



Physical Activity Policy
Subject Leader: Anita Hayes
Policy Review Date: April 2019



Rationale

At Epsom Primary and Nursery School, we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given the opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physical active throughout the rest of their lives. The planned use of the Sport Premium funding will be extremely effective in improving and sustaining high quality Physical Education (PE) and Sport provision.

Aims and objectives:

The national curriculum for physical education in **Key stage 1 and 2** aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.
- Two hours of PE is taught through curriculum lessons/sport enrichment/swimming

The Early Years:

Early learning goal – moving and handling

Children will show good control and co-ordination in large and small movements. They will move confidently in a range of ways, safely negotiating space. They will handle equipment and tools effectively, including pencils for writing

Early learning goal – health and self-care

Children will know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They will manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

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'.

Delivery of Physical activity at EPS:

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff/ Qualified specialist teachers and Sport coaches.
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science
- Extra-curricular clubs through our after-school clubs
- Lunchtime activities
- Outdoor learning, whenever possible.

Physical Education lessons:

Our scheme of work for PE involves moderate to vigorous physical activity on a regular basis. Every pupil in each year participates in regular physical education throughout the entire school year. We use the hall, playground and field for PE activities. Key stage 1 and 2 pupils currently go swimming for a period of six lessons over six weeks (reviewed annually).

Non-Participation:

- If a child is not participating in PE lesson the teacher must have received written notification beforehand from parent/carer of the child.
- Non-participants who can be outside will be provided with activities or roles such as: coach or umpire; reporting activity; evaluating performances
- Non – participants who cannot be outside will join another class and will be expected to complete a task.

Extra-curricular physical activity:

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 drama, gardening, parachute games.

We have a number of afterschool clubs that the children can access.

Our extended school Breakfast and After-School Clubs ensure that the opportunities for physical activity are built into the structure of their sessions whenever possible. Members of staff or qualified coaches or instructors who may or may not be teachers supervise all activities. A member of trained staff is always available in case support is required.

We actively encourage pupils to go to local clubs and access enrichment activities wherever possible for as many children as possible.

Lunchtimes:

The staff on the playground engage and encourage pupils in physical activities. There is also playground markings and equipment out daily to encourage free play. The use of the backfield also encourages pupils to engage in different sports.

Equal opportunities:

All pupils in our school including those with additional needs are entitled to a comprehensive programme of physical education, which fulfils the statutory National Curriculum requirements and takes into account of their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Planning:

The PE curriculum and schemes of work developed at the school cover all areas of activity outlined as statutory in the PE National Curriculum. PE is planned and delivered to ensure progression throughout the school. Individual lessons are evaluated to inform planning and to ensure differentiation.

Assessment, recording, reporting and monitoring:

An audit of out of school activities are kept to indicate the number of pupils participating in physical activities.

Levels of participation are monitored with regard to gender and overall levels of interest.

Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher/TA observation in the lesson and by questioning the pupils to find out what they enjoy/don't enjoy about PE.

We use assessment sheets to link pupils' achievement to our progression document and use this information to inform parents in the end of year report.

Staff training:

Our PE and PSHE leads attend training and cascade to staff within the school. Outside agencies also come and work alongside teachers to improve physical education within our school.

Our school is part of a local partnership with other schools in our borough (EEPSSA). There are termly meetings to organise tournaments for pupils to compete against other local primary schools.

Health and safety plays a major part in all training of staff.

Health and safety guidelines:

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.

Surrey County Council inspect gym equipment annually.

All guidelines for physical education and games are followed e.g. Supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be DBS checked-including parent helpers.

Promoting physical activity to the whole community:

Parents receive details of physical activity clubs their children may attend.

Parents are encouraged to support their children at events.

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

Monitoring and review:

The PE lead within the school is responsible for providing clear leadership and management in developing and monitoring physical activity. They will work closely with all members of staff and outside agencies. They will monitor levels of participation and make appropriate adjustments. Consultation with pupils and staff to identify barriers to participation and to ensure there is broad range of activities are provided for all pupils. Lesson observations/learning walks are also, occasionally, undertaken and the subject coordinator regularly reviews evidence of the children's work. The subject leader is responsible for giving the curriculum lead an annual summary report in which the strengths and weaknesses in the subject are evaluated and areas for further improvement are indicated.

Epsom Primary and Nursery School Procedure sheet for Physical activities

The following criteria must be adhere to with regard to all Physical Activities:

- **All** children must change for Physical activities – Green school PE top, black shorts and plimsolls/trainers for indoor session, bare feet for gymnastics. Green school PE top, black tracksuit bottoms, black hoodie and trainers for outside sessions.
- If a child cannot take part in a PE session due to illness, letters must be obtained from the parents/doctors.
- Children must remove all jewellery. Earrings to be removed prior to the session. Surrey guidelines state:

Wearing jewellery, earrings and ear studs (including body piercings) during physical education lessons, other sporting activities or any other form of physical activity should not be allowed - for the safety of the wearer and others.
- If a child has no kit:
First time - Yellow letter to be obtained from the office and sent home with child.
Second time – Class teacher to speak to parent
Third time – Phase leader to meet with parents
Fourth time – SLT to meet with parent
- Teachers must ensure that children are shown, taught and clearly understand, health and safety procedures relating to gym and hall equipment.
- Teacher/TA's to collect and return equipment to the PE shed, making sure that it is tidy.
- Teachers wear appropriate tracksuit and trainers when taking PE lessons
 - PE Schemes of work are available from the PPA room and should be photo copied and annotated during lesson time