



Chapel End Infant School & Early Years Centre

Physical Activity Policy 2015



Reviewed: June 2015
To be reviewed: July 2017

Signed: _____ Headteacher

Signed: _____ Chair of Governors

Aims of Chapel End Infant School & Early Years Centre

"Caring, sharing, trying our best"

At Chapel End Infant School & Early Years Centre we aim to provide a safe, caring and stimulating environment, which offers opportunities:-

- For access to a broad and balanced curriculum that promotes the fulfilment of each child's academic, creative and physical potential and fosters their social, moral and spiritual values.
- For everyone within the school to have a sense of wonder, an enthusiasm for learning and help children to develop as independent thinkers and learners with enquiring minds.
- For children to learn to be organized, confident and persistent individuals and to develop a respect and understanding for others.
- For the development of positive relationships between all members of the school community to support and enhance children's learning.

Equal opportunities

At Chapel End Infant School & Early Years Centre school we believe that every child is entitled to equal access to the curriculum, regardless of race, gender, class or disability.

Inclusion

We are committed to promoting learning and teaching environments for all, which embraces the values of inclusive educational practices.

Through a child-centred approach, we aim to ensure that education is accessible and relevant to all our learners. At Chapel End Infant School & Early Years Centre we respect each other and celebrate diversity and difference.

Aims

As a Healthy School we want to promote the health and wellbeing of the whole school community through increasing awareness and enjoyment of, and participation in, physical activities. We are aware of our role, alongside parents and carers, in supporting children to meet the national physical activity guidelines:

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

Responsibility for physical activity in school

The Headteacher has overall responsibility for physical activity, including overseeing that the policy is implemented.

The PE Coordinator leads on school physical activities, inter and intra school competition.

Physical activity and the school community

Pupils

- Pupils have the opportunity via the School Council to make decisions involving playground activities and equipment and fund-raising activities that involve sport.

Staff

- All staff have a copy of the physical activity policy and are aware of their roles and responsibilities within the policy.
- A planned programme of staff training is available for teachers to enable them to fulfil their responsibilities under the policy. Training for playground and support staff will also be included to enable them to support children in physical activity at playtimes. As part of the training programme, road safety training will take place for each year group in Walk to School Month.

Parents

- Parents are informed via the school newsletter of opportunities in the local area for out of school sporting activities. They are also invited to come along and participate in activities such as Sports Day and the Sport Relief mile. The School actively engages with parents who are also professional sports coaches to come in to school to work with the children alongside class teachers to give the children and teachers access to specialist teaching.

Governors

- The curriculum link governor, Grant Jacobson, will have oversight of physical activity provision.

External providers

Chapel End Infant School is part of the Waltham Forest School Sports Network and is working towards Kite Mark accreditation with the Youth Sports Trust. In conjunction with the School Sports network the Youth Sports Trust is providing school sports Co-ordinator training.

PE in school

We believe that Physical Education can provide unique opportunities for pupils to enjoy physical activity, develop physical skills, learn about healthy lifestyles and develop personal qualities such as self-confidence, cooperation, communication and fair-play.

- Each class has two timetabled PE sessions and has access to a range of exercise and play equipment at lunchtime. The school currently follows the Durham scheme of work in KS1 which covers gymnastics dance and games skills. In reception, the Val Sabin scheme is followed.
- Teachers' planning will take account of children's skills and abilities and ensure that lessons cater for all learning needs and abilities. Children will be encouraged to take part in competitive sports activities and will be signposted to out of school activities where appropriate.
- Disabled children or those with identifiable special educational needs are allowed equal access to differentiated sports activities
- Teachers use the level descriptors in the National Curriculum and the school's Skills Based Curriculum to inform assessment and planning for progress. Teacher's report annually on all children's attainment and progress.
- There is an expectation that all children participate in PE and if there are issues surrounding participation this will be dealt with on a case by case basis and appropriate support offered to ensure participation.

Health and Safety

The school recognises that physical activity involves pupils in activities which by their very nature, contain an element of risk.

Teachers manage this risk by:

- being familiar with safe practices for moving and using apparatus
- being aware of pupils who have special needs with regards to physical activity, eg asthma
- having pupils wear appropriate clothing for the activity
- having pupils remove any jewellery
- having pupils tie long hair back
- being aware of the correct procedures for the development of specific skills being taught,
- ensuring that apparatus and equipment are stored safely at the end of each lesson
- encouraging pupils to consider their own safety and the safety of others at all times

The BAALPE handbook Safe Practice in P.E. and school sport is available as a reference document for all staff.

It is a general requirement that we undertake an annual risk assessment of the school premises and equipment. All PE equipment is checked annually by First Sports.

Supporting physical activity in all aspects of school life

Out of school hours learning

There is a range of out of school activities that currently include football, dance and multi-sports. Attendance is recorded and the classes are generally oversubscribed. Children with special educational needs are given equal access to all out of school activities and if special arrangements are necessary to support them to do this, these are made in consultation with the Deputy Head Teacher (Inclusion Leader).

Sporting activities available in the local neighbourhood are promoted on the School Sports Noticeboard and via the School Newsletter and Website.

Active travel

- Pupils are encouraged to walk to school wherever possible and there is active participation by the school in Walk to School month.
- The most recent travel survey indicated that fewer than 20% pupils travelled to school by car, 75% pupils walked to school and others used public transport or bicycle.
- Active travel is encouraged by walking to local events where that is possible. In addition to the direct teaching of road safety each year, each time the children leave school on an educational visit, this will be revisited.

Facilities available

- Chapel End Infants School uses the school hall for the majority of its PE provision.
- The playground is used in the summer months but activities are limited due to most of the area being hard surfaced and lack of weather protection.

Equal opportunities and inclusion

All pupils in the school, including those with special needs are entitled to a comprehensive programme of physical activity which:

- fulfils the statutory national curriculum requirements
- takes into account their individual needs and interests
- provides them with opportunities to pursue activity beyond the school day

The school provides effective learning opportunities for all children and is sensitive to the needs and skills of the individual. Physical activity provision is inclusive of all abilities and activities are adapted to suit individual requirements as appropriate. This may include modifying a task or offering a parallel or separate activity.

The playground and physical activity

The playground offers a range of equipment to encourage the children to be active which includes bats and balls hoops and skipping ropes. In addition there is a climbing wall and fixed climbing equipment and bikes and scooters which are available to the children on a rota basis.

Physical activity in the classroom

In order to avoid children being inactive for prolonged periods all teachers and children have access to 5 a day fitness which provides classroom active breaks for children that also provide an opportunity to practise the key skills of balance and co-ordination.

The social aspects of fitness are taught within the PSHE curriculum.