



## Physical Activity Policy

### Bidbury Infant School

Physical activity is essential for developing and improving health as well as physical and emotional wellbeing which leads to a healthier lifestyle, better understanding of the body and ultimately children becoming more effective learners. Physical education develops children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence within a range of activities. At Bidbury Infant School, we aim to ensure that all children are both physically and mentally prepared for any challenge faced with the promotion of our school values, such as resilience and co-operation which physical activity plays a key part in.

#### Aims

In line with the Early Years Framework, the National Curriculum and throughout our physical education and activity we aim to:

- Progress and extend children's fundamental movement skills of agility, balance and coordination
- Help children become increasingly competent and confident when engaging in physical activity.
- Ensure that all children have access to a broad range of opportunities both individually and with peers.
- Ensure that all children engage in a range of competitive (both against themselves and others) and co-operative physical activities in a range of increasingly challenging situations.

#### Curriculum

The school provides all pupils with high quality lessons every week where learning builds upon prior knowledge and skills. This is delivered through two P.E sessions - both provided by a coaching company (CM sports). These coaches are consistent throughout the terms in school and the children get to know them well and they in turn become

extended members of our staffing structure. Due to their specific skills in the area of physical activity they engage and enthuse the children and develop their skills year on year. The children also get positive role models both male and female in the area of physical activity which is very important in promoting healthy and physical lifestyles.

In Reception, physical development is treated as an integral part of children's everyday learning. Children are encouraged to develop confidence and control of the way they move and the way they handle tools and equipment. All children are given the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. Throughout Reception to year 2 children have

the opportunity to develop their gross motor skills through regular access to outside space. PE contributes to learning in other areas of the curriculum. It promotes children's spiritual, moral, social and cultural development as it enables children to work together, discussing ideas and co-operating with one another. This reflects across the school as children learn to respect and work with each other and develop a better understanding of themselves and of each other. PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

### **Curriculum Enhancement**

We provide sport enhancement opportunities throughout the year for Foundation Stage and Key Stage 1 children where pupils have the chance to take part in alternative sports and physical activities such as curling, yoga and yo-yoing. All Children in the school have the opportunity to take part in a variety of inter-school competitions such as football, golf, cricket, multi-skills and gymnastics to name just a few. This is organised and facilitated by Havant Sports Partnership.

These opportunities foster a sense of co-operation and respect amongst the children as well as introducing competitive sport.

We have as a staff had training on how to deliver and teach yoga to children. This training was delivered to us by Michael Chissick from <https://www.yogaatschool.org.uk/>

This training has influenced how we all approach our teaching to ensure that there is physical activity throughout the day for the children as this helps their attainment and engagement in learning.

### **Sports Clubs**

The school offers a wide range of after school activities throughout the year. These are open to any pupil in the relevant year group with some being taught by sport specialists. Currently we offer dance, football, yoga and curling. Staff will notify pupils of any cancellation and rearrangements of clubs as soon as possible.

### **Resource**

P.E. is taught both inside in the hall and outside where we utilise the space available and use the field and playgrounds. The P.E. resources are stored in the designated P.E. shed and PE cupboard with some larger gymnastic equipment stored in the hall. There are climbing frames in the playgrounds. There is a variety of equipment for physical activity stored around the playground for children to access at playtime and lunchtime to encourage active breaks. Resources for physical development are always available in the Reception outside classroom. There are two designated lunch time Physical activity LSA's who organise games and activities for the children during lunchtime. The PE lead is responsible for the upkeep, location and re-ordering of equipment.

## **Safety**

The following safety principles must be followed:

- All children are made aware of the basic safety requirement as they become appropriate.
- All pupils are taught how to handle and carry apparatus and resources appropriately. They are taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others.
- Children must wear the appropriate clothing to take part in PE and wear appropriate footwear when travelling to and from PE sessions
- Children wearing earrings do not partake in PE activities.
- Children must have bare feet when using/climbing on apparatus.
- Staff must dress appropriately for teaching PE.

## **Equal Opportunities**

Every child is given equal opportunity regardless of gender, culture, language or special Needs.

## **Assessment and Monitoring**

Early Years pupils are assessed through observation and assessment of skills using the revised Early Years Foundation Stage Framework through the Prime Area of Physical Development, which includes Moving and Handling and Health and Self-care. This takes place during both weekly P.E. lessons and any skills shown through daily activities and learning. This allows Early Years practitioners to identify their developmental stage within the Early Years Foundation Stage Framework. In Years 1and 2, teachers use the national curriculum objectives to assess where children are in relation to the standards that they are expected to meet by the end of the key stage.

Staff use observations of the PE sessions as a means to assess through out to ensure that the pupils are making progress towards the end of unit skills. The P.E. lead is responsible for the monitoring of P.E. across the school to ensure that all pupils are receiving a quality education. This is achieved through lesson observations, speaking with pupils and the progression of the pupil's physical development and skill. Staff are encouraged to share their experiences and participate in professional discussions aswell as pupils having opportunities to reflect upon and evaluate their learning. The teaching staff and the HLTA's must observe the PE sessions given by the outside agency weekly to ensure that their own skill level is progressing and that they are confident about the progress of each student in their class.

## **Sports Premium**

Our Sport Premium funding is used to enhance the P.E. teaching skills of the staff as they work alongside professional sport coaches providing sporting opportunities both inside and outside of school as well as opportunities for physical development and activity throughout

the school day. Please see the separate document which details how our Sport Premium Funding is spent and the impact it has had within our school. This can be found on our school website.

### **Travel Plan**

There is a travel plan in place (please see separate policy).

### **How parents can help at home**

Encourage your child to join our after school clubs or take part in sports clubs and activities that are outside of school.

To try out and maybe join local sports clubs.

Encourage your child to walk or cycle, scooter to school as often as possible.

Play sports, games with your child such as throwing and catching, dribbling the ball, mini golf, tennis, swimming.

Why not visit your local library and find out about different sports.

Be brave and go and watch your local football team! Go to a dance show, or just regular trips to the park with friends. Try to make sure your child takes part in at least 30 minutes of exercise each day. This can include walking to school and playing games in the garden

Wherever possible we aim to use ICT to enhance the learning of the children. These website and 'You Tube' for jump start Johnny and Cosmic yoga can help to consolidate the learning in P.E.

Useful Websites:

<http://kidshealth.org/kid/>

<http://www.kidactivities.net/post/Gym-Games-for-School-Age-Kids!.aspx>

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

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