



# **Physical Activity Policy** **Wincle CE Primary School**

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<p>■</p> <p>Person responsible for the Policy:</p> <p>■</p>	<p><i>Mrs Sarah Smith</i></p>
<p>Date Approved:</p> <p>■</p>	
<p>Signed:</p> <p>■</p>	<p><i>Head Teacher</i></p>
<p>Date for Review:</p> <p>■</p>	

## Introduction – Physical Activity and Our Vision

*Wincle School creates an enriching and outstanding rural education, nurturing the whole individual: body, mind and soul, inspiring rounded, happy, courageous children who exhibit a passion for learning, a confident faith, a loving concern for community and an inclusive respect for all.*

The NHS' Change4Life campaign stresses the need for every child to participate in a minimum of 60 minutes exercise per day. In 2015, just 23% of boys and 20% of girls nationally met this target. Our school vision encompasses the responsibility for all staff to promote pupils' physical health, **nurturing the body** as a key component of the **whole individual**. Engaging all pupils in active lifestyles is recognised as a crucial part of this holistic approach to **inspiring happy, courageous** children.

At Wincle CE Primary School, participation in physical activity will be treated as a tool through which to **nurture self-esteem, confidence, courage** and good physical and mental health. The school has an important role to play in supporting children and families to make healthy choices in a safe, enjoyable and informed way. This policy outlines the school's commitment to increasing the physical activity levels and well-being of the whole school community by developing a supportive environment conducive to the promotion of physical activity.

## Definition of Physical activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

### The Policy Aims to:

- To promote the benefits of physical activity to the whole school community
- To ensure that all pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity. To establish and maintain an interest in regular physical activity as part of an active healthy lifestyle.
- To ensure that pupils are aware of the link between physical activity and a healthy lifestyle, inclusive of good mental health.
- To promote the celebration of sporting events
- To promote inclusion by ensuring that physical activity provision reflects the cultural, personal, social and medical needs of all pupils.
- To improve the quality and breadth of PE and Sports provision, providing a wide range of physical activity opportunities both within and outside the curriculum, and enable children to participate in at least 2 hours of high quality PE and School sport each week.

### Delivery:

The promotion of physical activity is delivered through:

- Our Ethos and environment
- Physical education lessons led by members of staff, PAS coaches and sport-specialist providers
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science
- Extra-curricular clubs, run by volunteers, members of staff and PAS
- Lunchtime activities, led by PAS, the pupil-led School Games Crew and lunchtime supervisors
- Community links
- Pupil-led initiatives

### Ethos and environment:

- All those leading physical activity sessions adopt a caring, supportive approach, exhibiting **compassion** and fostering pupils' **perseverance** and **integrity**, in accordance with our core values.
- The school identifies the least active pupils, determining barriers to participation and implementing effective and timely strategies to overcome them.
- The School Sports Premium is used to invest in the continuous improvement and development of facilities, with a view to increasing pupils' participation.

- Pupils' participation in physical activity is recognised and celebrated through presentations in assemblies and information on notice boards and in newsletters. Particular praise is offered to those demonstrating the School Games Values and our Christian values in team sport.

### Physical Education and Curriculum:

- All pupils are provided with a minimum of two hours curricular physical education every week.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils.
- Science and PSHCE curriculums are used to educate pupils in the benefits of health-related activity.
- Sports coaches are funded to mentor staff and teach children PE each term using our Sports Premium funding.
- All pupils are given 'movement breaks' throughout the day to promote physical health and improve learning outcomes.
- All pupils are encouraged to use physical activity to promote their mental health through daily, teacher-led 'mindful movement'.
- All KS2 pupils partake in The Daily Mile initiative.

### Extra-curricular Physical Activity:

- All pupils are provided with opportunities to be physically active through extra-curricular activities via a wide range of activities including both individual and team/group and non-competitive and competitive. The emphasis is on participation and enjoyment and the opportunities are open to all pupils, regardless of ability
- Physical activity is promoted during breaks and lunchtimes with a range of equipment available and the use of sports coaches and the School Games Crew to lead physical activities.
- After-school clubs run throughout the year offer a varied sports programme, responding to the interests of all pupils. Clubs are run by sports specialists and volunteers.
- Pupils are given opportunities to engage in sports festivals and tournaments through the Macclesfield School Sports Partnership and relationships with other schools.
- Specific events are organised throughout the year that promote physical activity and raise its profile in the school community, including whole school sports day and inter-saints team competitions.

### Community/Club Links:

- The school has strong links with Macclesfield Tennis Club, Peak Active Sport and Sylk Dance, whose expertise are used to enhance the quality and range of provision. Other community links are used to further pupils' engagement with physical activity outside of school.

## Pupil-led initiatives:

- The school health committee and the specially trained School Games Crew are consulted on a regular basis and used to voice pupil perspectives on healthy living and the school's provision. The Health Committee play an active role in educating peers about the value of physical activity, through assemblies, workshops and competitions. The School Games Crew engage their peers in physical activity, leading games at break and lunchtimes.

## 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 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.
- Physical activity provision within our 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 achievement of all pupils are maximised by providing variations in tasks, resources, support and group structure.

## Assessment, recording, reporting and monitoring

- An audit of in and out of school activities 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 monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/ don't enjoy about PE.

## Health and Safety

- 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 eg. supervision, behaviour, clothing, jewellery and use of equipment.
- All coaches from other organisations must hold suitable qualifications and are DBS checked

- Further information can be found in the school's Safeguarding, Behaviour and Anti-Bullying and Health & Safety Policies.

## School Games Mark

The school is working to gain recognition of its sport and physical activity provision through the School Games Mark.

## Policy Review

This policy will be reviewed every 3 years as a minimum. It is next due for review in February 2022

Additionally, this policy will be reviewed and updated as appropriate on an ad hoc basis. If you have a question or suggestion about improving this policy, this should be addressed to the head teacher.

This policy will always be immediately updated to reflect personnel changes.