

Deansbrook Infant school

Physical Activity Policy

October 2020

Review date: October 2023

This policy was written in consultation with staff, pupils, parents and governors.

1. School Background Information

- 1.1 Type of School: Infant School
- 1.2 Member of Healthy Schools Scheme since 2020
- 1.3 Average No. on roll: 284
- 1.4 No. of classes in year: 3 form entry
- 1.5 Ethnic Breakdown: 25 Ethnicities
- 1.6 Gender: Mixed

2. Key contacts

- 2.1 Physical Activity Coordinator: Cissy Capaldi
- 2.2 School Sports Coordinator: Cissy Capaldi
- 2.3 School Travel Plan Coordinator: John Parnaby

3. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 3.1 Staff Handbook / Prospectus
- 3.2 New staff Induction materials
- 3.3 New Governor Induction materials

4. Aim

To ensure that all aspects of physical activity are promoted for the health and wellbeing of pupils, staff and visitors

5. Rationale

The policy may include reference to the following issues;

- The ethos of the school as a health promoting environment
- The national Physical Activity Guidelines for children, young people and staff report that:

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.

Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.

Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

- The national target that all pupils will have a minimum of 2 hours moderate intensity high quality PE and sport both within and out the curriculum
- The increasing obesity epidemic and decreasing levels of physical activity among children.
- Physical activity affecting the ability of children to learn effectively
- The role of the school in contributing to family and community health and well-being
- The need for the school to reflect in practice the taught PE curriculum.
- School sport partnerships.

6. Purpose or objectives

At Deansbrook Infant school we intend to

- Increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- Nurture an enjoyment of physical activity and develop the skills and knowledge required to carry out activities safely.
- Provide consistent messages in school about physical activity both within and outside the taught curriculum.
- Increase the physical activity levels of pupils in line with national targets.
- Contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.
- Improve self esteem and confidence among pupils and provide opportunities for them to work together.
- Ensure physical activity provision in school reflects the cultural and medical needs of pupils.
- Contribute to out of hours learning for pupils

7. Equal Opportunities

All children are provided a safe, stimulating and inclusive learning environment where every member of our community is valued and respected. Our broad, balanced, creative curriculum and enrichment activities provide opportunities for everyone to achieve and succeed.

8. Resource Provision

At Deansbrook Infant School we have a large playground with a woodland trail and various playground markings to encourage games and activities. We also have three canopies to provide protection from the elements so that children are able to go outside in most weathers.

The playground climbing equipment undergoes an annual inspection which is part of the schools expenditure. Curriculum resources are replenished when necessary.

Large physical activity resources such as large balls, rackets and parachutes are stored in the main hall in wheeled trolleys. Smaller equipment such as beanbags, quoits etc are kept in small storage boxes, also in the hall. All resources are available to staff and are easily accessible to pupils during PE lessons.

During the week the school premises are used for the following physical activity purposes:

- Dance Club – weekly during the spring term
- Multiskills Club – once a week at lunchtime
- Football Club – once a week after school
- Tag Rugby Club – once a week after school
- Skipping Club – once a week during summer term
- Bench Ball Club – once a week at lunchtime during autumn term
- After School Club (Busy Bees) – variety of physical activities throughout the year

9. Staff Training, Development & Activity

Staff have attended training and received coaching in all areas of PE, Gymnastics, Dance and Games using the PE Grant, a legacy from the 2012 London Olympics.

One member of staff has trained as a Level 5 sports instructor.

During P.E. staff model good practice and dress appropriately for physical activity.

10. Curriculum Provision

Organisation

- The PE curriculum is taught by class teachers on a weekly basis. Children change into their PE kit (shorts and T-shirt) and wear plimsols outside and participate in bare feet in the hall.
- Each child will receive the following active PE time per week:
 - Nursery: Free flow provision throughout the school day with a range of outdoor physical activities
 - Reception: Free flow provision throughout the day with a range of outdoor physical activities. One 60 minute PE lesson per week.
 - Year 1 and 2: one 60 minute and one 30 minute lessons per week
- The school holds a Healthy Activity Day during the summer term when all children from Reception to Year 2 participate in age appropriate activities which are set up in a round and children move from one activity to the next. Parents and Carers are invited to attend.

Planning

- The school uses the Complete PE scheme of work which is linked to the objectives of the National Curriculum.
- The Val Sabin scheme of work is used occasionally for Dance lessons
- There are many cross curricular links including a set of dances specifically planned to complement each of the twelve topics taught in KS1

Assessment

- In Early Years, 'moving and handling' assessments are made through observations.
- In KS1 ongoing assessments are made through observing children through PE lessons and on the playground.

11. Extra Curricular Provision

Break times / Lunch times

- The playground shed stores a number of boxes containing activities to be played with outside. These include skipping ropes, hoops, ankle skip balls and bats and balls.
- Children are encouraged to play active games, led by the staff
- An activity club takes place every lunchtime by a trained member of staff
- There are various markings on the school playground e.g number square
- At lunchtime, four children from the junior school visit the infants to play games with the children in the playground
- There is a physical skills club which takes place three times a week and a multi-skills club on a Friday lunchtime

After school clubs

- Football Club – once a week after school
- Tag Rugby Club – once a week after school
- Skipping Club – once a week during summer term

When organising clubs, school council consult their peers to suggest ideas for new clubs and discuss the clubs they have really enjoyed and wish to continue.

Competitions

- The school is a member of BPSS (Barnet Partnership for School Sport) and attend many sporting events throughout the year. These are arranged by the PE leader.

School trips

- The nursery visit Paradise Wildlife Park and take a local area walk to the postbox
- Reception visit London Zoo and Knebworth House
- Year 1 take a local area walk and visit Windsor Castle and the seaside
- Year 2 travel into London and take a river trip along the river Thames
- Year 2 children visit Lee Valley and attend an outdoor science workshop

- Year 2 also have the opportunity to attend an overnight school journey to Moat Mount Outdoor Centre where they participate in a range of outdoor activities including team building games, nature walks and archery

12. Active Travel

- Walking to school is actively promoted through our Walk On Wednesday Challenge which runs all year round. On special occasions such as 'walk to school week' the school organise a walking bus to encourage every child to walk
- Parents who live too far away from school to walk are encouraged to park closely to school and walk part of the way, referred to as 'Park and Stride'
- Children can earn equivalent Walk on Wednesday points for scooting to school. In addition, scooter parks are provided for children in the playground. The scooter storage on site is secured during and after the school day.
- Deansbrook Infant School currently holds a Gold accreditation from TfL STARS for active travel.

13. Community Partners & Links

The school has participated in several community based events including:

- The Vitality Half Marathon for schools event at Wembley Stadium
- The Mayor of Barnet's Golden Kilometer

14. Health and Safety

- Refer to Healthy and Safety Policy & Risk Assessment File
- Sports coaches and volunteers need to have an enhanced DBS before they can start working at the school. They attend an induction meeting which includes relevant policies and safeguarding and fire procedures.

15. Implementation & Monitoring

- The policy is reviewed every three years by the Curriculum, Attainment and Standards Committee of the Governing Body.
- The headteacher reports on physical activity in her termly headteacher report to the Governing Body

16. Conclusion

A copy of this policy will be available to all staff and governors and can be accessed on the school website. Copies will also be supplied to other professionals whose work relates to physical activity or who may be involved in its delivery.