Physical Activity Policy

Approved: February 2024

Next Review: February 2027

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# 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.

# 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.
1. **Objectives**
* To ensure that all pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least 60 minutes each day and to establish and maintain an interest in regular Physical Activity.
* To improve, parent/carer 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.
1. **Physical Activity Guidelines for Children**

The Physical Activity guidelines for children and young people are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring that all children are as active as possible throughout childhood is important for current and future population health.

Physical activity guidelines for children and young people:

* Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
* Children and young people should engage in a variety of types of intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
* Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

For more information on the UK Physical Activity Guidelines for Children and Young People please refer to: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

In 2019, the Government published a School Sport and Activity Action plan which sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school. The PE and Sport Premium helps primary schools to achieve this, providing funding to make additional and sustainable improvements to the quality of PE, physical activity and sport offered.

For more information on the School Sport and Physical Activity Action Plan please refer to: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/848082/School_sport_and_activity_action_plan.pdf>

For more information about the PE and sport premium for primary schools please refer to: <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

For details of how we have spent our PE and Sport Premium Funding to make additional and sustainable improvements to the PE, sport and physical activity we offer please refer to: <http://www.riversidecampus.com/primary/?page_id=5279>

1. **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.
1. **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.
1. **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 given the opportunity to taster sessions of different sporting activities which they may not have participated in before.
* To prevent a drop in physical activity levels across the school holidays, there are a range of ways in which schools can support children to remain engaged and active over this period. Premier Education provide a range of sports-specific activities for pupils to attend and choose from. <https://www.premier-education.com/activities/holiday-camps/summer-holiday-camps/>

 **8. Monitoring and Evaluation**

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

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