

## **Physical Activity Policy**

At Nevill Road we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sport's funding is extremely effective in improving and sustaining high quality PE and sports provision. Through this provision, it is vital to ensure our children are given the opportunities to become conscientious, caring citizens.

### **Aims**

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality and breadth of PE and Sport

### **Definition of Physical activity**

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

### **Delivery**

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff, coach(es) or swimming teacher(s)
- Cross curricular links in our curriculum – PE, PSHE and science
- Extra-curricular clubs run regular sessions throughout the year, providing a wide range of opportunities

- Competitions provide children with the opportunity to represent the school in a range of sports at a local, and potentially, regional level.

### **Physical education lessons**

There is a sequential scheme of work for PE which involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. We use the playground, field and hall for PE activities. All pupils participate in physical PE activity each week. Through the year, Years 4 and 5 currently partake in weekly swimming lessons.

### **Extra-curricular physical activity**

Pupils have a diverse choice of activities in which they can participate – competitive, non-competitive, structured, unstructured and including some physical activity options such as drama, gardening, cheerleading.

All activities are supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of school staff will be available in case support is required-e.g. an accident.

As a school, we are part of the SHAPES Alliance who provide a range of inter-school competition, engagement and leadership opportunities.

We actively encourage pupils to go to local clubs and promote our gifted and talented through outside clubs.

Year 5 Sport Ambassadors run frequent intra-school events to promote active participation for all students.

Year 5 Change 4 Life Ambassadors run frequent clubs to promote activity in those children who are less actively engaged with physical activity.

### **Lunchtime activities**

The school playground is a hive of sporting activity at lunchtimes. Coaches set up a range of sports on the school playground for children to participate in.

Year 6 Play Leaders act as leaders on these stations for the Year 3 & 4 children, providing a support for stations set up.

## **Equal opportunities**

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account of their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability. Children participate in the majority of inclusion events hosted by the SHAPES team.

## **Differentiation**

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- Pupils at different starting points all make progress
- The achievements of all pupils are maximised by providing variations in tasks, resources, support and group structure.

## **Assessment, recording, reporting and monitoring**

An audit of out of school activities is kept to indicate the number of pupils participating in physical activities

Levels of participation will be monitored with regard to gender, SEND and overall levels of interest.

Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/ don't enjoy about PE.

We use assessment sheets to link pupils' achievements to National Curriculum level descriptors which are built on year on year as part of the skills progression within PE; this information is used to inform parents in the end of year report.

## **Staff training**

Staff receive, as a minimum one half term per year, a six week block of CPD where they team teach with external specialists. Staff training is planned and set out by the PE subject leader.

Health and safety plays a major part in all training for staff.

## **Health and safety guidelines**

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities

All guidelines for physical education and games are followed e.g. supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be DBS checked, including parent helpers.

## **Promoting physical activity to the whole community**

Parents are sent details of physical activity clubs their children may attend.

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

## **Kite Marks**

Nevill Road currently holds the Sainsbury's Sports Gold award.

Stockport Schools Award 2018

Lockdown Innovation Award 2021

School Games Mark Gold Award

Our school works hard to achieve recognised status for physical activity and school sport.

## **Monitoring and evaluation**

The Physical activity co-ordinators are Adam Baguley & Alex Taylor. They are responsible for providing clear leadership and management in developing and monitoring physical activity within school. They work closely with all members of staff and our PE specialist provider. They monitor levels of participation and make appropriate adjustments. They consult with pupils and staff to identify barriers to participation and to ensure there is a broad range of activities which are provided for all pupils to participate in.

This policy is a working document will be reviewed every 2 years.