

# Hughenden Primary School

## Physical Activity Policy

### Aims

Our aim, through participation, enjoyment and fun, is to encourage and promote physical activity for all. We want our pupils to be as active as possible for as much of the day as possible. The school has achieved the Active Schools award.

This policy on physical activity reinforces the school's commitment to promoting healthy lifestyles and healthy behaviours. This will support the health and well-being of the whole school community as part of the ethos of the National Healthy Schools Programme, leading to healthier living and learning.

### Philosophy

We believe that everyone can find a sport/activity that they enjoy and want to participate in. Consequently we aim to provide such a variety of activities that all children find something they enjoy. The opportunities begin when the children first start school and vary with their increasing maturity.

In addition to the provision outlined below we also "signpost" families to other opportunities outside of school by distributing fliers, displaying posters and maintaining a file of information about Out of School Clubs. We want all our pupils irrespective of age, to enjoy the immediate health benefits physical activity brings and set them on the path to being physically active for the rest of their lives.

### Provision

We are keen to encourage physical activity both in and out of school. Each week we celebrate children's participation and achievements at our weekly celebration assembly when children are encouraged to bring in certificates/trophies gained at weekend and evening clubs such as ballet, rugby, football etc. We appreciate the insight this gives us into children's interest, hobbies, skills and talents.

We aim to offer our pupils the widest range possible of physical activities which take place before, after and during the school day and include:

#### Curriculum

- A minimum of 2 hours a week high quality PE for all pupils including weekly swimming in year 3 or 4.
- Competitive sports, which teach team work, discipline, self-respect and how to cope with winning and losing.
- Non-competitive forms of physical activity e.g. dance/gym which can contribute to good health and well being.

- Annual sports week to introduce new sports such as basketball, kick boxing, Brazilian football etc.
- Team teaching between teachers and professional coaches.
- Inter-school tournaments (one per age group a year).
- Brain gym activities before and during lessons.
- Frequent use of the outdoors across the curriculum to ensure lessons utilise active learning.
- Foundation Stage use a self-initiated active learning approach to all areas of the curriculum and extend this in their outdoors classroom which mirrors in the indoors environment allowing children to learn through large scale activities.
- Use of trikes and bikes in Foundation Stage.

An additional one hour activity a week through the following extra curricular activities:

#### Clubs

- Out of school clubs run by both staff and outside coaches including: netball, football, games, hockey, karate, gym etc.
- The school is very proud of its teams which take part in local leagues for sports such as netball, hockey, football etc with both home and away matches being played after school.
- Links with local clubs e.g. Hughenden Football Club
- Environmental club as well as class growing/gardening project.

#### Playtime

- A stimulating, well maintained playground environment with bright playground markings.
- A large field with grass, trees and some playground equipment which, with appropriate clothing, the children are able to use all year round.
- Active and enjoyable playtimes with small playground equipment (balls, stilts, space hoppers etc) being provided at lunch time.
- Playground leader scheme to teach other children playground games such as "Silver River".

#### Educational Visits

- Educational visits including two residential visits involving adventurous activities.
- Walks as part of the curriculum e.g. to see local building materials as well as occasional whole school rambles.

#### Sustainable Travel

- Walking and scooting to and from school using the Go for Gold incentive scheme. The school has maintained its level 3 travel plan for four years.
- Twice yearly walk to school weeks.
- Road safety training using the Footsteps programme.

#### Performing Arts

- School performances – all children take part in a performance twice a year (Christmas, harvest, class assemblies) with Year 3 and 4 taking part in the biannual Energize project and Year 5 and 6 produce the annual school production.
- Singing and playing musical instruments – all children have a weekly singing session and all children in Y3 learn to play the recorder and in Y5 learn to play a brass instrument with guitar and violin lessons also offered.
- School choir.

## **Monitoring and Evaluation**

The success this policy is monitored in several ways:

- Annual School Sports Partnership Return.
- Lesson observation.
- Staff meetings and discussions.
- Level of take up for clubs and activities.
- Children’s response to activities.
- Discussion with school council.

The outcome of this monitoring is reported in the Headteacher’s Reports to Governors and in the SEF. Future development needs are identified and incorporated into the School Improvement Plan.

## **Other Related Policies**

Our provision of physical activity follows a range of school procedures and policies. This policy needs to be read in conjunction with the following policies/strategies:

- PE Policy
- School Travel Plan
- PSHE
- Educational Visits
- School Improvement Plan
- Behaviour and Discipline
- Inclusion
- Health and Safety
- Foundation Stage
- Child Protection Policy

## **Policy Review**

The PE co-ordinator is the named person with overall responsibility for Physical Activity at our school. This policy is reviewed as part of the three year review cycle as decided by the school Governors.

Sandy McClelland  
October 2009