



POLICY FOR PHYSICAL ACTIVITY

Introduction

Ivybridge Primary school is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Ivybridge Primary school.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse and was implemented March 2017.

Ethos and Environment

Ivybridge Primary school strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

Physical Activity Policy Co-ordinator

The school physical activity policy and strategy co-ordinator is **Anabelle Grady**

Physical Activity Aims and Objectives

Aim: To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets

Equal Opportunities

All physical activity opportunities offered at Ivybridge Primary school are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities Policy.

Resource Provision

Ivybridge Primary School has 2 school halls, which are equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playground, with markings and a large field. An annual audit of all physical education equipment is conducted by the PE subject leader in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the PE stores.

Swimming takes place in Year 4 with an expert teacher and pool coaches.

Staff Responsibility and Development

PE Subject leader –**Annabelle Grady**

School Travel Plan Co-ordinator: **Kirsty Ross-McCall**

Staff are encouraged to attend courses offered by the borough and by Sport Impact; a non-for profit organisation that uses high quality PE, Sport and healthy lifestyle support to realise the potential of all young people. Our partnership with Sport Impact has widened the school's relationships with external agencies. As a result, local coaches often come into school and work alongside teachers – Dukes Meadows, Harlequins, Brentford, The Bicycle Society and Sport Plus Scheme. All staff receive training through Sport Impact and have access to other training opportunities.

Provision

Organisation

The PE programme is taught by class teachers and/or Sports Plus Coaches.

Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: 45 mins x 1 lessons, and average 60 mins per day of active play activities

Year 1 and 2: 45 minutes x 2 lessons

Year 3 and 4: 2 x 50 minutes

Year 5 and 6: 2 x 55 minutes

15 minute physical activity sessions at various points in the day.

Planning

The school follows its own schemes of work which are based on progressive learning objectives that meet National curriculum requirements. A variety of commercial schemes are used to support planning. In both key stages we teach gymnastics, dance, games, and athletics with the addition of outdoor adventure activities and swimming in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

The school is in partnership with Sport Impact and follows the Real PE scheme of work. The scheme of work offers comprehensive lesson plans from Reception to Year 6 for Fundamental Movement Skills (FMS). It is intended that the plans via the booklets and the skills (on cd) are adapted by the teacher in order to suit the needs of their class.

Our sports coaches have clear progressive schemes of work and systems for assessment ensuring pupils develop a broad range of physical skills and also those of team working, co-operation, leadership etc.

Assessment

Teachers use the schools own assessment model which is based on meeting/exceeding/below expectations identified in schemes of work.

Extra Curricula Provision

Break times / lunch times

We have recently re-modelled both playgrounds in order to stimulate children at playtimes. In key stage 1 and 2 children are encouraged to bring skipping ropes and are able to play football and other

ball games. In KS 2 children have 2 structured activities to choose from. In KS1, children use a variety of bikes at playtime.

After school clubs

We aim to encourage all pupils to take part in a range of clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do take part in (extra) regular exercise. Football, cross country, cricket, netball and tennis clubs are put on offer each year to prepare children for competitions. A range of other clubs are also offered; these include running club, Change for Life, gymnastics, dance, hockey, multi-sports, tag rugby, handball, volleyball, and rounders.

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through C8 and Sport Impact. These include-

Sportshall athletics

Quadkids

Kwik cricket

Football

Netball

Tag Rugby League

Tennis

Cross Country

Quicksticks Hockey

Pupils representing the school in competitions are invited to attend additional coaching sessions before school.

School trips

The school offers a number of outdoor education experiences throughout the year including a residential PGL trip for upper KS2.

Active Travel

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in the borough's Beat the Street event.

Community Partners and Links

The school is part of Sport Impact School Sports Partnership. We have also established links with a number of local clubs including - Dukes Meadows Tennis Club, Brentford football club, Harlequins Rugby Club, London Welsh Rugby club, The Bicycle Society and the RFU.

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. Staff demonstrate physical activity during PE lessons and run their own HIIT classes.

Health and Safety

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS / staffing checks.

Monitoring and Evaluation

The physical activity policy co-ordinator 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 in line with the above mentioned objectives including participation data.