

COURTLAND SCHOOL

Everybody Can Be Somebody

Physical Activity Policy

Aim of Policy

We have a responsibility to help children and Staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- through its effects on mental health, physical activity can help increase children's capacity for learning
- physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life
- physical activity can be used to help promote team work and self esteem

Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

This policy supports the Barnet Partnerships 'strategy, which aims to increase participation in physical activity and increase the awareness of the benefits. We understand we have an important part to play in this strategy by introducing our children to a broad variety of physical activities and removing barriers to participation.

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'.

Provision of Physical Activity in School

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education Lessons
3. Active lessons
4. Extra-curricular physical activity
5. Travelling to and from school
6. Before School, Break and Lunchtime activity
7. Accessible and adequate facilities
8. Staff opportunities
9. Involvement with parents/carers
10. Involvement with School Sports Partnership and other community resources
11. Healthy Lifestyles themed day/week
12. Achievement Assemblies
13. Walk a mile a week/ running club

1. School Ethos

Every child should be physically educated - that is, should develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, all Staff are encouraged to participate in and model physical activity as a valuable part of daily life.

2. Physical Education Lessons

These are planned sequentially by teachers using schemes of work for Dance and Gymnastics delivered by Non Stop Action. Our Sports Leader delivers Games and Athletics where skills are taught sequentially and developed from year to year. All lessons involve moderate to vigorous physical activity at least twice a week. During lessons, knowledge of different sports, rules, motor skills, self-management skills, and how to develop positive attitudes are taught. Through the variety of Sports and Skills taught, children are able to participate in activities that they can enjoy and can pursue throughout their lives; Lessons are taught by well-prepared and well-supported staff; and is coordinated with the PSHE curriculum. Every child in each year participates in regular physical education for the entire school year, including children with disabling conditions and those in alternative education programs. (Children in the Foundation Stage participate in physical education for at least 60 minutes during each school week, and children in Key Stage 1 and 2 shall participate for at least 120 minutes per week).

The scheme of work makes effective use of school and community resources and equitably serve the needs and interests of all children and staff, taking into consideration differences of gender, cultural norms, physical and cognitive

abilities, and fitness levels. As referred to in the Teaching and Learning Policy, the Curriculum Overview and the school schemes of work.

3. Active Lessons

All staff search for opportunities to plan active lessons where possible and appropriate, for example; delivering literacy speaking and listening through drama, numeracy through brain gym etc. At Courtland we utilise trained Coaches to deliver sport and offer support to staff.

4. Extra Curricular Physical Activity

This school offers a physical activity programme that features a broad range of activities and meeting the following criteria:

- Children have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options e.g. Gymnastics, Climbing Frame or drama.
- Every child has an opportunity to participate regardless of physical ability;
- Children have the opportunity to be involved in the planning, organisation, and administration of the programme during School Council Sessions.

Current activities include: Football, Karate Club, Table Tennis, Gymnastics Club, Tennis Club, Netball Club and Multi skills Club

Proposed planning for future activities: Basketball club, Tag Rugby Club and one to one fitness sessions

5. Travelling to and from School

The school has an approved Travel Plan that aims to develop safer routes to school and encourages active methods of travelling. As part of the Travel Plan, regular events are organised to promote different ways of travelling safely to school e.g. Bikers Breakfast and Ride to School on a Scooter to school for breakfast

6. Before School, Break and Lunch Time Activity

During play times and lunch breaks, children have opportunities for physical activity in structured and unstructured groups. The main playground is completed with markings for a Netball and Football pitch, including a football goal wall and blackboard for the Foundation Stage. Foundation Stage has access to a climbing activity frame, whilst every opportunity is given for the rest of the school to use the front garden with gym trail as often as possible and during most lunch breaks. Our Playground has two Netball Posts for shooting balls and there are various areas marked out for target shooting on walls around the playground. All classes have access to balls, hoops, bats, skipping ropes etc. *Year 6 Play Leaders (Who are trained up whilst in year 5)* support children on the playground by providing equipment and setting up games with different year groups each day. *Additional*

adults e.g. target certain pupils, encouraging team games and promoting activities that develop gross motor skills. Meal Time Supervisors initiate skipping games and team games etc. Staff on play time duties, encourage pupils to take part in physical activities during play times so that children stay alert and attentive in class time and to enable them to benefit from other educational and social benefits.

Break times complement, not substitute for, physical education classes.

Staff make every effort not to deny a child's participation in break time or other physical activity as a form of discipline or punishment. There maybe exceptional circumstances where this is not possible.

7. Facilities

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity program.

The use of physical education facilities for non-instructional purposes, such as using the hall for school play practice and class assembly preparation, during times scheduled for physical education classes will be minimised.

Access to sports halls and playgrounds after school hours will be permitted wherever it is appropriate to do so.

The School takes part in the Supermarket campaigns to raise money for new sporting equipment in school. Parents are very supportive of this

8. Staff Opportunities

There are planned events to promote physical activity and awareness of physical activity among our staff. The Staff have opportunities for training that enables them to gain information to help our children succeed in regular activities e.g. P.E Insets, courses on Gymnastics and Dance using BPSS and BPSI. Some staff go on regular walks during their lunch break and all staff participate in the walk a mile a week activity. The Staff are informed of sporting and physical activities by notes that are posted on the staff notice board and on the children's sport notice board opposite our staff room. The Staff are made aware of clubs by regularly handing out flyers that advertise sports clubs in our local area. Some staff participate and support sponsored events such as the 'Race for Life' to raise money for charities and some lead the weekly running club. Some of our Staff regularly attend their local gym and swimming pools.

9. Involvement with Parents/Carers

Family members and other adult volunteers are invited to become involved with school activities. All volunteers receive induction about relevant school policies, procedures, and standards of conduct and are subjected to background and reference checks.

Courtland School actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents are invited to attend sports events e.g. Sports Day and taking part in the parent races, Tag Rugby, Athletics, Football and Netball tournaments and interschool competitions etc
- Parents are invited to Focus Weeks and to Travel Plan events e.g. Biker's breakfast or Scooter Breakfast and are able to participate in activities with the children.
- Through our newsletters, parents are made aware of the schools focus on healthy eating, sports activities, sports clubs, sports coaching in school and special events relating to physical activity
- Parents are invited to, and participate in, the Schools Annual Sports Days.
- Local schools and parents are invited to events such as Football & Netball Matches

10. Involvement in Barnet Partnership for school sport

The school works with recreation agencies and Barnet Partnership for School Sport. Through our involvement children have opportunities to participate in events, training, school competitions etc. There are always other community events that are advertised on our school sports notice board that enhance opportunities for children to develop their physical skills by taking part in community clubs.

11. Healthy Lifestyles Themed Day/Week

Specific time is allocated each school year to focus on promoting healthy lifestyles, which includes physical activity taster activities where children can try new activities not currently offered by school. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources, such as Sports Development are involved in activities during this week.

12. Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. Every child has a chance to receive a

certificate in our achievement assemblies. Children are encouraged to bring in medals, trophies and certificates when they have achieved success for events held outside of school hours, this enables everyone to share in their success. All of these initiatives support our school belief that 'Everybody can be Somebody'. All children who share their achievements in the assemblies are then recognised in the weekly newsletter to parents.

Equal Opportunities

Physical activity needs to serve the needs and interests of all children and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation.

CPD Opportunities

The Physical Education Leader receives regular training from the LA and the Barnet Partnership for School Sports as well as organising training for Staff.

Training needs are identified and agreed within Performance Appraisal Reviews with the Headteacher. Training Opportunities with relevance for the whole school are circulated to the rest of the school staff during Inset days/staff meetings. The Physical Education Leader is up to date with current initiatives and has close links with the LA's Education Officer for PE and the School Sports Partnership. The Mealtime Supervisors have had training in Positive Play, Traditional Playground Games, and Managing the Lunch Hour. They are now able to initiate and organise playground games to involve children in physical activity.

Kite Marks

We achieved the National Healthy School Status in May 2008. This status was maintained until the scheme stopped and a new Award was initiated. We currently hold Bronze status for the 'Healthy Schools London Award' We are now working towards the Silver level.

Monitoring and Evaluation

The PE Leader is responsible for providing clear leadership and management to develop and monitor the physical activity policy.

The Leader monitors levels of participation, and activity inside and outside the curriculum regularly and makes appropriate adjustments. She consults with pupils and staff to identify barriers to participation and ensures that a broad range of extra curricular activities that promote physical activity are provided for all pupils to participate in.

All classes meet the two hours requirement a week

Monitoring is also used to identify underachievement and those needing to go on the Gifted and Talented register.

Links to other policies

Curriculum Overview

Food

PSHE and Citizenship

Science/ Curriculum overview

Behaviour

Physical Activities Policy

Policy set up: July 2008 (K Afford)

Reviewed: July 2010 (K Afford)

Reviewed: July 2014 (K Afford)

Reviewed: July 2018 (K Afford)

Date of next review: July 2022