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## Physical Activity Policy

Policy Reference:	P2
Responsibility:	Curriculum and Standards Committee
Reviewed by:	Mrs Paula Dix
Consultees:	PE Coordinator
This Review:	April 2015
Next Review Due:	April 2018
Cycle:	Three Yearly
Ratified by Full Governing Body on:	
Signed:	
Dr Chris Richardson	Chair of Governors

***With Christ as our guide and example we celebrate the uniqueness of the individual.***

***Together we will try to:***

***Learn from Jesus;***

***Love like Jesus;***

***Live like Jesus.***

This policy supports the distinctive nature of Saint Patrick's School, which is based upon Gospel values and the commitment to the belief that each child and adult is unique and has the right to develop towards their full potential.

This underpins the ethos of the school in the belief of the full development of the child physically, mentally and spiritually.

### **1.0 AIMS:**

- To increase the physical activity levels of the whole school community by developing a supportive environment conducive to the promotion of physical activity.
- To increase activity levels and well being of the whole school through the provision of a supportive environment that encourages and enhances physical activity and a healthy lifestyle.
- To develop an understanding of the importance of regular physical activity for maintaining a healthy life.

### **2.0 KEY OBJECTIVES:**

- Raising the profile of physical activity throughout the school and raising awareness of its value for health.
- Ensuring that those leading and supporting physical activity have the confidence and competence to provide pupils with a safe, stimulating and high-quality experience.
- Providing quality physical activity opportunities both within and outside the curriculum.
- Ensuring all pupils have access to opportunities to participate in at least two hours of high-quality PE and school sport within and beyond the curriculum.
- Improving pupils' self-esteem and confidence
- Providing consistent messages for the school community about physical activity both within and outside the taught curriculum

### **3.0 ETHOS AND ENVIRONMENT:**

- Facilities are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parents
- The school identifies pupils who do not participate regularly in physical activity and those who need extra support to participate and puts strategies in place to encourage and support these pupils to be more active.
- Pupils' participation in physical activity is recognised and celebrated.
- All those leading physical activity sessions adopt a caring and supportive approach and have a commitment to every child.
- All physical activity sessions are structured and delivered to maximise learning, enjoyment and activity levels for all pupils. Children with special educational needs have

sessions differentiated accordingly ensuring the child is given the same opportunity to participate fully. Talented children will have sessions adjusted ensuring the physical activity undertaken motivates the child and challenges at the appropriate level.

- Facilities and equipment are made available for pupils to use at lunchtimes.

#### **4.0 CURRICULUM:**

- The school is working to strengthen the two hours of curricular physical education for each year group by ensuring that High quality P.E is delivered.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils
- PE is timetabled to maximise activity time and to help facilitate pupil participation in out-of-hours learning opportunities

#### **5.0 OUT-OF-HOURS PROVISION:**

- All pupils are provided with opportunities to be physically active through out-of-hours activities by offering a wide range of activities at a variety of times.
- Physical activity is promoted during breaks and lunchtimes and pupils are encouraged to be more active at these times.

#### **6.0 COMMUNITY LINKS:**

- The school links with the cluster level games organiser and other relevant individuals and organisations in the community to enhance and extend physical activity opportunities.
- Pupils are provided with information on activity opportunities within the local community and the school has made formal links with a selection of these.
- Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community

#### **7.0 ACTIVE TRAVEL:**

- Pupils, staff and parents/carers are encouraged to walk or cycle to school and the school has completed a school travel plan.
- The school participates in walk to school week every year and provision is made for those who cycle to school.

#### **8.0 STAFFING RESPONSIBILITIES:**

- Mrs Richardson is the named member of staff responsible for implementing the physical activity policy.
- The Headteacher is committed to providing all pupils with quality physical activity opportunities and a member of the senior management team is involved in the development of the physical activity policy.

- All adults other than teachers involved in out-of-hours provision have appropriate qualifications and have undergone a Criminal Records Bureau check.
- The school is committed to safe and effective exercise procedures and these are clearly stated within the PE policy and health and safety policy.
- The school is an active workplace that supports and promotes physical activity to the staff.

#### **9.0 MONITORING AND EVALUATION:**

Assessments contained within the planning documents.

- Pupil participation in physical activity is monitored through regular pupil consultation.
- Information will be gathered to measure change and inform future developments.
- The PE Coordinator is responsible for co-ordinating the monitoring and evaluation.

The information collected will be:

- Percentage of pupils receiving two hours of participation each week in high-quality PE or school sport within and beyond the curriculum.
- Pupils', parents' and staff knowledge of, and attitude towards, physical activity
- Achievement of physical activity criteria for National Healthy Schools Programme.

#### **10.0 Links to other policies:**

- Physical Education
- Confidentially Policy
- School Development Plan
- PSHE Policy
- Health & Safety Policy
- Health and Wellbeing Policy (Whole School Food Policy)