

Physical Activity

Originated by:

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Ratified by Governors:

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Review Date:

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Rationale:

At Hatch Warren Infant School we believe that physical activity, experienced in a safe and supportive environment is a unique and vital contributor to a pupil's physical development and well being. Sedentary living patterns and unhealthy dietary habits are becoming more prevalent in our society and there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. By participating in physical activity before, during and after school, pupils can gain a range of physical, social, emotional and intellectual benefits.

Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games. Therefore, physical activity is an important dimension in pupils' broad scope of development during their years of schooling. It is important that children are given opportunities to participate in a range of enjoyable physical activities at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

A broad and balanced physical education curriculum is intended to provide for pupil's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Progressive learning objectives combined with varied teaching approaches endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all children. Pupils are encouraged to appreciate the importance of a healthy and fit body and begin to understand those factors that affect health and fitness.

Aims:

- to increase the physical activity levels 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 for maintaining a healthy life

- to increase activity levels and well-being of the whole school through the provision of a supportive environment that encourages and enhances physical activity and a healthy lifestyle
- to ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.

Objectives:

- Ensuring all pupils have access to opportunities to participate in at least two hours of high-quality PE and school sport within and beyond the curriculum
- Ensuring that physical activity provision in the school reflects the cultural, personal, social and medical needs of all pupils
- Raising the profile of physical activity throughout the school and raising awareness of its value for health
- Improve self esteem and confidence among pupils and provide opportunities for them to work together and share skill sets.
- Increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- Seek to finance suitable new and replacement PE and sports equipment so no pupil is ever found wanting of such items during lessons.
- Ensure that we have links with local sports clubs and group to direct pupils, staff and visitors toward so they may continue their active pursuits out of school hours.
- Promote the development of skills for life through physical activity and involvement in sport such as citizenship and leadership.
- We will provide opportunities for pupils to both practice and perform in sport individually and through team sports.
- Openly celebrate pupils' effort and success in competitive sports opportunities encouraging a balanced attitude to the realities of winning and dealing with the concept of not winning.
- Helping pupils understand how physical activity can help them to be more healthy, and how physical activity can be part of everyday life

Ethos and environment:

Pupils should be consulted and involved in decisions about physical activity within the school.

We aim to do this in the following ways:

- the school identifies pupils who do not participate regularly in physical activity and those who need extra support to participate and puts strategies in place to encourage and support these pupils to be more active
- the school explores ways of engaging with all pupils to promote a love of being active
- pupils' participation in physical activity is recognised and celebrated
- all those leading physical activity sessions adopt a caring and supportive approach and have a commitment to every child
- pupil-centred, differentiated learning and teaching methods are used

- all physical activity sessions are structured and delivered to maximise learning, enjoyment and activity levels for all pupils
- facilities and equipment are made available for pupils to use at play and lunchtimes
- facilities are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parents
- facilities and equipment are regularly checked and are well maintained

Curriculum:

Provision within the curriculum

- the school provides at least two hours of curricular physical education for each year group
- the PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils
- schemes of work are in place which outline a planned approach to health related activity and ensure National Curriculum requirements are met
- PE is timetabled to maximise activity time and to help facilitate pupil participation in out-of-hours learning opportunities
- 2 x 10 minutes sessions of Activate three times a week are timetabled
- careful consideration is given to the grouping of pupils to ensure inclusivity
- cross-curricular links are explored and developed as appropriate.

Teachers need to consider the following:-

- Teachers are responsible at all time for safety and welfare of the children. They should make themselves aware of the health and safety arrangements for the areas of activity they are teaching.
- Equipment needs to be readily available, accessible and in good working order.
- Children need to be taught to handle and move equipment correctly and safely and respond to safety instructions.
- Children should be given direct teaching with regards to skills and techniques to be acquired.
- Children should be given opportunity to work independently in small groups and as a whole class.
- Specific language and vocabulary will need to be introduced to help children discuss and evaluate work.
- Performance should reflect a variety of work and ability.
- Student teachers must **always** be supervised by a qualified teacher when teaching P.E. lessons.
- Any equipment in need of repair/replacement should be reported to P.E. co-ordinator or Headteacher immediately.
- Mats should not be placed where a child might fall but where they are intended to land, to prevent children from having a false sense of security and attempting too difficult a move. Children need to be taught correct use of mats and safe landings.
- Children should remove their outer clothing and do P.E. in shorts and T-shirt.
- Children should work in bare feet.

- Teachers should set an example by changing into suitable footwear before the lesson.
- In the interests of safety it is important that children remove all jewellery during P.E. lessons.

Out-of-hours provision:

Provision in addition to the curriculum

- all pupils are provided with opportunities to be physically active through out-of-hours activities by offering a wide range of activities at a variety of times e.g. Karate, Multi-skills, Club Energy, Dance
- physical activity is promoted during breaks and lunchtimes and pupils are encouraged to be more active at these times

Community links:

Who else participates and/or supports delivery?

- the school links with school sport co-ordinator and organisations in the community to enhance and extend physical activity opportunities through signposting
- pupils are provided with information on activity opportunities within the local community and the school has made formal links with a selection of these
- specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community

Active travel:

Pupils, staff and parents/carers are encouraged to walk or cycle to school and the school has finalised its school travel plan