



# Physical Activity Policy

Committee with oversight for this policy – Behaviour & Safety	
Policy to be approved by: Headteacher	
Policy last reviewed by the Behaviour & Safety Committee	24/11/2016
Policy last ratified by the Headteacher	24/11/2016
Policy / Document due for review	November 2019

# **RAVENOR PRIMARY SCHOOL PHYSICAL ACTIVITY POLICY**

## **INTRODUCTION**

Ravenor Primary 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 Ravenor Primary School.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse and was implemented November 2016.

## **ETHOS & ENVIRONMENT**

Ravenor Primary School strives to maximize 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 Charlotte Emma Ryan; working closely with Chris Kelley.

## **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 staff and 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 Ravenor Primary School are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Plan.

## **RESOURCE PROVISION**

Ravenor Primary School 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 playground, with markings and a large field (which is marked according to the PE being taught termly). 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 shed, and planning resources can be found PE Co-ordinator's area.

## **STAFF RESPONSIBILITY & DEVELOPMENT**

Primary Link Teacher / Schools Sports Co-ordinator: Charlotte Emma Ryan

School Travel Plan Co-ordinator:

Staff are offered training and support through Inset days and CPD sessions with through J & C Academy and the School Sports Co-ordinator. New links with Orley Farm School have already begun to offer the children a chance to compete in fixtures and hope to include training sessions alongside community development. This will give staff the opportunity to train children alongside experienced sports teachers at

Orley Farm School. The School Sports Co-ordinator is currently utilising the connections J & C Academy have with other schools in order to extend the inter-school completions available to the children.

## **CURRICULUM PROVISION**

The PE programme is taught by Chris Kelley (J & C Academy) and class teachers.

Each child will receive the following PE program per week:

### Foundation Stage:

20 mins per day of active play activities.

### Year 1 and 2:

50-60 mins x 2 lessons

### Year 3 and 4:

60 mins x 2 lessons

### Year 5 and 6:

50 mins x 2 lessons

### **Planning:**

The school scheme of work implements a specialised program throughout the school tailored to the need so the children and skill acquisition. In both key stages we teach gymnastics, dance, football, hockey, basketball, netball, tag rugby, tennis, cricket and athletics.

The school works closely with J and C academy and implements the scheme of work. The scheme of work offers comprehensive lesson plans from Year 1 to Year 6 for many of the topics taught in school.

### **Cross curricular links**

Whilst retaining its unique contribution to a pupil's physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

### **Assessment**

J and C Academy complete daily assessment forms on the each class; which is given to the teachers at the end of each term. This covers children's progress and next steps.

## **EXTRA CURRICULAR PROVISION**

### **Break times / lunch times**

J and C Academy currently offer a range of activities based on the skill acquisition of the national curriculum. There are also sport

### **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. These include Gymnastics, Football, multisport (KS1), Dodge ball and Netball.

### **Competition**

Pupils will take place in a range of intra-school and inter-school competitions organised through the School Sports Co-ordinator.

### **School trips**

The school offers a number of outdoor education experiences throughout the year including a park visit and tree study as well as a camping excursion for Year 6.

### **ACTIVE TRAVEL**

The school works closely with Sustrans; a company which help children to travel actively and safely, with an expert school officer working intensively with the school and visiting regularly. Please also refer to the School Travel Plan for further information.

### **COMMUNITY PARTNERS / LINKS**

New links with Orley Farm School have already begun to offer the children a chance to compete in fixtures and hope to include training sessions alongside community development. This will give staff the opportunity to train children alongside experienced sports teachers at Orley Farm School. The School Sports Co-ordinator is currently utilising the connections J & C Academy have with other schools in order to extend the inter-school completions available to the children.

### **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. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

### **HEALTH & SAFETY**

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS/staffing checks.

### **MONITORING & EVALUATION**

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives.