



PHYSICAL ACTIVITY POLICY

(Non-Statutory Policy)

(Pupil Wellbeing Committee)

(Approval by Pupil Wellbeing Committee – 3 Year Review Cycle)

Date to be implemented from:	May 2021
Date to be reviewed by:	May 2024
Date Reviewed by Sub Committee:	5 th May 2021

Approved by:

Signed: (Chair – Pupil Wellbeing Committee)

(Print Name)

Date

This Policy supersedes any previous Policy of this name or instructions that pre-date this edition.

This Policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this School.

Policy Statement

1.1 St Andrew's School affirms that individuals are entitled to equal rights, responsibilities and opportunities. The School strives to ensure that all individuals are equally valued and everyone is treated with respect.

1.2 St Andrew's School publishes its Physical Activity Policy as part of Healthy School strategies and will meet any other legislation or requirements to ensure a healthy environment for pupils, staff, parents/carers and visitors.

1.3 The Policy will be readily accessible within the School on the Website and in hard copy on request.



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2 Reviewing the Policy

2.1 Reviewing the Policy – St Andrew's School will assess the implementation and impact of this Policy on a continuous basis and undertake a regular formal review on an annual basis to ensure it is fit for purpose.

2.2 Physical Activity is an integral part of School practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others and we will review the Policy in the light of any medical advice regarding sport injuries and safety.

3 School Vision

3.1 Our vision is to become an outstanding School within a loving, Christian community.

3.2 Our parents/carers, children and staff will work together to enable all children to:

- achieve their potential
- learn in a safe, stimulating environment
- enjoy learning now and in the future

4 Purpose of Policy

4.1 At St Andrew's School, we believe that each child is a unique individual created by God. As such, we feel it is important to provide learning opportunities within the context of physical activity, which provides a varied and interesting Curriculum. We see Physical Activity as a vital part of the education experience as a whole.

4.2 Physical Activity contributes to the overall education of children by helping them to lead full and valuable lives through engaging in purposeful high-quality activity and knowledge of the body in action.

4.3 Physical Activity develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Activity provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles.



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4.4 At St Andrew's School, we acknowledge that pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

5 Aim of Policy

5.1 The aim of this Policy is to create a culture and ethos where sport, fitness, dance and movement are enjoyable and an integral part of health promotion.

5.2 The Policy confirms that through Physical Education we are encouraging children to trust one another as individuals and in groups or teams and compromise and co-operate with others.

5.3 This Policy provides a framework that translates the values and aims of the School regarding Physical Activity.

6 Curriculum and Resources

6.1 The following areas can be used:

- The School Hall can be used for physical activity
- The playground, including the green, can be used as outside area
- The PE cupboard inside the School and the PE shed outside the School contain all the PE equipment available.

6.2 The Curriculum outline:

- All classes are involved in a minimum of 2 hours of active PE each week.
- In Reception and Yr1 dance, gymnastics, games and athletics are taught by the class teacher.
- In KS2 and Yr2 dance and gymnastics are taught by the class teacher - all other areas of Physical Activity are taught by a specialised instructor (including swimming).
- The Val Sabin scheme of work is in place for Gymnastic and Dance. Staff should follow and adapt this in lessons where appropriate.

6.3 The PE team will assess the quality of lessons taught by staff, in accordance with the moderation schedule outlined each year.

6.4 Staff can ask for further resources to the PE Subject Leader who will order these if it is appropriate.

6.5 Physical education courses are available from the Borough and all teachers have the opportunity to book on to these.



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7 Recognising Good Practice

7.1 At St Andrew's we believe that pupils, of whatever ability, should be exposed to recognising the benefits of activity that contributes to better health. We do this by:

- Employing teaching methods and resources that will allow all pupils to have equal access to Physical Activity and to experience success and enjoyment in Physical Activity/PE.
- Stimulating and maintaining pupil interest and enjoyment in PE and promoting health and fitness for current and future lifestyles.
- Enabling pupils to:
 - Understand the role of exercise in a fit and healthy lifestyle
 - Understand the short and long term effects of exercise on the body
 - Understand and use safe practice and to appreciate its importance in PE
- Enabling pupils to be familiar with a body of knowledge, principles and vocabulary that relate to Physical Activity.
- Enabling pupils to see Physical Activity as part of a wider body of knowledge and skills.
- Enabling pupils to see Physical Activity as a major feature in our lives, related to employment, leisure and culture.
- Enabling pupils to develop a range of desirable personal qualities such as safety, awareness, politeness, perseverance, concern for others, initiative and independence. The establishment of self-esteem through the development of physical confidence is also developed through PE lessons.
- Enabling pupils to work independently and as part of a group or team, in varied activities so that Physical Activity contributes to the development of core skills, such as communication by speech.

7.2 As far as possible, we will employ teaching strategies and resources that will allow all pupils to have equal access to Physical Activity and to experience success and enjoyment in Physical Activity.

7.2.1 We are committed to inclusion but since Physical Activity is by definition active, and some of the activities in PE have attached risks, there are occasions where inclusion is not appropriate for the safety and enjoyment of all participants. We will adapt activities to meet the needs of pupils and have different expectations where appropriate.



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7.2.2 We will always risk assess PE lessons ensuring we consider:

- Health and Safety instructions
- Outdoor weather conditions
- Apparatus and its maintenance
- Suitable PE kit and footwear
- Jewellery, badges etc that might carry a risk to the pupil
- Long hair
- Other items to be considered out of respect for religious or cultural reasons
- The needs of those with protected characteristics

8 Procedures

8.1 These Procedures relate directly to the aims for Physical Activity at St. Andrew's and are intended to guide how the aims are put into practice.

8.2 Staff should provide a variety of experiences and activities during each year and during a Physical Activity lesson if possible and appropriate, for example:

- Games
- Gymnastics
- Fitness and its relationship with health
- Dance and Movement
- Swimming (KS2 only)
- Indoor and Outdoor activities
- Individual and group activities
- Working together as a team towards a shared goal
- Problem Solving
- Communicating PE ideas to others by means such as speaking
- Listening and appraising
- Practising and refining skills
- Using repetition in order to improve



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8.3 The NC KS2 should be used as the basic core skills for the Schemes of Work. Rules, vocabulary and games skills such as attack, defence and fielding will be taught. Staff should encourage pupils to recall and apply their knowledge and skills in familiar and unfamiliar situations.

8.4 Staff should refer to work in other Curriculum areas when appropriate:

- Pupils should follow written and verbal instructions accurately.
- Safety is further enhanced by emphasis on the following:
 - The need to wear correct clothes/equipment.
 - The need to follow rules.
 - How to lift, carry, move and place heavy equipment.
 - The need for warm-up and recovery period when exercising.
 - How to swim and be safe when around water.
 - General safety rules when engaged in Outdoor Education.

8.5 Lessons should be conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils should learn the rules, etiquette, laws and codes for various activities and there should be planned opportunities for pupils to develop a range of desirable personal qualities.

8.6 There should be opportunities for individual and/or group activities so as pupils can express their feelings verbally and learn how to work co-operatively as well as on their own.

8.7 Pupils should be encouraged to share their experiences/culture with others in order to enhance the quality of learning and to develop socially and inclusively.

8.8 Pupils with protected status will have their needs considered and catered for at all times.

8.9 As a School committed to inclusion, we will allow opportunities at various times for group discussion. At these times we can listen to each other's views and hopefully reflect upon them, particularly on health and fitness issues.



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8.2 All staff will:

- Ensure H&S regulations are met at all times
- Take responsibility for planning and organising Physical Activity/PE for their class
- Ensure lessons involving Physical Activity are risk assessed
- Ensure all pupils are engaged, whatever their level of skill or needs
- Highlight the enjoyment and benefits that Physical Activity, PE, Sport, dance and movement have given the population at large and within our own community, using carefully phrased comments and well-chosen resources
- Encourage pupils to improve in a particular sport or skill over a period of time
- Adhere to the School Reward systems in order to encourage pupils to achieve their full potential and experience a feeling of achievement

8.3 The **School Leadership** will:

Headteacher

- Ensure the Curriculum is fit for purpose and provides opportunities for the School to engage in Physical Activity in a safe environment
- Ensure those with protected status are catered for in appropriate Physical Activity
- Encourage a culture where Physical Activity is seen as available to all and not just for élite athletes
- Engage with the wider community to encourage the engagement of both genders in a range of sport that challenges stereotypes
- Ensure pupils, staff, parents/carers and Governors all understand this Policy and its implications

Governance

- Whole Governing Body will receive reports regarding Physical Activity, PE and Sports
- Ensure the Sport Premium allocation is used effectively
- Celebrate the success and taking part of individuals and teams in Physical Activity, PE and Sport
- Monitor and evaluate this Policy at regular intervals



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9 Sources of further information and support

Is your School ready for OfSTED's PE & Sport's Premium Questions – AMAVEN

<https://www.amaven.co.uk/blog/is-your-school-ready-for-ofsted-pe-sport-premium-questions>

Primary PE and sport premium guidance – Youth Sport Trust

<https://www.youthsporttrust.org/PE-sport-premium>

Effective use of Primary PE and Sport premium – Active Derbyshire

<https://www.activederbyshire.org.uk/uploads/primary-pe-and-sport-premium-good-practice-examples-2020.pdf>

Beyond 2012: outstanding physical education for all –Gov.UK

<https://www.gov.uk/government/publications/beyond-2012-outstanding-physical-education-for-all>

Primary Resources: PE - Primary Resources.co.uk

<http://www.primaryresources.co.uk/pe/pe.htm>