



Physical Activity Policy

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Next Review: February 2023



PARTNERSHIP LEARNING
RIVERSIDE PRIMARY SCHOOL
Excellence for All



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1. Rationale

At Riverside Primary school, we recognise that regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. Riverside Primary also understands that school plays a key role in promoting active lifestyles to pupils through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

2. Aims

- To increase the activity levels and well-being of the whole school community by developing a supportive environment conducive to the promotion of Physical Activity;
- To develop an understanding of the importance of regular Physical Activity amongst the whole school community for maintaining a healthy life.

3. Objectives

- To ensure that all pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least 30 minutes each day and to establish and maintain an interest in regular Physical Activity.
- To improve, parent/carers and staff knowledge, understanding, experience of and attitudes towards participation in Physical Activity;
- To provide a wide range of physical activity opportunities both within and outside the curriculum for pupils, parent/carers and enable pupils to participate in at least two hours of physical activity or school sport each week;
- To ensure that Physical Activity provision at Riverside Primary school reflects the cultural, personal, social and medical needs of all pupils.



4. How our Objectives are Delivered

Ethos and Environment:

- All those leading physical activity sessions adopt a caring and supportive approach and a commitment to every child.
- Riverside Primary School identifies pupils who do not participate regularly in Physical Activity and those who need extra support to participate, and implements strategies to encourage and support them to be more active.
- Facilities are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parent/carers.

Curriculum

- The school aims to provide at least two hours of physical activity for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to meets the needs and interests of all the pupils.
- Schemes of work are in place which outlines a planned approach to health-related activity.
- All pupils learn how active they should be, activity levels are regularly monitored through participation of the Daily Mile.

After School Clubs

- All pupils are given the opportunity to be physically active through after school clubs.
- The emphasis is on participation and enjoyment and the opportunities are open to all pupils.
- Physical activity is promoted during break times. This is facilitated by identified staff of a daily basis whereby the sporting activities are changed weekly.
- Specific events are organised throughout the year that promotes physical activity and raise its profile across the whole school community.
- Dedicated afterschool clubs promote physical activity e.g. Rugby, family keep fit and Basketball all of which are delivered by specialised sports coaches.



5. Resource Provision and Facilities

- The budget for physical activity is reviewed annually and the Head Teacher is responsible for overseeing this budget. Some additional resource is available via Sports Premium funding.
- Facilities available for physical activity include:
Playground, sports hall and offsite use of Barking Abbey Sports Centre which is available to use for weekly swimming lessons.
- Riverside Primary has access to high quality facilities via Riverside Secondary School such as Sports Day facilitation, outdoor athletics equipment and MUGA.
- Regular whole school and year group events are organised throughout the year that promotes physical activity. This includes: Sporting Together, Sports Day and whole school integrated competitions.

6. Active Travel

- Riverside Primary School is developing a travel plan in association with the borough travel adviser.
- Pupils, staff and parents/carers are encouraged to walk, cycle or scooter to school.
- Pupils are provided with a safe space in which to leave their bicycles and scooters at school.
- Access to Bikeability to encourage regular physical activity.

7. Community Links

- Riverside Primary links with School Sport Co-ordinators (where appropriate) and other relevant individuals and organisations in the school community, to utilise the available expertise and enhance the quality and range of provision.
- Pupils are made aware of physical opportunities beyond school through a variety of means.
- Pupils are given the opportunity to taster sessions of different sporting activities which they may not have participated in before.

8. Monitoring and Evaluation

The curriculum and the After School Clubs are monitored on an ongoing basis through SLT monitoring.



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Aspects that are monitored include:

- Pupil voice; knowledge of and attitude towards Physical Activity
- Progress in Physical Activity of pupils.
- Physical activity opportunities offered to pupils and parents/carers.
- High quality teaching of PE or school sport within and beyond the curriculum.

The methods of evaluation includes:

- Reviewing schemes of work.
- Reviewing programmes of activities.
- Reviewing registers for activities.
- School ambassador minutes.
- Questionnaires via pupil and parents