



## **Oak Cottage Primary School Physical Activity Policy**

Oak Cottage Primary School's Physical Activity Policy is not meant to replace a school Physical Education Policy, but is designed to complement it. It has also been written to complement and support the following school policies:

- Inclusion
- SEN
- PSHE
- Health and Safety

### **Our Aim**

- To increase the physical activity levels and well-being of the whole school community by developing a supportive environment conducive to the promotion of physical activity.
- To develop an understanding of the importance of regular physical activity amongst the whole school community.
- To improve the self-esteem and confidence of the pupils through participation in physical activity.
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events.
- To promote inclusion.
- To improve the quality and breadth of PE and Sport.

### **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'.

### **Objectives**

1. Appoint a designated member of staff (PE Coordinator) who will lead physical activity development.
2. Maintain a high profile for physical activity in all aspects of school life.
3. Provide appropriate ongoing training for all staff, including teaching and non-teaching Staff.
4. Encourage all pupils to participate in physical activity during playtimes and lunchtimes.
5. Embed health related exercise principles into the PE curriculum - ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects, such as science, D & T, PSHE, English and maths.
6. Provide links to other aspects of health, for example, by promoting healthy eating and providing access to water.
7. Ensure that all pupils have access to a minimum of 2 hours curriculum time high quality PE and sport each week, along with further opportunities to take part in out of school clubs.

8. Ensure that all pupils have access to 30 minutes of activity per day at school to promote Active 30:30.
9. Offer a broad and balanced activity programme that is inclusive to all pupils.
10. Work with key partners, including the School Sport Partnership and the Healthy School Programme, in helping to promote physical activity.
11. Work with key partners in ensuring that all children have access to appropriate community activities.

### **Physical Activity Coordinator**

1. The PE Coordinator shall also be the designated Physical Activity Coordinator, with responsibility for leading all broader aspects of physical activity, with strong support from the head teacher.
2. This person shall also be the designated Primary Link Teacher with specific responsibility for providing the school link to the School Sport Partnership (SSP).

### **Raising the Physical Activity Profile**

1. Provide a dedicated notice-board (the school games notice board) that advertises opportunities for all pupils and staff to participate in school and community activity and celebrates success.
2. Regularly celebrate achievement and promote activity in assemblies.
3. Create a sports council, who will report on physical activity across the school and provide pupil voice opportunities.
4. Take part in encouraging pupils to walk to and from school – promote leading healthy lives.
5. Promote and participate in new initiatives that will help improve physical activity in and out of school e.g. Street Tag implemented in May/July 2024.
6. Provide a cycle storage area.
7. Offer the Bikeability programme.
8. Promote physical activity during breaktimes, lunchtimes and other points during the school day.
9. Provide opportunities for all children to participate in activities with a sports coach at lunchtime.
10. Provide the opportunity for the daily mile to take place and ensure children are given this opportunity to be physical active.

### **Playtime activity**

1. Make a range of equipment available to all pupils during lunchtime so they can participate in a range of activities and sports.
2. Provide extra-curricular sporting opportunities at lunchtimes and provide opportunities for physical activity through the employment of a sports coach.
3. Train older pupils to act as playground leaders – oversee equipment and support activity for younger children.
4. Have Year 6 buddies for Reception to encourage them to be more physically active and play safely at break and lunchtimes.
5. Ensure that lunchtime supervisors are able to promote and support playtime activity through providing training when required.
6. Develop appropriate and safe playground areas, which have permanent markings, designed by children and staff, which encourage and facilitate activity to all pupils. Markings for the daily mile for the children to complete each day and markings to promote physical active games such as duck, duck, goose.

7. Provide access to our outdoor gym equipment and adventure playground to promote and encourage physical activity.
8. Encourage more girls to become physically active through the implementation of a girls week at lunchtimes each half term.

## **Curriculum**

1. Ensure that all pupils receive 2 hours curriculum time physical education each week.
2. Provide a Physical Education programme that is broad, balanced and fully inclusive, suiting the needs of all pupils.
3. Provide ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved.
4. Ensure that all PE lessons include periods of time in which the children are “stretched” physically (i.e. become out of breath).
5. Ensure PE lessons are keeping the children active for the majority of the lesson.
6. Ensure that all PE lessons make pupils aware of the need to exercise, detailing how the body changes during exercise and know how to warm-up and cool-down.
7. Ensure that all PE lessons are structured to include a warm-up and cool-down.
8. Promote physical activity and health related exercise within other lessons – e.g. the effect of exercise on the body, anatomy and physiology, in science.
9. Provide an annual programme of intra school activities for all pupils, including a sports day.

## **Extra-curricular Activity**

1. Provide a diverse weekly programme of out of school hour’s activity clubs, which suits the needs of all pupils. This will be developed in consultation with pupils through our sports council.
2. Provide a programme that offers an equal balance of competitive and non-competitive activities at lunchtimes and after school.
3. Encourage every pupil to attend at least one activity session each week (KS1 and KS2).

## **School Sport Partnership and Community Links**

1. Ensure that the school regularly participates in SSP and county-wide events which promote physical activity.
2. Provide the children with the opportunity to try a range of sports and attend a wide range of competitions across the year.
3. Provide the opportunity for girls and SEND children to attend more competitions specifically designed to engage and encourage them to be more physically active.
4. Provide children the opportunity to attend a range of competitive events and events that are more focused on developing the school games values.
5. Ensure that the school employs a range of qualified and experienced coaching staff and implements quality assurance through the SSP programme.
6. Ensure that the PE Coordinator takes responsibility for forging strong local community club links (club coaches visit school/pupils attend club taster days/clubs advertised on notice-board).

## **Staff Activity**

1. Encourage all staff to take an active part in PE lessons and physical activity opportunities.
2. Encourage staff to take part in the daily mile.

## Monitoring and Evaluation

The Physical Activity Co-ordinator is Stephanie Hosier. She is responsible for providing clear leadership and management in developing and monitoring physical activity within school. She works closely with all members of staff. She monitors levels of participation and makes appropriate adjustments. She consults with pupils and staff to identify barriers to participation and to ensure there is broad range of activities are provided for all pupils to participate in.

This policy is a working document will be reviewed every 2 years

**Date:** July 24

**Signed:** \_\_\_\_\_ **(PE Coordinator)**  
**Signed** \_\_\_\_\_ **(Head Teacher)**  
**Signed** \_\_\_\_\_ **(Chair of Governors)**

## **FURTHER INFORMATION**

**Further to the policy the school should maintain records of the following:**

- A calendar overview of the annual physical activity programme
- A timetable showing the weekly programme of activities
- A list of the tournaments, festivals and events attended by the school
- A contact list of key partners which link to physical activity and health
- Copies of the school's annual PE /School Sport and Club Links (PESSCL) National Survey results which can be located in the PE subject leaders file.