

# Physical Education and Physical Activity Policy

Policy Owner	Robson House Primary Pupil Referral Unit
Approving Body	Robson House Management Committee
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## **Robson House PE and Physical Activity Policy**

### **Introduction**

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile and the effect it has on a child's health and wellbeing, their ability to learn effectively and achieve in school. As a healthy school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle. how we use our Schools Sports Premium Funding can be found on our website.

We also aim to increase enjoyment and participation in sport and physical activity for all pupils.

### **Aims of the policy**

- To show how we promote fitness and a healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games and gives guidance to staff
  - To give guidance to staff about their role in promoting physical activity
  - To give information to parents and carers about what is taught and how they can support the policy
- To show how the school meets national guidelines for physical activity, including PE and sport

### **Our approach to promoting physical activity**

The brain goes through a crucial development period in the first years of life and this can have a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life.

- To provide pupils with the best possible physical activity opportunities and experiences for all pupils, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity
- We provide a planned programme of at least two hours of high quality PE per week in the curriculum for all pupils
- To provide a range of opportunities for pupils to participate in inter-school sporting competitions and experience a range of sports
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities
- To provide appropriate resources and facilities
- To enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity
- To identify specific groups with high need e.g. girls, pupils who are the least active with suitable opportunities to be physically active throughout the school day

### **Policy development**

Our policy was developed by auditing our provision for PE, sport and physical activity in discussion with staff and children.

### **Links to other policies**

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding and Equalities.

### **Responsibility for physical activity**

Andy Umerah (PE subject leader) has overall responsibility for physical activity and the development, monitoring and review of the provision of physical activity. Their role includes: ensuring annual health and safety checks of all PE equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, and coordination of intra- and inter school sporting competitions

Alyson Dermody Palmer (Head of School) has responsibility for ensuring effective delivery and leadership and management of PE.

All staff should be aware of the policy and consider how they can support it and staff that provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

### **External providers**

We involve trained coaches and staff to support PE and physical activity in and outside the curriculum and where relevant ensure that the expertise supports the professional development for staff. All visitors are expected to work within the framework of this policy and the Camden protocol for involving outside visitors. Robson House staff are present during the delivery of sessions. The school works with staff from Arsenal FC, Be Better Dance Company, Talacre Gymnastics, Camden Learning and Swiss Cottage swimming Service as well as on-going support to staff and children from Dr Barry Costas (Senior Lecturer In Physical Education, Sport, Health and Well-being from the University of Hertfordshire).

This policy is made available to visitors.

We participate in Camden's Learning and Improvement Service programmes aimed at increasing physical activity participation e.g. Mini Health Champions and Race to Health.

### **Health and Safety**

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. We follow the advice contained in the AfPE (Association for Physical Education) publication 'Safe Practice in Physical Education and Sport' 2016

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils (and staff) wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective.
- Headscarves and leggings may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm.)
- Pupils remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in

- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times

Staff also consider their own and their pupils' safety with regards to their own personal clothing, footwear and jewellery when involved in the teaching of any activity. Netley Campus undertakes an annual risk assessment of the school premises and equipment including PE equipment as necessary. Risk assessments are carried out for school sporting trips.

## Curriculum

### PE

All children from Reception to Year 6 have at least two hours of PE a week during curriculum time. The curriculum covers the programme of study for PE in the National Curriculum (2013) and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' are assessed to ensure progress is made and end of key stage expectations are met by all children. This is then reported to parents on an annual basis. The importance of physical activity is included in science and PSHE.

Over the course of the academic year children have PE lessons including swimming, gymnastics, dance, athletics, outdoor adventurous activities and games as well as a daily fitness session.

### Participation in PE

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age. The PE curriculum at Robson House is inclusive also by virtue of the breadth of differing types of physical activities on offer to all our children.
- Pupils are expected to wear appropriate clothing and be involved in all lessons.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, evaluation, coaching, umpiring and refereeing, timing and recording. Children should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long-term health reason.

### Facilities available for physical activity

Facilities include (school to include) e.g.:

- Hall – climbing frame, gymnastics mats, balance benches
- Playground and Sports Pitch – to be used during the day for play times, lunch times and PE
- Swiss Cottage swimming pool is used for children's swimming lessons. Each child goes swimming every other week
- Lithgow centre- indoor and outdoor pitch used for weekly games lessons

We provide spare swimming kit, clothing and footwear for children who need it.

## **Physical activity outside of the curriculum**

In addition to PE, there are a range of opportunities for physical activity throughout the school day including activities such as 'brain-break' and physical activity warm ups before, during and after lessons

### **Inter-School Activities**

Children also take part in a range of inter-school sporting competitions organised by the Camden Schools Sport Association and Primary SEMH Schools' network. We have links with local clubs and classes and encourage pupils to join.

### **Active Travel to and from school**

We encourage pupils and parents to walk, cycle or scoot to school when appropriate and regularly promote walk to school, or 'Wheels to school' events. Safe storage facilities for bikes and scooters are provided to further promote active travel. Risk Assessments are completed for trips and children can sometimes only access trips if transport is provided due to their SEMH needs. Where appropriate we will walk to venues for school trips or events to promote active travel. We provide on-going road safety training in Key Stage 1 and 2 and cycle proficiency training for Year 6.

### **Active playtimes**

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Support staff are trained to deliver structured physical activity during lunch and playtime.

### **Sports Day**

We organise an annual Sports/ fun Day event at the end of the summer term. We have a wide range of sporting competitions on the day to encourage participation from all pupils.

### **Involving parents and carers**

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards. We run workshops sometimes in partnership with external organisations.

### **Celebrating achievement and success**

We understand the importance of celebrating achievement and success in sport and physical activity and have a range of strategies in order to ensure pupils feel appreciated and proud of their achievements: For example fitness star, certificates and medals.

### **Monitoring and evaluation of physical activity**

The PE subject leader and senior manager with responsibility for monitoring are responsible for the overall monitoring of the quality of physical activity provision. Our School Improvement Plan includes regaining Healthy School Status which we did in December 2017.

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved. ICT is used to support observations and support planning to further improve work.

Physical Education is monitored and evaluated through:

- Lesson observations
- Sports Premium review
- Monitoring of equipment
- Feedback from staff
- Children questionnaires
- Parent and carer questionnaires
- Feedback from pupils/school council about PE and general physical activity
- Annual PE survey (organised by Camden LA)
- Pupil achievement in sporting competitions

We are also currently trialling the use of PE “I Can” statements we have developed from the National Curriculum guidance in line with our procedures for Assessment without Levels.

When external providers are used to deliver physical activity, we ensure that high quality lessons are delivered consistently.

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer.

### **Training and support for staff**

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.

### **Dissemination of the policy**

The policy is available to parents and carers and pupils via the school website. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are in the staff handbook, and Policy reference file, in the school office.

Any outside contributors involved in physical activity receive a copy prior to teaching.