

Physical Activity Policy

Southwood Primary School

This policy was written in consultation with staff, pupils, parents and governors.

1. School Background Information

1.1	Type of SchoolPrimary
1.2	Member of Healthy Schools Scheme since2015
1.3	Average No. on roll638
1.4	No. of classes in year3 form entry

2. Key contacts

2.1	Physical Activity Coordinator:Stewart Stevens
2.2	School Sports Coordinator:as above
2.3	School Travel Plan Coordinator:Jason O'Byrne

3. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 3.1 School Handbook / Prospectus
- 3.2 Staff Handbook / Induction materials
- 3.3 Governor Handbook / Induction materials
- 3.4 Pupil documentation

4. Purpose of Physical Activity Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of physical activity opportunities during the school day and our approach to the positive promotion of physical activity.

5. Physical Activity Guidelines for Children

The Physical Activity guidelines for children and young people are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring the all children are as active as possible throughout childhood is important for current and future population health.

Physical activity guidelines for children and young people aged 5-18 years:

- Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types of intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity

For more information on the UK Physical Activity Guidelines for Children and Young People please refer to: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

In 2019, the Government published a School Sport and Activity Action plan which sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school. The PE and Sport Premium helps primary schools to achieve this, providing funding to make additional and sustainable improvements to the quality of PE, physical activity and sport offered.

For more information on the School Sport and Physical Activity Action Plan please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/848082/School_sport_and_activity_action_plan.pdf

For more information about the PE and sport premium for primary schools please refer to: <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

For details of how we have spent our PE and Sport Premium Funding to make additional and sustainable improvements to the PE, sport and physical activity we offer please refer to: <https://www.southwoodprimary.co.uk/sports-premium/>

For nurseries attached to primary schools, there are a different set of guidelines for children under the age of five. Physical Activity Guidelines for under 5s:

- Pre-schoolers (3-4 years):
 - Pre-schoolers should spend at least 180 minutes per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate to vigorous activity.

For more information on the UK Physical Activity Guidelines for Under 5s please refer to: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

6. Curriculum Provision

Physical Education is compulsory at all key stages. The National Curriculum programmes of study outline what should be taught at each key stage. Local authority maintained schools are required to follow the National Curriculum; academies and free schools do not have to follow it but are required to provide a broad and balanced curriculum that promote the physical development of pupils.

A high quality physical education curriculum inspires all pupils in KS1 and KS2 to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. In addition, schools must provide swimming instruction either in KS1 or KS2.

For more information on the National Curriculum for Physical Education in KS1 and 2 please refer to: <https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>

To meet the Healthy Schools London criteria for the Bronze award schools must provide a minimum of 90 minutes of PE for each pupil across the school week.

For nurseries attached to primary schools, physical development is one of the three prime areas of learning and development. Physical development involves giving children opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity.

For more information about physical development and the early years foundation stage please refer to: <https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

Provide details of how PE is taught in your school including:

- School age children
 - All children receive 2 hours of PE lessons per week, taught by the PE teacher, sports coach or class teacher
 - Currently all Yr 6 children learn to swim for 1 term
 - The scheme of work used is 'Complete PE. Approved by afpe, all children are assessed on a termly basis against the learning objectives set out in the scheme and recorded on the scheme of work database so it can be monitored and evaluated on a regular basis

7. Extra-Curricular Provision

To ensure that children and young people are able to meet the physical activity guidelines schools should also look outside of PE lessons to provide physical activity opportunities. By making physical activity an integral part of pupils' daily routines, schools can increase the amount of time children spend being active, boosting their physical, mental wellbeing, character and resilience.

At Southwood Primary we provide the following:

- 7.1 Before school – multisports activities available to all stages
- 7.2 Break times - multisports activities available to all stages
- 7.3 Lunch time - multisports activities available to all stages
- 7.4 In class (not including PE lessons e.g. active learning / pedagogy)
- 7.5 After school - multisports activities available to all stages
- 7.6 School trips – as below with regard to competitions

7.7 Competitions – regular sports events help throughout the year, either virtual, internal or external

7.8 During school holidays – point the children to external holiday clubs

7.9 Active Travel including STARS awards – part of the BIG Pedal campaign to reward children to walk, scoot or cycle to school

8. Resources

Access to, and integration in the school day of, open space, forests, parks, and playgrounds are positively associated with physical activity levels. Access to loose and fixed equipment, along with non-traditional play materials also support physical activity among children and young people. There is also evidence of greater benefits of people being active outside, such as benefits to mental and emotional wellbeing.

- Resources available to children in the nursery. Climbing frame, bats, balls, skipping ropes, hula hoops, soft toys etc
- The resources available at school to promote physical activity opportunities are 2 school halls, apparatus and equipment, playground, playground markings, local swimming pool. MUGA, astroturf
- All mobile resources are either stored in cupboards in the halls or the PE container in the playground
- Resources are accessed by pupil under the supervision of staff and all equipment is checked on a regular basis to ensure all are working correctly and there are ample to use
- How you prioritise spending on physical activity resources – this is looked at on a regular basis to ensure all equipment is up to standard and replaced if not
- All facilities are available throughout the day from Breakfast club through to after school club of an evening
- Since the astroturf has recently been installed, children are encouraged to use this space as often as possible

9. Equal Opportunities and pupil voice

There is growing evidence to show that certain groups such as girls, children with disabilities and those from minority ethnic groups and low socio-economic status families have lower levels of physical activity than their counterparts and that this contributes to health inequalities related to lower levels of physical activity.

Giving pupils a voice and enhancing their ownership of physical activity delivery can ensure that activities are appropriately tailored to their needs can support participation. In addition, encouraging children and young people to act as role models can have an aspirational impact and encourage younger age groups to follow a similar path.

Offering a variety of physical activity opportunities for children and young people to take part in, including free play can increase participation in physical activity. In addition, a focus on games and the fun elements of participation, as well as the more traditional sports or competitive activities, can help to encourage participation, particularly among inactive children and young people.

At Southwood Primary

- all children work at different levels, the PE scheme of work caters for all abilities
- some children are less physical but are encourage to think of ideas to help them and their peers enjoy and succeed in PE
- Morning , lunchtime and after school club are ongoing throughout the academic year, using a wide range of activities and the children consult through the pupil voice surveys and school parliament
- sports leaders are yr 6 children and they often work with younger children at lunchtimes, playtimes and inhouse sports activities to help encourage, enjoy and participate
- children and young people are actively involved in planning physical activities through the school parliament or pupil voice surveys
- the PE curriculum covers a wide range of topics through the academic year as well as representing the school at external activities
- The PE curriculum offers a wide range of activities catering for all abilities from Dance, to Gymnastics to Football and athletics

10. Staff training, development and activity

Evidence supports the need for an appropriately trained, skilled and knowledgeable workforce. Ensuring staff have the confidence and competence to offer high quality experiences of both physical education and physical activity across the school day can contribute towards higher levels of physical activity by children and young people.

In addition, staff act as role models and can inspire children to participate in sport and enjoy it. The UK Physical Activity guidelines for adults recommend that:

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still
- Adults should do activities to develop or maintain strength in the major muscle groups. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes of moderate intensity activity; or 75 minutes of vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

For more information on the Physical Activity Guidelines for adults please refer to:

<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

At Southwood Primary;

- all staff are able to use the Scheme of work for PE which is very interactive. PE teacher will view lessons throughout the year and provide feedback where necessary, the PE teacher wil also ensure staff have the relevant resources for each lesson
- The PE scheme of work is very interactive for all ages in Primary school, if staff are unsure they will liase with the PE teacher for further guidance & training

- All staff dress appropriately for all PE lessons and act as role models throughout the lesson, staff will often need to show the children what the Learning objective is

11. Community partners and links

There are a wide range of partner organisations and support available in the local community to support the provision of physical activity.

West Ham United Football

Essex County Cricket Club

A-Life

Goresbrook Cricket Club

Dagenham Leisure Centre (for swimming)

Romford & Gidea Park Rugby Club

Jim Peters Athletics Stadium

Bikeability

Box-Up

B&D School Games Organisation

Panathlon

12. Holiday Provision

To prevent a drop in physical activity levels across the school holidays, we signpost children to a range of community groups and organisations who run active provision for children and young people during the holidays.

13. Monitoring and Evaluation

- This policy is monitored and evaluated on an annual basis with the PE teacher and SLT
- We use a tool with the scheme of work to monitor the children activity levels for each topic covered on a half termly basis.
- The Physical Activity policy will be shared on the school website and internally within staff

14. Policy Review

Policy Implementation Date: July 2024

Next Review Date: July 2027

