

**ST PATRICK'S CATHOLIC PRIMARY SCHOOL,
A VOLUNTARY ACADEMY**



**PHYSICAL ACTIVITY
POLICY**

Review date: Autumn Term 2017

Next review: Autumn Term 2020

Physical Activity Policy

Introduction:

St Patrick's Primary School, a Voluntary Academy promotes healthy living and healthy lifestyles. The purpose of this document is to clarify how St Patrick's Primary school strives to encourage healthy lifestyles. This document also aims to link the physical activities that children participate in during the timetabled curriculum and additional ways that healthy lifestyles are promoted, within the different activities the school provides.

As a result of government guidelines and recommendations it is necessary to adapt the content and promotion of physical activities in St Patrick's Primary School. The implementation of this policy is the responsibility of all teaching staff with the assistance of parents/carers.

The Nature of Physical Activity:

1. To provide all children in Foundation Stage, Key Stage One and Key Stage Two with the opportunity to participate in physical activities and provide opportunities for the children to receive the government recommendation that all children participate in two hours of Physical Activities a week. It is also aimed that all children, parents and staff irrespective of age or gender, have the chance of enjoyment and success through participation of physical activities and healthy lifestyles.
2. To promote physical activity and healthy lifestyles, to develop positive attitudes and understand the benefits of healthier lifestyles and how children, parents and staff can make informed decisions about how physical activities can promote healthy lifestyles.
3. Physical Activities promotes personal, social, intellectual and physical skills and at this school it attempts to foster co-operation, tolerance and self-esteem. St Patrick's aims to promote enjoyment in the undertaking of exercise for all children that will, hopefully be continued into adulthood.
4. For children, parents and staff to make informed decisions about how physical activities can promote healthy lifestyles.
5. To recognise the importance of keeping healthy and those things which contribute to this; (Eating, drinking, diet, fresh air, sunshine, sleep, exercise)

Entitlement and Implementation:

The promotion of Physical Activities at St Patrick's Primary School is to be delivered using a combination of timetabled P.E in addition to extra physical activities for before, during and after school.

The school aims to give opportunities for children and staff to participate in a wide and varied range of physical activities that promotes a healthy and safe lifestyle. The school also aims that children, parents/carers and staff feel they can express and share views about healthy lifestyles. To maintain a wide a varied programme for the promotion of healthy lifestyles St Patrick's Primary School constantly looks to improve and increase the activities that are on offer for the children to participate in. The promotion of physical activities is carried out in plenty of different ways. Listed below are some of the ways that physical activities are promoted at St Patrick's Primary School:

- ☒ Physical activity is timetabled in curriculum time. All staff who teach physical activity are encouraged to wear suitable and practical clothing for these lessons.
- ☒ Children are given opportunities to be part of structured physical activities at break and lunch times.
- ☒ Older children assist lunch time supervisors to lead such structured activities.
- ☒ St Patrick's Primary School offers an extensive range of physical activities that forms a high proportion of the after school extra curriculum programme.
- ☒ Parents/carers and children have opportunities through questionnaires to give feedback and suggest other activities that form part of the extra curriculum programme.
- ☒ Children at St Patrick's Primary School take part in inter house/school competitions in various sports.
- ☒ The school aims to promote not only healthy but safe lifestyles and children have opportunities to learn water safety and road safety through an assortment of physical activities for example, swimming, cycling proficiency and pedestrian awareness.
- ☒ Staff have opportunities to train and develop their own professional skills in different physical activities.
- ☒ Staff actively talk about their own hobbies and the physical activities that they participate in to present themselves as positive role models for the children.
- ☒ The school encourages links with the community and uses the expertise of different coaches and teams to help develop practical skills in different sports.

Equal Opportunities:

At St Patrick's Primary school we encourage all children to have the same opportunities to participate in the wide and varied range of physical activities that are on offer. The school does not discriminate in any way. The programmes of physical activities in each Key Stage will be taught to all pupils in ways appropriate to their abilities, ensuring all children access physical activities.

All physical activities should ensure an equal interest and participation level for all pupils of sexes, all abilities, all background, races and faiths. Promotion of physical activities will be taught in line with the school's Equal Opportunity Policy.

Appropriate provision will be made for children with special educational needs, in particular those children with disabilities and impairments. At St Patrick's we recognise that children especially gifted and talented in various aspects of P.E may also have additional needs and we will cater for these children within our provision. To accommodate these children we organise for different coaches to come into school to work with gifted and talented children as well as those with special educational or physical needs. Those children who are deemed gifted and talented are supported within their sports by the school and encouraged when competing, particularly at National/world levels. Differentiation will be broadly by outcome, although if appropriate different or adapted apparatus or equipment will be used. The school takes part in the 'Change for Life' programme. This helps encourage those less engaged in physical activity to show an interest and learn about living a healthy lifestyle.

Health and Safety

The teaching and support staff at St Patrick's will follow all aspects of the Health and Safety Policy which is outlined in the BAALPE publication; 'Safe Practise in the Physical Education'.

At St Patrick's we aim to ensure the correct use of all equipment by both staff and pupils in order to create and maintain a safe environment for the teaching of Physical Activities.

For example:

- ☒ All climbing equipment is secured into the ground before children use the equipment and that is stored away correctly after use.
- ☒ Children are not to wear any jewellery during P.E
- ☒ Children are encouraged to wear a change of clothing to promote hygiene.

Dress Code

All pupils at St Patrick's Primary School are expected to have a P.E kit which must be worn in order for the children to take part in practical aspects of lessons and activities. It is important that staff are also dressed suitably in order to be an effective role model. Children who persistently have no P.E kit will receive a letter informing their parents or guardians of the situation and hopefully solving the problem.

Resources

Each year a sum of money will be allocated to P.E and physical activities in order to ensure that the equipment needed for this subject can be brought and replaced if necessary. It is the responsibility of the subject leader to order such equipment. All small equipment is stored in the P.E shed, which is located outside the main hall. Children are not allowed to enter the P.E shed unless accompanied by a teacher or teaching assistant. All equipment must be put back tidily. It is the responsibility of all teachers in St Patrick's to keep the P.E shed tidy.

Cross-Curricular Links

At St Patrick's Primary School we aim to provide a topic based curriculum and links to other areas should be promoted.