



**Weetwood Primary School**

**Physical Activity Policy**

**Last Review: Jan 2015  
Next Review: Jan 2018**

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## Physical Activity Policy

### **Entitlement**

The Education Reform Act, 1988 gives children the entitlement to all areas of the National Curriculum including Physical Education. P.E at KS1 consists of Educational Gymnastics, Games and Dance, with the addition of Swimming, Athletics and Outdoor and Adventurous Activities at KS2.

School P.E gives many children their only opportunity to develop their physical potential. Physical activity is a pre-requisite of a healthy person and P.E is the only curriculum area that offers the opportunity for this type of development.

P.E lessons will not be withheld as a sanction. However, if a child is exhibiting behaviour likely to endanger themselves or others, the child will be withdrawn for a specified period in line with normal classroom sanctions.

Parents wishing their child to be excused from a P.E lesson owing to illness or injury are expected to inform the class teacher in writing.

### **Values and Ethos**

We believe in the importance of educating pupils about health issues both now and for the future and appreciate the significant role that the school can play, as part of the larger community, in promoting health issues.

We aspire to improve the health of the school community by teaching ways to establish and maintain lifelong physical activity habits.

We appreciate the important link between a healthy body and the ability to learn effectively and so will provide the necessary experiences to develop a range of attributes and qualities to ensure the development of the well-balanced, physically accomplished child where possible.

### **Aims and Objectives**

P.E offers 2 hours of physical activity per week. Through this, and the provision of a supportive environment conducive to the promotion of Physical Activity, we aim to improve Physical Activity levels and increase participation of the whole school.

We aim for all pupils to:

- Become skilful and intelligent performers.
- Understand what it takes to persevere, succeed and acknowledge other's success.
- Respond to a variety of challenges in a range of physical contexts and environments.
- Take the initiative, lead activity and focus on improving aspects of their own performance.
- And discover their own aptitudes and preferences for different activities.
- Develop a positive attitude to developing and maintaining health and fitness throughout their lives through long term participation in sport and activity.

**We can achieve this by:**

- Promoting positive attitudes towards participation in Physical Activity and healthy lifestyles.
- Ensuring that each child is able to fulfil their full potential in a range of physical activities.
- Raising the profile of Physical Activity throughout the school and encouraging cross curricular links.
- Making facilities and equipment available for use at lunchtimes and break times to encourage pupils to be actively engaged at these times.
- Encouraging staff, parents/carers and governors to participate in Physical Activity i.e. Pilates classes on site.
- Encouraging more pupils to walk and cycle to school.
- Ensuring the provision of safe and stimulating areas in which pupils can be active.
- Developing a sense of fair play, honest competition and good sporting behaviour.
- Organising specific events that promote and raise the profile of Physical Activity

### **Equal Opportunities**

The school aims to give all pupils the opportunity to experience activities and acquire skills in each aspect of P.E, as laid down by the N.C. requirements, regardless of race, gender, religion, ethnic group, culture or ability. Weetwood believes that all children should benefit from the P.E curriculum and is mindful of the fact that nationally girls aged 7-11 are less than half as likely to take part in physical education and sport compared to boys, with 40% of girls having dropped out of sport and physical recreation by the age of 18. The school aims to provide a variety of formal and informal opportunities appealing to both boys and girls, in an environment that is not unduly competitive or restrictive for either gender. Stereotyping by staff, particularly in relation to ability/disability or gender, is actively avoided, and stereotypes held by pupils in relation to sport are addressed, resulting in more pupils participating in non-gender stereotypical sports.

## **Special Needs**

In line with N.C. requirements appropriate provision will be made for those pupils who need activities to be adapted in order to progress and demonstrate achievement in P.E.

## **Time Allocation/Curriculum Provision**

Through the curricular Physical Education Programme we aim to offer a broad and balanced programme offering a minimum of 2 hours of high quality PE and Sport. Lessons are timetabled to maximise optimum use of the available hall time. Outside areas used on weather - permitting basis and off-site opportunities are utilised when possible.

## **Dress**

In the interest of health and safety appropriate kit will be worn.

## **Clothing - children**

Children will change for all P.E activities and parents should ensure they have suitable kit.

Indoor	Pumps/ indoor trainers with socks Plain white T-shirt and dark sports shorts
Dance / gymnastics	Bare feet Leotard optional or plain white t shirt and dark sports shorts
Outdoor	Plain white T-shirt and dark sport shorts Tracksuit or similar (in cold weather) Suitable footwear for the task and playing surface eg. trainers
Swimming	appropriate sports swim wear and towel
O.A.A	appropriate clothing for the activities undertaken

## **General**

Long hair must be tied back away from the face for safety reasons in all P.E. lesson.

All jewellery will be removed. Children who are unable to remove their earrings can either cover them up with tape or at the teacher's discretion leave in depending on size. For swimming lessons children will follow guidelines on hair, jewellery and attire from the swimming instructors.

Responsibility cannot be taken by staff for the removal or safe keeping of children's jewellery.

Sensitivity to cultural requirements regarding all aspects of P.E dress including changing arrangements will be shown by parental discussion, and staff will be watchful that embarrassment relating to PE clothing is not a deterrent to full participation of pupils.

### **Failure to produce appropriate kit**

1. A pupil who occasionally fails to bring appropriate kit will still be expected to participate in P.E unless they have inappropriate footwear.
2. If appropriate footwear is not available pupils will be allowed to observe the lesson, making notes as appropriate. In the case of outdoor and swimming lessons the child may be sent to another class with appropriate work.
3. If children regularly forget their kit, parents will be contacted by the class teacher.

### **Clothing - Staff**

It is expected that teachers will change clothing for P.E, which will allow them easy movement and enable them to react quickly to an emergency situation. Jewellery is to be removed if possible for personal safety and to set an example. A change of footwear may be required at the swimming baths.

### **Safety regarding specific activities**

#### **Gymnastics**

1. Apparatus will be made easily accessible by removing it from the PE cupboard and placing it in the hall.
2. The children will be taught how to handle/use small and large apparatus and check all apparatus before it is used.
3. Staff will monitor the storage and movement of all apparatus and check all apparatus before it is used by the children.
4. The children will wait to work on the apparatus by sitting in a safe place on the floor.
5. The children will be encouraged to develop an awareness of others when using equipment and space.
6. The children will be supervised at all times.
7. The children will be taught to perform tasks safely and quietly.

## **Swimming**

Swimming Sessions will be conducted in accordance with the guidelines set down by Leeds City Council.

In addition:

1. The children will be supervised at all times.
2. The children's ability will be assessed and they will be taught awareness of their own limitations as swimmers.

## **Outdoor Lessons**

1. Staff will assemble apparatus required before the lesson and check it before returning it to storage. Please do not send children into the PE cupboard.
2. Movement to the teaching area will be fully supervised.
3. The apparatus will be placed safely in the teaching area to allow easy access.

## **Teaching Strategies**

Lesson structure:

All lessons will include -

- Warm -up
- Skill development
- Practice of skills i.e. Small sided games or sequence/performance
- Cool down

During lessons children will plan, perform and evaluate their work individually, with partners and in group situations.

## **Staffing, Responsibilities and Staff Development**

The school has a PE/ Sport Co-coordinator who, with the support of Active Leeds, is responsible for the development of the curricular and OSHL Provision.

The school recognises the importance of professional development and offers opportunities to engage in further training supplied by the LEA, Active Leeds and Sports Development.

## **Monitoring and Evaluation**

We will review, monitor and evaluate our Physical Activity policy by a variety of means.

The sports coordinator will keep records of curricular provision, OSHL and numbers participating (KS2).

School Performance Management will monitor quality provision and CPD uptake.  
Ofsted inspections will make impartial judgements.  
Questionnaires to pupils, school staff, and parents/carers will have specific questions to identify views and the impact of the policy.

### **Extra Curricular Activities**

The P.E curriculum is extended and enriched by staff (and parents/carers) on a voluntary basis.

Links to local clubs offering suitable activities will be promoted and suitable offers of professional coaches coming into school (curricular and extra-curricular) will be accepted wherever possible to enrich and widen the P.E experience and to promote club links in the local community. The aim is to develop sustainable physical activity for the child which will continue after they leave Weetwood Primary School and into High School and adulthood.

Where possible activities will offer an open invitation to all who wish to enjoy the game and develop their skills further. When inter- school competition is being considered, groups may be selective but teams will be drawn only from children of that age group/groups where possible, however children of a younger age that may show potential as being gifted or talented may also from time to time participate at the discretion of the coach/manager of that particular team. In organising groups/teams consideration will be given to gender and ability with the aim of having mixed teams wherever possible.

All extra-curricular activities will follow standard school procedures regarding safety, supervision, transport etc.

### **Competitive Sport within the P.E Curriculum**

All children will be actively involved in individual and small sided team games. The children will be encouraged to devise their own games, allowing opportunities for success and failure in a secure environment. The children will be encouraged in attitudes of fair play and good sporting behaviour. We value competitiveness and good sporting attitudes. We also feel that it is the development of the child which is of prime importance.

"The game is not the thing, the child is"

### **Assessment**

Teachers will identify assessment criteria at the planning stage of each work unit. Intended learning outcomes for each individual lesson will be identified. These should be indicated on unit planners. The application of assessment criteria should inform future planning.