Resource Provision and Facilities

The annual budget for Physical Activity is £22,870 The Head Teachers are responsible for overseeing this budget. Some additional resource is available via activities and developments offered by the School Sport Partnership.

Facilities available for Physical Activity include:

Onsite: MUGA, outdoor grass area, playground, sports halls.

Offsite: Barking Abbey Sports Centre, Goals football pitches, Jim Peters Athletic stadium.

## 6. Staff Co-Ordination and Development

Responsibilities:-

Physical Education - *Emily Jeffs*

Out-of-School-Hours Learning - *Emily Jeffs*

Community Links - *Carole Gale* and *Emily Jeffs*

## Active Travel - *Emily Jeffs*

- All staff/ASLs involved in promoting, supporting or leading Physical Activity are provided with regular opportunities for continuing professional development and are given a leaflet outlining the school's ethos regarding Physical Activity.
- All Adults Supporting Learners (ASLs) involved in and out of school hour's provision have appropriate training/qualifications and have undergone a CRB check.

## 7. Active Travel

- The school is developing a school travel plan in association with the school travel adviser.
- The school has an active travel policy, promoting active travel and has put in place a number of strategies and initiatives to support this which are outlined in our school travel plan.
- Children, young people, staff and parents/carers are encouraged to walk or cycle to school through the strategies in place and these are publicised through a variety of means including notice boards and the school newsletter.

## 8. Involving Staff and Parents/Carers

- Staff and parents/carers are consulted and involved in decision about, and the delivery of, Physical Activity and other Healthy Schools issues through regular questionnaires and requests in the school newsletter.
- An information leaflet is sent out to parents/carers highlighting the benefits of Physical Activity for their children, the ethos of the school and the opportunities available at the start of each year.

## 9. Community Links

- The school links with School Sport Co-ordinators (where appropriate) and other relevant individuals and organisations in the community, to utilise the available expertise and enhance the quality and range of provision.
- Children and young people are made aware of Physical Activity opportunities beyond school through a variety of means.

## 10. Consultation

- Children, young people, staff and parents/carers are consulted and involved in decisions about the range and type of Physical Activity opportunities offered.
- Consultation takes place through the school council, staff meetings, and a short questionnaire at the end of each year and a 'suggestion' box placed in the entrance hall.

- The school takes steps to remove barriers to participation identified by consulting with children and young people and, where possible, involves them in these developments.

## 11. Safety

- The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and the Health and Safety Policy.

## 12. Monitoring and Evaluation

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self-evaluation and reviewed annually.

Aspects that are monitored include:

- Children, young people, staff and parents/carers' knowledge of and attitude towards Physical Activity;
- Progress/attainment in Physical Activity opportunities offered to children, young people, staff and parents/carers and the levels of participation;
- The percentage of children and young people participating in 2 hours per week of high quality PE or school sport within and beyond the curriculum;
- The number of children and young people walking or cycling from/to home;
- The number of children and young people who achieve an hour of Physical Activity each day;
- The number of professional development courses attended by staff/activity leaders;
- How and when children, young people, staff and parents/carers have been consulted.

The methods of evaluation includes:

- Assessing the achievements of children and young people;
- Reviewing schemes of work;
- Reviewing programmes of activities;
- Reviewing registers for activities;
- Children, young people and staff discussions;
- Minutes of school council meetings;
- Questionnaires;
- Annual participation awards;
- Annual school travel survey.

## 13. Key Development Targets

- To consult with specific target groups who are current non-participants and take action to engage these;
- To extend the range of out of school hours activities available by involving more staff, parent/carers, coaches and leaders from the local community;
- To raise awareness among staff of the benefits of Physical Activity through staff meetings and to provide more Physical Activity opportunities in consultation with the staff;
- To have a completed School Travel Plan in place by January 2018;
- To purchase the necessary equipment to continue to facilitate Physical Activity by April 2018.

#### 14. Background Information

Person responsible for drafting the policy?

*Suzanne Steed*

Who was consulted in drafting this policy?

*School Council, Sports Lead, SLT, Governors.*

Person responsible for implementing and monitoring this policy?

*Emily Jeffs - Sports Lead*