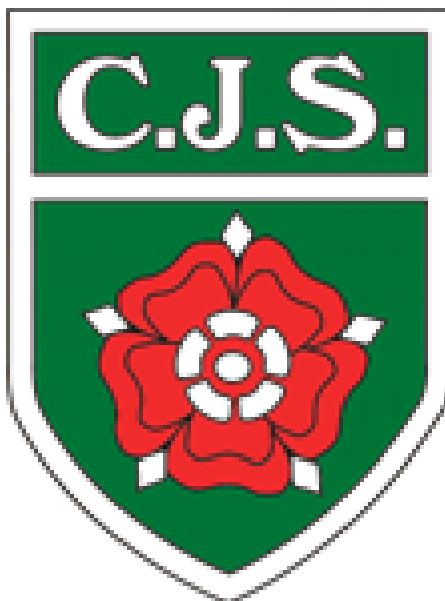


Policy & Procedure



Physical Activity Policy 2020-2023

This policy is reviewed every three years and was agreed by the Governing Body of Chellaston Junior School in Summer 2020 **and will be reviewed again in Summer 2023**

Signed: _____ Chair of Governors

Date: _____

Non-Statutory Policy

Aims and Vision

Chellaston Junior School



“Together we are **stepping to success**. Together we are **working to achieve our best**.”



Our aim In striving to become an outstanding school, at CJS we will help ALL pupils to be:

- **Successful Learners** who enjoy learning, make excellent progress and achieve very high standards across the curriculum
- **Confident Individuals** who are able to lead happy, safe, healthy and fulfilling lives
- **Responsible Citizens** who make a positive contribution to British and the global society



Curriculum Intent

At Chellaston Junior School, we ask, “**Why?**”. Our curriculum is based on developing enquiring minds.

Through our curriculum, we teach our pupils core knowledge, which then equips them with the ability to showcase their **reasoning** skills. We want our children to ask ‘why?’ and develop their independence and **resilience** to answer their own questions for themselves.

We encourage and foster pupils’ **creative thinking**, allowing them to explore and respond to the world we live in, through the curiosity of asking ‘why?’

At Chellaston Junior School, we never put a ceiling on what pupils can achieve; we stretch them so that each pupil can reach their full potential. We adapt our curriculum to suit the needs of all our learners. Our adaptations allow equality of opportunity for every child; no pupil is left behind.

Rationale

Nationally there is a growing problem with obesity and inactivity. There is strong and consistent evidence 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. Our school plays a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a commitment to being more physically active. Our aspiration is to influence the whole school community to establish and maintain lifelong physical activity habits.

Definition of Physical Activity

Physical activity is a broad term referring to all bodily movement that uses energy, where you feel hotter and the heart rate increases. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs.

Relevance to other related school policies:

This policy is additional and complimentary to the Physical Education policy and sits within a number of other school policies on: SEND, Healthy Eating, PSHE, Health and Safety, Teaching and Learning, School Travel, Safeguarding, Equal Opportunities

Aim(s)

- To increase physical activity across the whole school community.
- To promote and develop an understanding of the importance of regular physical activity.
- To improve the self-esteem and confidence of pupils through participation in physical activity.
- To promote the link between healthy eating and physical activity as part of a healthy lifestyle.

Objectives

- To ensure that all children and young people have the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity for **at least an hour each day** as recommended by the Chief Medical Officer (Department for Health) and to establish and maintain an interest in regular physical activity. This will include activities that strengthen muscle and bone, at least 3 times per week.
- To improve children, young people, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity.
- To provide students with the best possible physical activity experiences, through a wide range of quality physical activity opportunities both within and outside the curriculum
- To ensure that physical activity provision in the school reflects the cultural, personal, social and medical needs of all children and young people.

Our objectives are delivered by:

Resource provision and facilities

Currently, the annual budget for Physical Activity is **£16000 + £10 per pupil**. The PE Subject Leader(s) are responsible for overseeing this budget. For more detail of how we spend our funding on physical activity please see the school website: PE and Sport Premium plan.

Some additional resource is available via training, activities and programmes offered by the School Sport Partnership, Livewell, Derby County Community Trust (Premier League for School Sport)

Facilities available for physical activity include:

Onsite: Hall, one all-weather hard court, playground, playing fields. Sometimes space in the HUB.

Offsite: swimming pool, residential trip site, sporting events facilities.

Staff co-ordination and development

Responsibilities for Physical Education, Out-of-School-Hours Learning and Community links lie with the PE subject leader(s).

- All staff involved in promoting, supporting or leading physical activity are provided with regular opportunities for continuing professional development
- All adults supporting learners involved in out of school hours' provision, have appropriate training/qualifications and have undergone a DBS check.

Ethos and environment

- The school identifies children and young people who do not participate regularly in physical activity and those who need extra support to participate. Strategies to encourage and support pupils to be more active are then implemented.
- Facilities are improved and developed to promote increased participation in physical activity in consultation with children, young people, staff and parents/carers.
- We have adopted a whole school approach to being physically active through the 'Active school programme' and our commitment to being a 'Healthy school'.
- The participation of children and young people in physical activity is recognised and celebrated through presentations in assemblies, information on noticeboards and in newsletters.
- Pupils are encouraged to walk, cycle and scoot to school.
- Staff understand the importance of physical activity and act as role models.

Curriculum (see also the *Physical Education Policy*)

- The school provides at least two 50 minute lessons of physical education for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all children and young people.
- All staff look for opportunities to plan active lessons where possible and appropriate. The school uses short bursts of physical activity to break up learning.
- All children and young people learn how active they should be and children are taught about the link between physical activity and healthy eating as part of a healthy lifestyle.
- Healthy Lifestyles Themed 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 e.g. Olympic themed week, bikeability etc...

See PE Policy for additional detail on curricular provision.

Out-of-School-Hours Learning (OSHL)

- All children and young people are provided with opportunities to be physically active through out-of-hours learning via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all children and young people, regardless of ability.
- Physical activity is promoted before school, during breaks, lunch-times and after school.
- Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community.

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment. There may be exceptional circumstances where this is not possible (*see the Behaviour Policy*).

Out of House learning - The range of activities offered:

- SoccerStars lead football activities at dinner time for Years 3 and 4 on Tuesdays and Thursdays.
- Dinner ladies plan out activities and equipment for different areas of the playground e.g. skipping ropes, stilts, bat and ball.
- Different classes are timetabled to use the trim trail each dinner and breaktime.
- Playground mini leaders lead a range of activities at Lunch time.
- Before school Soccerstars run a range of different sporting activities with the children at breakfast club.
- Some clubs run at dinner break e.g. Boys Football, Girls Football, Rammie's Healthy Hero's, tag rugby and Yoga starting in summer.
- Lots of clubs run after school: Netball, gymnastics, soccerstars, Wild Cats' girls football, Multi-sports and dance.
- Additionally there are also events and competitions organised by the Derby SSP which we attend after school.

Community Links

- The school is affiliated to the School Sport Partnership and has links with Derby County Community Trust through the Active School programme in order to utilise the available expertise and enhance the quality and range of provision.
- Children and young people are made aware of physical activity opportunities beyond school through newsletters, links on our website and visitors to school.

Consultation

- Children, young people, staff and parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered.

- Consultation takes place through the School Council, School Sport Council and staff meetings.
- The school takes steps to remove barriers to participation identified by consulting with children and young people and, where possible, involves them in these developments.

Involvement with Parents/Carers

- Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.
- Parents are invited to a Healthy Schools Parent Roadshow to inform them not only about physical activity within the schools but wider holistic health messages.
- Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions.

Safety

- The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and the Health and Safety Policy.
- See also the detailed section on Health and Safety in the Physical Education Policy.

Monitoring and evaluation

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through a formal assessment process plus teacher/pupil and parent self-evaluation and reviewed annually.

Aspects that are monitored include:

- children, young people, staff and parents/carers' knowledge of and attitude towards physical activity
- the range of physical activity opportunities offered to children, young people, staff and parents/carers and the levels of participation
- the percentage of children and young people participating in two 50 minute sessions per week of high quality PE or school sport within the curriculum and towards a further three hours beyond the curriculum
- the number of links to clubs/activities within the community and the participation of children and young people in these
- the number of children and young people walking, cycling or scooting from/to home
- the number of children and young people who achieve an hour of physical activity each day
- the number of children who increased their minutes of physical activity from a baseline measure
- the number of professional development courses attended by staff/activity leaders
- how and when children, young people, staff and parents/carers have been consulted.

- staff audit
- PE and Sport Premium plan. Budgets are regularly monitored to see which elements of spend have had the most impact on improving provision and outcomes in PE, physical activity and school sport. Plans are shared on the school website and updated to demonstrate impact

The methods of evaluation include:

- assessing the achievements of children and young people
- reviewing schemes of work
- reviewing programmes of activities
- reviewing registers for activities
- children, young people and staff discussions
- minutes of School Council meetings
- questionnaires
- annual participation awards

Key Development targets

See action plan for 'Active school programme'.

Equality Statement

At Chellaston Junior School, we actively seek to encourage equity and equality through our teaching. As such, we seek to advance the equality of opportunity between people who share any of the following characteristic:

- sex;
- ethnicity;
- disability;
- religion or belief;
- sexual orientation;
- gender reassignment;
- pregnancy or maternity.

The use of stereotypes under any of the above headings will always be challenged.

Inclusion

Our school is an inclusive school. We aim to make all pupils feel included in all our activities. We try to make all our teaching fully inclusive. We recognise the entitlement of all pupils to a balanced, broadly-based curriculum. We have systems in place for early identification of barriers to their learning and participation so that they can engage in school activities with all other pupils. We acknowledge the need for high expectations and suitable targets for all children.