



MORTON CHURCH OF ENGLAND (Controlled) PRIMARY SCHOOL PHYSICAL ACTIVITY POLICY

This policy acts in conjunction with the P.E., Safeguarding, Inclusion, Confidentiality, Gifted & Talented, Equal Opportunities and the Racial Equality policies.

Aims and Objectives

The aim of this policy is to promote physical activity and embed good practice across the school curriculum, through playtimes and after-school activities. All pupils, irrespective of gender, age or physical ability are encouraged to take part in both individual and group activity.

Physical Activity develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical Activity promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus, we enable the children to make informed choices about physical activity throughout their lives.

Pupils' achievements will be promoted and recognised in presentation assemblies through displays in order to encourage all to achieve and enjoy physical activity.

Our objectives in the teaching of Physical Activity are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way in which children perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;

- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success;
- to develop an understanding of diet;
- to encourage children to drink water appropriately;
- to instil a team ethos and a sense of fair play.

Provision

All children have two hours of physical activity per week during the school day. This is supported by opportunities to take part in physical activity after school, during morning break and at lunch time. Key Stage 1 and Foundation children also have an afternoon break.

Classes will use "Activate" during the morning and after lunch to stimulate physical and motional well being at timetabled points during the week.

All children have swimming lessons during the summer term for 10-12 weeks, depending on the length of the term. Each pupil will have 30 minutes water time at each session. By the end of Year 6 95% of pupils should be able to swim at least 25m. Swimming certificates will be awarded to all children detailing their progress.

Children in the Foundation Stage have access to an outside area and a wide range of equipment, e.g. bikes, sensory bars, balls etc., to encourage their physical development. Their play and physical development is carefully planned in order for them to progress. Physical skills training is provided by our outside agency.

Physical Activity Curriculum

Physical Activity is a foundation subject in the National Curriculum. Our school uses both the QCA scheme of work and Val Sabin's Gymnastics, Dance and Activate schemes as the basis for its curriculum planning in PE. We have adapted the national scheme to the local circumstances of the school. As required, we teach dance, games and gymnastics at Key Stage 1. The governors of the school have decided that we should also follow the non-statutory guidelines for Key Stage 1 in relation to swimming activities and water safety. In Key Stage 2, we teach compulsory dance, games and gymnastics, plus two other activities: swimming and water safety, and athletics. Games consists of Invasion Games and Striking Games. Outdoor and adventure activities will be undertaken on the residential visit for year 5/6 and supervised by qualified personnel.

Swimming and water safety continues into Key Stage 2, because our children do not complete the full requirements of this activity during Key Stage 1.

Emphasis is placed on the development of skills through small games and the more formal games of football, netball, basketball, tag rugby, rounders, cricket, etc. Children have the opportunity to be creative in their formal games and be given the opportunities to invent their own games.

Outdoor and Adventurous Activity

Outdoor/adventure activities will be undertaken on the activity educational residential visit and supervised by qualified personnel.

Break Times

During break sessions the pupils will have a variety of equipment to play with including balance boards, skipping ropes, balls, stilts, etc. Years 5 and 6 pupils will operate a rota and be responsible for ensuring the equipment is put out, stored at the end of break and assisting other children to use it. This operates under the scheme 'Play Mates' the equipment is provided on a rolling timetable designed by a TA.

During lunch break the midday supervisors are responsible for organising 'Positive Play' Equipment is used and, as in other breaks, the playground is zoned into creative games, team games, individual play and quiet areas.

Extra Curricular Activities

Teaching staff run a variety of after-school clubs. The type of clubs in operation is dependent upon the time of year, the expertise of the member of staff and the requirements of the children. All children are able to take part in two clubs per term depending on numbers.

Competitive school fixtures are arranged throughout the academic year. Sports coaches run some clubs for a small charge.

Clubs included are - football, netball, cross country, gardening, ICT, cookery, drama, rounders, cricket, choir.

Parents are able to assist with clubs under the guidance of a member of staff.

Various pupils attend local sports clubs and swimming lessons.

Teams

It is the policy of the school to provide competitive and non-competitive sport for all pupils, either in games lessons or outside school hours. When a squad of players is selected all players will take part in the match or tournament. In

order to give all pupils the opportunity during their school life priority is given to Year 6 pupils who wish to play.

Teams can be made up of boys and girls, not just single sex teams, depending on those who wish to play.

Teams are selected from Key Stage 2.

League fixtures, tournaments, one off events and "friendly" matches will be played throughout the year.

Sports Day involves the whole school divided into house teams. There are ten individual events, boys relay, girls relay and 2 mixed relays. A trophy will be awarded for the winning team and medals given to each boy and girl in each year group who gains the most points.

Roles and Responsibilities

The Physical Activity leader (and PLT) is Mr George Trafford.

Support is provided from Bourne Grammar School, Bourne Academy and the Local Authority.

The School Governor responsible for Physical Activity is Mrs Natalie Burnside (see PE Policy).

The subject leader is responsible for organising the school timetable for all physical activity within the school day and after school. He is also responsible for ensuring assessments are carried out.

Mr George Trafford has responsibility for the Gifted and Talented pupils

Assessment and Learning

Teachers assess children's work in physical activity by making judgements as they observe them working during lessons. Older pupils are encouraged to evaluate their own work and to suggest ways in which to improve. Teachers record the progress made by children against the learning objectives for their lessons. At the end of a unit of work, teachers make a judgement against the National Curriculum levels of attainment. Teachers record this information and use it to plan the future work of each child. These records also enable the teacher to make an annual assessment of progress for each child, as part of the school's annual report to parents. The teacher passes this information on to the next teacher at the end of each year.

The PE governor is aware of the curriculum, standards and resources through an annual meeting with the Physical Activity subject leader and the Head Teacher's reports. Teachers meet annually to review the progress of pupils against the national exemplification material produced by the QCA and the Does.

Monitoring and Evaluation

Physical Activity apparatus is given an annual safety check by an outside agent. Any defects will be repaired at the time if possible.

This policy and the PE policy will be reviewed every two years with the exception of changes in roles and responsibilities which will be amended within two weeks.

An audit of Physical Activity will be carried out annually in conjunction with the Governor responsible.

The subject leader will monitor the timetable, resources, pupil participation, variety of activities, etc. in line with the school audit.

CPD

Staff training will be provided where a need has been identified following the audit and performance management reviews.

Pupils will be trained to delivery Play Mates, and bikewise training will be available during Terms 5 and 6.

The PLT attends training courses provided by the Local Authority.

Resources

Schemes of work by Val Sabin are provided in gymnastics, dance, games, athletics and activate.

Equipment and apparatus is kept in the PE store, the garage and the shed. The school has access via the internet to appropriate web sites.

Safeguarding

This policy is linked to those mentioned above at the start of this policy. Year 6 pupils will change in the classroom and the corridor for games and physical activity.

Separate changing rooms are used for boys and girls. All adults in charge of a group of pupils (eg. swimming lesson) will be CRB checked. Parents assist with changing, under supervision of a member of staff, the younger pupils by hanging up clothes and ensuring nothing is left behind.

All adults in charge of a group of pupils are CRB checked.

Maturing pupils are allowed to use private changing cubicles at the pool and toilets within school (there are no changing rooms).

Links to Healthy Schools

A development plan and a travel plan are in operation and reviewed annually. A healthy lifestyle is promoted during assemblies, themed weeks and by displays in

the school. A PSHE scheme is used throughout the school and this now has ICT links as well as appropriate web sites.

Cross Curricular Links

The school promotes Healthy Eating and Lifestyle throughout the curriculum. Water is always available for pupils and staff, either within the classroom or fountains in the corridors or staffroom.

(See PE Policy 5 and 6).

Consultation and Dissemination

Annual questionnaires are sent out to parents and pupils.

The School Council is involved in the pupil questionnaire and feeding back to the classes and the Head Teacher.

Staff meeting time is given to CPD and the SDP.

Local Authority consults by email and meetings.

The Healthy Schools Committee meet four times or more a year.

Health and Safety

See the PE Policy and the Health and Safety Policy.

The teacher and the governor with responsibility for Health and Safety do a termly inspection of the school's premises and apparatus.

Risk assessments are carried out for all educational visits.