

Physical Activity/Active Play Policy Guidance

1. Introduction

This policy is in addition to our PE Policy. Physical Activity can include any active play.

To improve children's health, Government guidelines recommend that children should aim to be physically active for one hour every day, this one hour target doesn't have to be done all at once but can be built up over the day.

2. Definition

"We make a commitment to being a physically active school, and adopt a whole school approach to the promotion of Physical activity and we will work towards offering pupils a variety of opportunities to take part in physical activity both within and beyond the curriculum"

3. Ethos and Values

- . To promote positive attitudes towards participation in physical activity
- . Increase pupil knowledge and understanding of the importance of physical activity.
- . To improve mental health and well being
- . To develop social skills

4. Aims and Objectives

"We aim to raise the physical activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity".

Objectives:

- . Working towards at least 2 hours of high quality PE and school sport each week
- . Increased pupil participation in physical activity both within and outside of curriculum time
- . Raising the profile of physical activity throughout the school /encouraging cross curricular links
- . Making facilities and equipment available for pupils to use at lunchtime and breaktimes and encourage pupils to be active at these times
- . Encouraging staff, parents and governors to participate in activity
- . Providing students with leadership opportunities
- . Monitoring students level of involvement in physical activity inside and outside of school
- . Provision of safe and stimulating areas in which pupils can be active

5. Implementation

- "Through the curricular PE programme we aim to offer a broad and balanced programme and work towards providing at least 2 hours high quality PE and sport to each age group"

Out of hours learning

"Our out of hours programme will aim to be varied (including competitive and non-competitive, team and individual based clubs) appropriate for all pupils", for example by:

- The provision of out of hours activities offered (e.g. before school, breaktimes, lunchtimes, after school, holidays etc.)
- Approximately 3 different opportunities are provided each term
- Offered to all year groups on a rota for all children
- Lead by teachers, teaching assistants, and outside agencies
- All those involved in out of hour's provision have appropriate qualifications and have undergone a CRB check

Community Links

"Our school will link with School Sport Co-ordinators and other relevant individuals and organisations in the community to enhance and extend physical activity opportunities", for example by:

- providing pupils with information on activity opportunities within the local community and will make formal links with a selection of these.

Active Travel

"We will encourage (where possible) pupils, staff and parents/carers to walk or cycle to school", for example by:

- Working towards a School Travel Plan.

6. Policy, Leadership and Management

"We have identified a Physical Activity co-ordinator their responsibilities will include

Training

"We recognise the importance of professional development and we provide a commitment to staff training related to physical activity", for example by: . Who is responsible for professional development?

. Identify a budget that has been put aside for training related to physical activity.
. Highlight the 'in service' opportunities to be made available to staff involved with physical activity provision. Examples of training could include courses offered by:

- The Local Education Authority
- Manchester Public Health Development Service
- Sports Development
- National Governing Bodies for Sport
- A Local University
- National Organisations e.g. Physical Education Association UK, Sports Coach UK, Sport England, Youth Sport Trust.

A range of training opportunities are currently available on the British Heart Foundation Website – section on young people

Resource Provision

"We will aim to have sufficient levels of resources for the promotion of physical activity and active play", for example by:

- . Identify who is responsible for co-ordinating resources.
- . Identify an annual budget for promotion and implementation of physical activity.
- . Consider ways that funding could be sought to increase provision, e.g. **Sports Match** funded by the DfCMS will match sponsorship from local companies for school activity pound for pound. More details available from www.sportsmatch.co.uk The **Awards for All** scheme is another way of increasing funding to develop new opportunities.

7. Dissemination of the Physical Activity Policy

"We will disseminate the physical activity policy", for example by:

- Staff meetings
- School Inset
- A summary in the school prospectus
- On request to Governors, parents, Visitors, LA officers, OFSTED, SEF inspectors.
- Provide whole staff with a summary of the relevant aspects

Monitoring, Assessing and Reviewing

"We will monitor and evaluate the success of our approach to physical activity", for example by:

Measures that could be used include:

- How broad and balanced the curriculum is
- Increased number of out of hours learning opportunities
- Pupil focus group on Physical Activity and PE
- Number of pupils engaged in out of hours learning and community/sport clubs or activities
- Number of pupils walking or cycling to school
- Changes made to the school ethos and environment to encourage physical activity
- Number of pupils achieving 2 hours high quality PE and school sport each week within and beyond the curriculum
- Pupils increased knowledge of the importance of physical activity and the links to health
- Improvement in pupil's attitudes towards physical activity
- Number of in service courses attended by whole staff
- Parental feedback
- The number of special events offered
- Numbers of staff with specific responsibility to the promotion of physical activity
- Feedback from OFSTED
- Self Evaluation Framework

Consider how information gathered from monitoring and evaluation will be used to inform futures developments. Only collect information you need. Evidence gathered could be oral, written or observed

8. Relationship with Other Policies

The Physical Education policy will have some links with this policy.