



## Shapla Primary School Physical Activity Policy

### **INTRODUCTION**

Shapla School is committed to promoting the health and well being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Shapla.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse and was implemented December 2010.

### **ETHOS & ENVIRONMENT**

At Shapla we strive to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

### **PHYSICAL ACTIVITY POLICY CO-ORDINATOR**

The school physical activity policy and strategy co-ordinator is Gemma Briggs.

### **PHYSICAL ACTIVITY AIMS & OBJECTIVES**

Aim: To ensure that all aspects of physical activity in school are promoted for the health and well being of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets

### **EQUAL OPPORTUNITIES**

All physical activity opportunities offered at Shapla School are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities and Gifted and Talented policy.

### **RESOURCE PROVISION**

Shapla has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playcourt, with markings for football, netball and basketball and also a running track. Pupils swim weekly in Year 4 & 5. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the PE cupboard in the hall and the PE shed in the quiet area, and planning resources can be found in the PE Co-ordinator's area.

## **STAFF RESPONSIBILITY & DEVELOPMENT**

PE Co-ordinator: Gemma Briggs

School Travel Plan Co-ordinator: Nick Saiz

Our work with the Schools Sports Partnership has widened the school's relationships with external agencies. As a result, local coaches often come into school and work alongside teachers, which provides them with practical teaching skills through CPD. Teachers can also request training support where necessary as part of ongoing CPD.

## **CURRICULUM PROVISION**

### *Organisation*

The PE programme is taught by class teachers and specialized sports coaches, with the exception of swimming. This is taught by specialised swimming instructors across both key stages.

Each child will receive the following **ACTIVE** PE time per week:

### Foundation Stage:

45 minutes x 1 lesson

25 minutes per week of Fit-in-5

20 minutes per day of active play activities.

### Year 1 and 2:

60 minutes x 1 lesson

25 minutes per week of Fit-in-5

30 minutes x 1 lesson for Year 2.

### Year 3 and 4:

60 minutes x 2 lessons Year 3 and 1 lesson Year 4.

30 minutes swimming (30 min walk to and from swimming for Year 4)

### Year 5 and 6:

60 minutes x 2 lessons Year 6 and 1 lesson Year 5

30 minutes swimming (30 min walk to swimming for Year 5)

### *Planning:*

Physical Education operates on a 2-year rolling cycle, and is based on the progressive learning objectives outlined in the QCA scheme of work. The school also uses the Val Sabin Gymnastics scheme of work. In both key stages we teach gymnastics, dance, games, swimming and athletics with the addition of outdoor adventure activities in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

### *Cross curricular links*

Through the IPC curriculum, teachers are able to teach units of work that are based on their topic. Physical education also has considerable potential to contribute to much wider areas of learning. We considered it important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills where possible, as this often supports the kinaesthetic learner.

### *Assessment*

We make ongoing formative assessments for PE as part of our Assessment for Learning focus, linked to the NC key skills. This is completed through the IPC pupil and teacher assessment rubrics and is shown on the IPC database from Yr 1 - 6. EYFS use Early Learning Goals.

## **EXTRA CURRICULAR PROVISION**

### *Break times / lunch times*

Playground markings include hopscotch and jumping, snakes & ladders and four square. Children are encouraged to throw and catch at playtimes, and balls are also provided. We also provide skipping ropes and elastics, bat and balls, hoops, hop-its and footballs. Each class has their own playground equipment to play with at playtimes. The children are responsible for monitoring their equipment (stored in a bag) and handing equipment out to their friends. Classes use the playcourt on a rota basis at playtimes and lunchtimes, usually for team games such as football or basket ball.

### *After school clubs*

We aim to encourage all pupils to take part in a range clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Football clubs are put on offer each year to prepare children for competitions. A range of other clubs are also offered; these may include gymnastics, co-ordination (early morning club), netball or hockey, fencing or sports.

### *Competition*

Pupils take place in a range of intra-school and inter-school competitions organised through the School Sports Partnership. These include basketball, netball, football, athletics, multi-skills, tennis, hockey, athletics and gymnastics. Our Year 6 children are currently being trained as Young Leaders so they can implement competitions with the KS1 children. We also hold an annual sports day where the children compete in athletic events.

### *School trips*

The school offers a number of outdoor education experiences throughout the year. These include a Year 5 residential visit to Gorsefield, where children participate in distance walking, cycling, orienteering and archery. In addition children in year 5 & 6 complete a week of cycle training to ensure they are safe to ride on the road. Many school trips for KS1 and KS2 include walking to and from local venues, and some International Primary Curriculum units link to keeping healthy.

## **LINKS TO OTHER POLICIES**

### PHSEE

International Primary Curriculum  
Health and Safety

## **ACTIVE TRAVEL**

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in Walk or Wheel to School on Wednesdays, and award a trophy to the winning class each month.

## **COMMUNITY PARTNERS / LINKS**

The school is part of the Tower Hamlets School Sports Partnership. We have also established links with a number of local clubs including Mulberry athletics club and West Ham football club who offer coaching and inter school activities.

## **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. racing the children at sports day. Several staff cycle or walk to work. Staff often play games with children at playtime and all staff participate in physical activity during PE lessons. KS1 staff join in during Fit-in-5 time every day. Activities for adult fitness are regularly posted on the staff noticeboard.

## **HEALTH & SAFETY**

All Physical Activities comply with the school's health and safety policy and risk assessment file (Please refer to the school's health and safety policy and risk assessment file). External providers including sports coaches, volunteers or offsite facilities (such as on School Journey) will be in line with the school's policy on CRB / staffing checks. Organisations will carry out their own risk assessment for activities they provide.

## **MONITORING & EVALUATION**

The physical activity policy co-ordinator has lead responsibility for the monitoring of physical activity in the school. This is achieved through:

- ensuring a balance of activities on offer for children in each class
- monitoring numbers of children attending OOSHL activities
- regular review with the staff, particularly in the organisation of external agencies who facilitate physical activity in the school
- ongoing feedback from children
- ongoing feedback from external providers

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Review date: March 2014

Signed: Gemma Briggs

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