

# St Barnabas C of E Primary School

## Physical Activity Policy

### **Introduction:**

St Barnabas CE Primary School promotes healthy living and healthy lifestyles. The purpose of this document is to clarify how St Barnabas CE Primary school strives to encourage healthy lifestyles. This document also aims to link the physical activities that children participate in during the timetabled curriculum and additional ways that healthy lifestyles are promoted, within the different activities the school provides.

The implementation of this policy is the responsibility of all teaching/coaching staff with the assistance of parents/carers.

### **The Nature of Physical Activity:**

1. To provide all children in Foundation Stage, Key Stage One and Key Stage Two with the opportunity to participate in physical activities and provide opportunities for the children to receive the government recommendation that all children participate in two hours of Physical Activities a week. It is also aimed that all children, parents and staff irrespective of age or gender, have the chance of enjoyment and success through participation of physical activities and healthy lifestyles.
2. To promote physical activity and healthy lifestyles, to develop positive attitudes and understand the benefits of healthier lifestyles and how children, parents and staff can make informed decisions about how physical activities can promote healthy lifestyles.
3. Physical Activities promotes personal, social, intellectual and physical skills and at this school it attempts to foster co-operation, tolerance, leadership, decision making and self-esteem. St Barnabas CE aims to promote enjoyment in the undertaking of exercise for all children that will, hopefully be continued into adulthood.
4. For children, parents and staff to make informed decisions about how physical activities can promote healthy lifestyles.
5. To recognise the importance of keeping healthy and those things which contribute to this; (Eating, drinking, diet, fresh air, sunshine, sleep, exercise).

### **Entitlement and Implementation:**

The promotion of Physical Activities at St Barnabas CE Primary School is to be delivered using a combination of timetabled P.E in addition to extra physical activities for before, during and after school.

The school aims to give opportunities for children and staff to participate in a wide and varied range of physical activities that promotes a healthy and safe lifestyle. The school also aims that children, parents/carers and staff feel they can express and share views about healthy lifestyles.

To maintain a wide a varied programme for the promotion of healthy lifestyles St Barnabas CE Primary School constantly looks to improve and increase the activities that are on offer for the children to participate in.

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The promotion of physical activities is carried out in plenty of different ways. Listed below are some of the ways that physical activities are promoted at St Barnabas CE Primary School:

- Physical activity is timetabled in curriculum time. All staff who teach physical activity are encouraged to wear suitable and practical clothing for these lessons.
- Children are given opportunities to be part of structured physical activities at lunch times.
- Older children or the SSOC assist lunch time supervisors to lead such structured activities.
- St Barnabas CE Primary School offers an extensive range of physical activities that forms a high proportion of the after school extra curriculum programme.
- Parents/carers and children have opportunities through questionnaires to give feedback and suggest other activities that form part of the extra curriculum programme.
- Children at St Barnabas CE Primary School take part in inter/intra school competitions in various sports, which also culminates in a school Sports Day, National Sports Week.
- The school aims to promote not only healthy but safe lifestyles and children have opportunities to learn water safety and road safety through an assortment of physical activities for example, swimming, cycling proficiency and pedestrian awareness.
- Staff have opportunities to train and develop their own professional skills in different physical activities.
- Staff actively talk about their own hobbies and the physical activities that they participate in to present themselves as positive role models for the children.
- The school encourages links with the community and uses the expertise of different coaches and teams to help develop practical skills in different sports.
- Warrington presents a partnership that is available, so that St Barnabas CE Primary have the opportunity to participate in various competitions across the year. Also there are events such as the Warrington Games, for children across the borough to come to one central venue to compete against each other.

### **Equal Opportunities:**

At St Barnabas CE Primary school we encourage all children to have the same opportunities to participate in the wide and varied range of physical activities that are on offer. All physical activity opportunities offered at St Barnabas CE Primary School are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities and Gifted and Talented policy and Inclusion Policy.

### **Health and Safety**

The teaching and support staff at St Barnabas CE will follow all aspects of the Health and Safety Policy which is outlined in the BAALPE publication; 'Safe Practise in the Physical Education 2012.' This is kept in the subject leader's classroom and should always be returned after use. Parents or guardians will be notified and asked for their consent for any travel arrangements organised by the school for students participating in any physical activity including sporting events. All coaches must sign and adhere to the Code of Conduct and the Safeguarding and Child Protection Policy.

At St Barnabas CE we aim to ensure the correct use of all equipment by both staff and pupils in order to create and maintain a safe environment for the teaching of Physical Activities.

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### **Links with communities**

St Barnabas CE Primary is part of Warrington School Sports Partnership and also has links with some local clubs, such as Warrington Wolves, Crosfields, Little Dragons and Taekwondo. Many coaches/visitors from local companies deliver assemblies related to Physical Activity and Healthy Lifestyles.

### **Behaviour**

All staff and coaches follow the school's behaviour policy.

### **Continuous Professional Development**

Staff are encouraged to attend courses offered by the TOPS programme, Real PE, Livewire and any others offered by the LA. All staff recently received training in the new PE scheme (Real PE).

### **Cross-Curricular Links**

At St Barnabas CE Primary School, we try to contribute to wider areas of learning including Maths, Science and PSHE.

### **Monitoring**

The PE Focus Group will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy. The subject co-ordinator will monitor the participation within the various clubs.

### **Awards**

St Barnabas CE Primary School have achieved Silver Kitemark with Sainsbury's school Games and have achieved a merit in the AfPE Quality Mark Award.

**Date: September 2018**

**Review: September 2019**