

Physical Activity Policy



RIVERSIDE BRIDGE SCHOOL
'EXCELLENCE FOR ALL'



Partnership Learning

Ratified by Governors: June 2021

To be reviewed: September 2023



Riverside Bridge School

PHYSICAL ACTIVITY POLICY

Review Frequency: Every two years

Date of ratification: June 2021

Date next review due: June 2023

Scope of Plan: This plan applies to all staff, students, governors and volunteers at Riverside Bridge School

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PHYSICAL ACTIVITY

1.0 INTRODUCTION

Nationally there is a growing problem with obesity and unhealthy lifestyles. There is strong consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

Riverside Bridge School is committed to promoting the health and well-being of all pupils and staff through physical activity. The aspiration in developing this policy is to influence the whole school community to establish and maintain lifelong physical activity habits.

Riverside Bridge School strives to maximise 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.

The school PE Lead is Mr Nick Luxmoore.

2.0 AIMS OF THE POLICY

- To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.
- To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- To provide and promote opportunities for all pupils and staff to be physically active throughout and beyond the school day.
- To increase physical activity levels of pupils in line with national targets, working towards a minimum of two hours high quality physical education, within the curriculum, and offering additional hours through extra-curricular activities and competitions.
- To promote the benefits of physical activity to the whole school community.
- To improve the self-esteem and confidence of the pupils through participation in physical activity.
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To organise specific events that promote and raise the profile of physical activity and celebrate sporting events.
- To provide pupils the best possible physical activity experience regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern
- To maintain a high profile for physical activity in all aspects of school life by continuously improving the quality and breadth of PE and Sport provision.
- To provide safe and stimulating areas in which children can play and be active.
- To ensure safe and effective exercise procedures

3.0 DEFINITION OF PHYSICAL ACTIVITY

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.

4.0 ROLES AND RESPONSIBILITIES

The School has responsibility to ensure that every pupil is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

All staff play a major role and are encouraged to become involved in the school physical activity programme to motivate pupils to be more active and be a role model.

All staff responsible for physical activity should ensure that basic rules regarding behaviour are established and adhered to.

Rules regarding clothing, footwear, jewellery etc. are encouraged during physical activities.

Safe and effective exercise procedures are adopted in all physical activities, including warm ups and cool downs.

5.0 DELIVERY OF PHYSICAL ACTIVITY

The promotion of physical activity is delivered through:

- Physical Education lessons led by members of staff and /or our PE specialist teachers;
- cross curricular links in our curriculum - programme, PE, PSHE and science;
- extra-curricular clubs run through our after-school activities;
- playtime activities.

5.01 Teaching and Learning

We want our pupils to become physically confident and independent in a way which supports their health and fitness. Through sports participation, we also enable our pupils to build character and embed values such as fairness and respect. From learning how to develop fundamental motor skills to become increasingly more confident and competent, we offer our pupils a broad range of opportunities such as Jump London, swimming lessons to extend their agility, balance and coordination individually or in a team. Our pupils are able to take part in competitive and co-

operative physical activities in a range of challenging situations and context such as Borough Curling Competition and Trewern Outdoor Education Centre.

Healthy Living

Making healthy choices in relation to exercise

- How to master basic movements including running, jumping, throwing and catching.
- How to use running, jumping, throwing and catching in isolation.
- How to use running, jumping, throwing and catching in combination.
- How to apply balance in a range of activities.
- How to apply agility in a range of activities.
- How to apply co-ordination in a range of activities.
- How to develop flexibility, strength, technique, control and balance.
- How to participate in team games.
- How to understand simple tactics for attacking and defending in team games.
- How to apply attacking and defending tactics in competitive games.
- How to perform dances using simple movement patterns.
- How to perform dances using a range of movement patterns.
- How to perform dances using a range of dance styles and forms.
- How to swim and be safe in water
- How to compare their performances with previous ones.
- How to take part in outdoor activities.
- How to take part in adventurous activity challenges individually or within a team.
- How to take part in competitive sports and activities outside the school through community links or sports clubs.
- How to demonstrate improvement to achieve their personal best.
- How to understand the importance of regular exercise.
- How to participate in regular exercise activities.

Through the **WJEC Healthy Living and Fitness Award**, our pupils learn ways in which they can contribute to a healthy lifestyle and are encouraged to demonstrate activities which will improve their own lifestyle. They learn to become active contributors when working with others on group activities and to be able to review their own progress and skills development and how to identify and work towards goals appropriately. They are provided with the opportunities to develop decision making skills which will enable them to make appropriate choices in their own lives and to develop an understanding of the link between food and health. They are also able to acquire a knowledge and understanding of safety and hygiene when preparing, cooking and serving food.

Asdan Personal Progress course is offered to our Key Stage 4 pupils. This course has been developed for learners with a wide range of learning needs and abilities and provide meaningful outcomes through a person-centred approach that prepares learners for adult life. The Entry 1 qualification in Personal Progress is approved by Ofqual qualifications and made up of units in the following areas: Literacy, Numeracy and ICT; Employment; Independent Living; *Good Health*, Community Inclusion.

With the **Sports Leaders Award**, using sports, when they are ready, some of our young people also develop and hone their skills in communication & leadership and boost their confidence to become more employable and help lead others. In doing so they can be role models for other pupils.

The school also promotes physical activity within their AQA Award program i.e. accreditation towards taking public transport to the supermarket.

5.02 Out-of-class Learning

All pupils are provided with opportunities to be physically active through out-of-class time via a wide range of activities including both individual and team/group and non-competitive and competitive.

The emphasis is on participation and enjoyment and the opportunities are open to all pupils, regardless of ability.

Unstructured Playtime

Our school has a playground with playground markings and play equipment for free play. Staff engage and encourage pupils in physical activity at playtime. Each class has their own playground equipment for playtimes. In addition, pupils are encouraged to use the Trim Trail and the Biking Area at playtime (refer to Play Policy for extended information about play).

Extra-Curricular Physical Activity

We aim to encourage all pupils to take part in a range of extra-curricular activities, and involve them in deciding the activities we put on offer. Registers of extra-curricular clubs are kept to identify those who do not take part in (extra) regular exercise.

Pupils have a diverse choice of activities in which they can participate - competitive, non-competitive, structured, unstructured and including some physical activity options such as gardening.

All activities are supervised by members of staff or qualified coaches who may or may not be teachers. A member of school staff will be available in case support is required -e.g. an accident ...

Competitions

Specific events are organised throughout the year to promote physical activity and raise its profile across the whole school community:

- whole school sports day;
- inter-school football, rounders, cricket, athletics tournaments.

School trips

Our pupils enjoy many educational visits to the local area or to place of interest in London or further afield such as Jump London - a trampoline park, ELHAP Adventure Centre, ... or our residential trip in Trewern in Wales for our KS4 pupils, the ideal place to stay for our young people whether they want to walk in the mountains of the Brecon Beacons National Park, explore rivers by canoe, or simply enjoy a local walk.

Active Travel

This policy links closely with the school's Travel Plan and pupils are encouraged to walk, bike, scout to school.

Pupils are offered 'Bikeability' Training.

The school is also involved in the 'Walk to School' and "the Daily Mile" programmes.

5.03 Staff Activities

Riverside Bridge School encourages all staff to take an active part in physical activities.

Staff lead additional healthy living lessons, such as Yoga, Dance and HIIT workout for the pupils.

Staff have the opportunity to build on their CPD and are able to attend to Dance, Movement & Exercise courses to ensure pupils are given a wider range of activities within the school.

As part of their Well-Being Programme, staff can join an early morning running club, yoga or HIIT classes

6.0 RESOURCE PROVISION

Riverside Bridge School has a sports hall, which is equipped with a range of activities focusing on sensory integration (i.e. balance beams and climbing apparatus) to following more sport specific with reference to the National Curriculum and the school's "Growth" curriculum framework (i.e. invasion games, net and wall, striking and fielding). For the teaching of games, there is a large playground, with markings and a large field on the campus.

An annual audit of all physical education equipment is conducted by the PE lead in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the sport hall store cupboard, planning and resources can be found in the staff shared area.

Riverside Bridge School receives every year a PE and Sport Premium, which is a grant given to schools by the Government every year. It must be used to fund additional and sustainable improvements to the provision of PE and sport, for the benefit of primary-aged pupils, to encourage the development of healthy, active lifestyles.

In 2020/21, this grant has been used to increase pupils' activity levels at playtime and experience a range of sports outside the curriculum including experience events.

7.0 HEALTH AND SAFETY GUIDELINES

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities (refer to the school's Health and Safety Policy and Risk Assessment file).

The School refers to guidance given in the BAAPLE (now AfpE) Safe Practice in Physical Education Publication.

All guidelines for physical education and games are followed i.e. supervision, behaviour, clothing and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be CRB checked.

8.0 PROMOTING PHYSICAL ACTIVITY TO THE WHOLE COMMUNITY

The extra-curricular activities schedule is advertised on the school website and parents/carers are sent details of physical activity clubs their children may attend.

Details of physical activities in the wider community are sent home - especially activities taking place during the school holidays

Riverside Bridge School regularly participates in local annual programme of festivals and competitions, which promote physical i.e. Panathlon challenge, football tournaments ...

9.0 MONITORING AND EVALUATION

The school PE Lead is responsible for providing clear leadership and management in developing and monitoring physical activity within school. He works closely with all members of staff. He monitors levels of participation and makes appropriate adjustments. He consults with pupils and staff to identify barriers to participation and to ensure there is broad range of activities are provided for all pupils to participate in.

Regular monitoring and evaluating of the policy will be undertaken with pupils, staff, parent, governors and external partners. The number of out of school hours learning opportunities and the number of pupils attending will be part of this monitoring process.

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self-evaluation and reviewed annually.

Aspects that are monitored include:

- pupils, staff and parents/carers' knowledge of and attitude towards physical activity;
- pupils' progress in physical activity;

- the range of physical activity opportunities offered to all pupils, staff and parents/carers and the levels of participation;
- the percentage of pupils participating in 2 hours per week of high quality PE or school sport within and beyond the curriculum;
- the number of links to clubs/activities within the community and pupil participation in these;
- the number of pupils walking or cycling from/to home;
- the number of pupils who achieve an hour of physical activity each day;
- the number of professional development courses attended by staff;
- how and when pupils, staff and parents/carers have been consulted.

The methods of evaluation include:

- assessing pupils' achievements;
- reviewing the "Growth" curriculum;
- reviewing programmes of activities on offer;
- reviewing registers of activities;
- staff and pupil discussions;
- minutes of School Council meetings;
- questionnaires and/or surveys of pupils, parents/carers and staff.

10. ACHIEVING HEALTHY SCHOOL STATUS

The focus of this policy in improving the health and well-being of pupils, staff and the school community will help us to achieve and maintain Healthy School Status.