

# Bramham and Shadwell Federation

## PHYSICAL ACTIVITY POLICY

Adopted by the Teaching and Learning  
Sub-committee  
March 2018

Date to be reviewed: March 2020  
School Policy

Signed: \_\_\_\_\_

Chair of Sub-Committee



# **Physical Activity Policy**

## **1.0 Introduction**

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with *physical inactivity*. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood helps to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns

The Chief Medical Officers Physical Activity Guidelines 2011 state, 5-18 year olds should be physically active for at least 60 minutes (1 hour) every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis.

Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Bramham & Shadwell Federation is committed to promoting the health and well-being of children, staff and the wider community through physical activity.

## **2.0 Rational & Ethos**

In the development of this policy, staff, children and governors were all consulted. Other policies that this policy relates to include the P.E. policy and the School development plan.

## **3.0 Aims**

To ensure all pupils have the opportunity to participate and engage in a variety of physical activities which will encourage a continued healthy lifestyle.

To provide information to about physical activity to children, parents, staff and governors.

## **4.0 Objectives**

The key objectives that the school will deliver to meet the policy aims are:

- To provide all pupils with information to be physically active during the school day and beyond.
- To increase the opportunities for all children to be physically active.
- To provide opportunities which will engage SEN children in physical activity.
- To increase the opportunities in competitive sports for Key Stage 2 children.
- To organise games during lunchtimes for those children who do not wish to participate in football or basketball.

## **5.0 Equal Opportunities and Inclusion**

Bramham & Shadwell Federation ensures physical activity for all by offering opportunities for all pupils to access physical activity. This can be before school, during P.E. lessons, at break and lunchtimes, or afterschool. We are committed to continuously increasing the variety and breadth of physical activities on offer for all age groups.

Children are encouraged to fully participate in physical activities through engaging and enthusiastic teachers and coaches. They are also educated on the benefits of living healthy lifestyles and how physical activity plays an important role in this.

This policy cross references to other policies, such as the teaching and learning policy, by encouraging and facilitating school sport and physical activity for all children.

It also heavily links to the school's thematic approach to the curriculum by encompassing the 'whole' child; it develops not just their physical abilities, but provides for all children the opportunities to develop their resilience, perseverance, motivation and self awareness skills as well as the SMSC skills of democracy and tolerance through the wide variety of activities.

Staff are supported to promote and provide access for all children through the P.E. Premium funded by the government as well as having resources and training courses available when required.

## **6.0 Facility, equipment & resources**

Bramham Primary School has a hall, playground and school field. There are games markings and a trim trail on the playground and a football pitch on their field.

Shadwell Primary School has a hall, playground and school field. There are games markings and trim trails for both KS1 and KS2 on the playground, as well as a basketball court, netball court and football pitch on the field.

There is a wide range of both competitive equipment, such as goals, hoops, nets and games equipment which is used for P.E. lessons and after school activities, and non-competitive equipment such as skipping ropes, bean bags and circus equipment such as diablos and ribbons.

Staff are informed of available equipment and facilities through staff meetings and staff briefing sessions, as well as throughout the day by the subject lead.

The lead practitioner for PE and Sport; the Senior Leadership team and the Business Manager are responsible for purchasing and maintaining equipment.

The equipment & resources for physical activity participation outside of the curriculum are stored underneath the school and in P.E. storage within the school. They can all be accessed by any staff member and the ones within school can also be accessed by pupils.

## **7.0 Out of School Hours Learning OSHL**

During break and lunchtimes, children can participate in more competitive activities such as Basketball and Football. There are also non-competitive opportunities such as the trim trail/climbing wall, ribbons, diablos, bean bags and games such as 'Big Jenga'.

Afterschool there are also competitive and non-competitive clubs for children to participate in. Competitive clubs are selective and focus on developing teams to compete against other schools, allowing those children to train to a more elite level.

The non-competitive clubs allow any child to participate and focuses on developing their skills at an emerging level.

At Bramham and Shadwell Federation there are multiple opportunities for children to participate in extra-curricular physical activity opportunities out of school hours. These include Football, Tag Rugby, Netball, Hockey, Dodgeball, Dance, Hoola Hooping, Golf and Basketball for all KS2 pupils. KS1 have access to activities such as Dance, Hoola Hooping, Dodgeball, Football, Golf and

Gymnastics. Children who are particularly able are provided with opportunities to participate competitively for school teams and all children are encouraged to join clubs within the community to continue their participation. It is paramount that all children have the opportunity to participate in physical activities which are not only suitable for their ability, but where they also feel confident and find enjoyment from them.

### **8.0 Curriculum provision**

Reception children participate in 1 hour of PE each week. KS1 and KS2 pupils participate in 2 hours of curriculum P.E. each week. Each KS1 class follows a Long Term P.E. plan which focuses on developing both physical and mental attributes for; Games (throwing, catching, kicking and rolling), Dance, Gymnastics and Athletics. Each KS2 class follows a Long Term P.E. plan which focuses on developing both physical and mental attributes for; Invasion games, Net/Wall games, Striking & Fielding games, Dance, Gymnastics, Outdoor & Adventurous activities and Athletics. Class 4 go swimming as part of their PE in order to improve their swimming skills and confidence in the water.

In order to further enrich each child's physical activity experiences within the Federation, there are also weekly Wake Up Shake Up sessions. Furthermore, each year there is a Sports Week where children participate in a variety of both competitive and non-competitive activities such as fitness tests, where they can develop and analyse their own fitness scores, inter-house competitions, circus workshops, tennis, dance, lacrosse and golf. There is also a Sports Day each year which encompasses both competitive and non-competitive elements, such as individual races and team games.

The Bramham & Shadwell Federation P.E. policy supports physical activity by setting guidelines for good practice, expectations for teachers and pupils and ensures pupils are receiving appropriate amounts of physical activity.

### **9.0 School Staff/Adults Supported Learning/Leader Development**

The P.E. lead, Senior Leadership team, pupils, parents and Governors are responsible for developing, improving and monitoring the policy.

The budget arrangements for supporting physical activity opportunities are funded by the P.E. Premium as set by the government.

Staff are supported to deliver high quality physical activity in school by attending Physical activity based staff meetings, CPD courses, lesson observations as well as observing high quality P.E. lessons. They also have excellent resources for what they require.

Staff identify their own CPD needs. In addition, as opportunities for CPD arise, they are circulated around all staff to attract interested parties.

External sports clubs and coaches who deliver physical activities within the Federation are recruited from either well known or recommended companies. All companies are interviewed initially to see if what they are offering is appropriate and suitable for the school. Regular discussions with coaches identify what is being taught and what progress is made; a member of school staff is also present during the initial sessions to observe how the coach interacts with the children and how the children respond to the session. Risk assessments are undertaken before each activity.

All coaches are DBS checked and coaching companies deliver a child protection and safeguarding policy to the school before they work with the children.

## **10.0 Staff Physical Activity Engagement**

Information about gyms and clubs are available in the staff room.

Staff are encouraged to participate in Wake Up Shake Up activities with the children and there are opportunities to coach/referee sports teams and become involved in physical activities.

Data is collected on staff preferences for physical activity whereby activities/clubs are put in place to encourage staff to participate in physical activity.

P.E. staff meetings incorporate health and wellbeing designed to encourage staff participation in physical activity and for them to lead healthy lifestyles.

## **11.0 Partnerships**

Bramham & Shadwell Federation engages with multiple sports organisations, which not only help to raise the profile of school physical activity but also creates links with external clubs, allowing children to continue participation outside of school hours and once they leave primary school altogether.

## **12.0 Family engagement**

Bramham & Shadwell Federation provides information about physical activity on the school's websites through updates on sports clubs and extra-curricular activities.

Curriculum Newsletters detail what is happening in each class's PE lesson during that particular half term.

Letters regarding specific sports teams are sent to parents informing them of fixtures and training. Letters are sent to parents about available clubs which their children can participate in.

Parents evenings allow parents to access any information they require directly from their child's teachers.

Whole school events and assemblies are used to inform children and parents of achievements within school sport.

## **13.0 Links to other areas of school improvement**

Physical activity and a whole school action plan for P.E. is incorporated into the school development plan; it states a number of initiatives and action points for development in whole school physical activity eg afterschool sports clubs

Physical activity features in Pupil Premium strategic plans by ensuring that all pupils have access to afterschool clubs and the two residential in Year 5 and in Year 6.

The School Sport Premium strategic plan includes physical activity within health & wellbeing through calculating funds for activities during Sports Week, maintaining equipment for all children to use during P.E. lessons, afterschool clubs and break/lunchtimes. It is committed to a continued increase in the variety of physical activities on offer.

## **14.0 Evaluation**

Bramham & Shadwell Federation evaluates the impact of the physical activity policy through data collection, the School Games Mark and Healthy Schools criteria.