

MILFORD PRIMARY SCHOOL

PHYSICAL ACTIVITY POLICY



Vision Statement

Milford school sits at the heart of the community, where all involved strive for excellence. Each child is supported in their learning journey and the fulfilment of individual potential.

Care, share, respect and learn

November 2016

1. Aim of Policy

- 1.1 From 2013, schools have been allocated a school sports budget from the Dfe. At Milford we allocate some of the funds to our local school sports partnership who organise coaching and games/competitions with other local schools. The rest of the money we invest in our own coaches to teach children new skills and increase their performance throughout school and to support staff professional development to ensure good quality provision now and in the future and equipment to ensure longevity of provision.
- 1.2 We have a responsibility to help students and staff to establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:
- through its effects on mental health, physical activity can help increase students' capacity for learning
 - physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
 - positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.
- 1.3 Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

2. Definition of Physical Activity

- 2.1 Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

3. Provision of Physical Activity in School

- 3.1 Physical activity in school is promoted through the following;

1. School Ethos

Every student shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, all staff are encouraged to participate in and model physical activity as a valuable part of daily life.

2. Physical Education Lessons

There is a sequential scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that students enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff; and is coordinated with the PSHCE curriculum. Every student in each year, shall participate in regular physical education for the entire school year, including students with disabling conditions and those in alternative education programs.

The scheme of work makes effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels. See School Physical Education Policy statement and scheme of work.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; delivering speaking and listening through drama, maths through brain gym etc.

4. Extra Curricular Physical Activity

This school takes part in extra curricular sporting tournaments as organised through the Sports Partnership. Where possible, training sessions for these events take place either at lunchtime and after school.

5. Travelling To and From School

Through regular walk and cycle to school weeks, the school encourages children and parents to bring some form of physical activity into the journey to and from school.

6. Before School, Break and Lunch Time Activity

Wake and Shake and break times provide opportunities for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings, toys and equipment available for free play. Lunchtime play leaders encourage pupils in physical activity at lunchtime (skipping, team games etc), which reduces boredom and 'squabbles' and the time it takes to sort such issues out.

Break times shall complement, not substitute for, physical education classes.

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment. There may be exceptional circumstances where this is not possible.

It is the school's aim that students in the Foundation Stage shall participate in physical activity for at least 90 minutes during each school week, and students in Key Stage 1 and 2 shall participate for at least 120 minutes per week.

7. Facilities

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity programme.

Access to sports halls and playgrounds after school hours will be permitted wherever it is appropriate to do so.

8. Involvement with Parents/Carers

Family members and other adult volunteers are sometimes encouraged to become involved with school activities. All volunteers shall receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

- This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school.

9. Involvement with School Sports Partnership and Other Community Resources

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity joint school and community recreation activities.

The school is part of the Amber Valley School Sports Partnership and participates in events, training, school competitions etc organised by the Partnership.

4. Healthy Lifestyles

- 4.1 Specific time is allocated each school year to focus on promoting healthy lifestyles, which includes physical activity taster activities where children can try new activities not currently offered by school. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources, such as Sports Development are involved in activities during this week.

5. Celebrating Physical Achievements

- 5.1 We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. Children are congratulated for their participation in physical events as well as other school events.

6. Equal Opportunities

Physical activity needs to serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation.

7. CPD Opportunities

- 7.1 Training needs are identified and agreed within Performance Development Reviews with the Headteacher. Training Opportunities with relevance for the whole school are circulated to the rest of the school staff during inset days/staff meetings. The Physical Education Co-ordinator is up to date with current initiatives and has close links with the LAs Education Officer for PE and the School Sports Partnership.

8. Accreditation

- 8.1 We have been awarded National Healthy School Status and this policy forms part of this award.
- 8.2 In September 2016, we received an Amber Valley PE and School Sport Champion School Silver Award, in recognition of the amount of physical activity our children do each week throughout the year.

9. Monitoring and Evaluation

- 9.1 The Physical Activity Co-ordinator provides clear leadership and management to develop and monitor the physical activity policy.
- 9.2 The co-ordinator will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. Will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra curricular activities that promote physical activity are provided for all pupils to participate in.

10. Policy Development and Review

- 10.1 It will be reviewed every two years.

Date: Autumn 2016

Signed (Chair of Governors) **G. Taylor**

Next review: **Autumn 2018**