

PARSLOES PRIMARY SCHOOL



Physical Activity 2017-2019

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PARSLOES PRIMARY SCHOOL

School Policy Statement For

PHYSICAL ACTIVITY

Rationale

In the borough of Barking and Dagenham 26.9% of the year 6 population was classified as obese (2014), this is worse than the national average. In addition life expectancy in certain areas of this borough is 5.2 years lower for men due to lack of adult physical activity and obesity this is again worse than the national average. This policy is to try and reduce these statistics.

Purpose

Establish an “active school” ethos and environment, for children and adults alike, which will increase activity levels and promote health within and outside the curriculum.

Guidelines

1. Appoint a designated member of staff (PE Co-ordinator) who will lead physical activity development.
2. Maintain a high profile for physical activity in all aspects of school life.
3. Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
4. Encourage all pupils to participate in physical activity during play-times.
5. Embed health related exercise (HRE) principles into the PE curriculum - ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects, such as science, D & T, English and Maths, PSHE.
6. Provide links to other aspects of health, for example, by promoting healthy eating and providing access to water - see food policy.
7. Ensure that all pupils have access to a minimum of 90 minutes curriculum time high quality PE and sport each week, along with further opportunities to take part in out of school clubs.
8. Offer a broad and balanced activity programme which is inclusive to all pupils.
9. Link to the Healthy School Programme, in helping to promote physical activity.
10. Work with key partners in ensuring that all children have access to appropriate community activities, participating in borough tournaments throughout the year.
11. Promote regular physical activities to all school staff.

Physical Activity Co-ordinator

- The PE Co-ordinator shall also be the designated Physical Activity Co-ordinator, with responsibility for leading all broader aspects of physical activity.
- This person shall also be designated with specific responsibility for providing the school link with borough sporting events.

Raising the Physical Activity Profile

- Provide a dedicated notice-board which advertises opportunities for all pupils and staff to participate in school and community activity and celebrates success.
- Regularly celebrate achievement and promote activity in assemblies.
- Take part in the TFL Travel Plan, encouraging pupils to walk to and from school.
- Offer the cycling proficiency programme to pupils.
- Take part in Bike it plus to promote safer travel.

Training Programme

- Release the staff on a regular basis to attend National Professional Development training courses.
- Run, when necessary, a training programme for lunch-time supervisors and teaching assistant's backed up by a range of appropriate resources.

Play-time activity

- Make a range of equipment available to all pupils during play-time periods, which selected pupils organise. (Football, basketball, ship)
- Have lunch-time physical activities organised by PE coach.

Planning

- Ensure that all pupils receive 2 hours curriculum time physical education each week.
- Provide a physical education programme which is broad, balanced and fully inclusive, suiting the needs of all pupils and to provide additional adult support where necessary.
- Provide ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved.
- Ensure that all PE lessons include at least one period of time in which the children are "stretched" physically (i.e. become out of breath).
- Ensure that all PE lessons include the National Curriculum health related exercise strand, so that pupils are aware of the need to exercise, the body changes during exercise and know how to warm-up and cool-down.
- Ensure that all PE lessons are structured to include a warm-up and cool-down.
- Promote physical activity and health related exercise within other lessons – e.g. the effect of exercise on the body, anatomy and physiology, in science.
- Provide intra school activities for all pupils, including a sports day.

Out of School Hours Activity

- Provide a diverse programme of out of school hours activity clubs, which suits the needs of all pupils. This should be developed in consultation with pupils.
- Provide a programme which offers an equal balance of competitive and non-competitive activities.

Community Links

- Ensure that the school regularly participates in borough events and County-wide events which promote physical activity.
- Ensure that the school employs a range of auxiliary qualified and experienced coaching staff.

- Ensure that the PE co-ordinator takes responsibility for forging strong local community club links (club coaches visit school/pupils attend club taster days/clubs advertised on notice-board)

Staff Activity

- Encourage all staff to change into suitable clothing and footwear and take an active part in PE lessons.

Links to other school policies

- Inclusion
- SEN
- PSHE
- School food policy
- Health and Safety

Further to the policy the school should maintain records of the following:

- A calendar overview of the termly physical activity programme
- A list of the tournaments, festivals and events attended by the school
- A contact list of key partners which link to physical activity and health
- Copies of the school's annual PE /School Sport and Club Links.