

Physical Activity Policy

January 2018

Name of Policy	Physical Activity Policy
Date ratified	January 2018
Committee Responsible for Policy	Children, Families and Community
Date to be updated	January 2020
Headteacher Signature	
Chair of Governors/Committee Signature	

HOLY TRINITY C of E PRIMARY SCHOOL

1. Aims

As a Healthy School we want to promote the health and wellbeing of the whole school community through increasing awareness and enjoyment of and participation in physical activities. We are aware of our role, alongside parents and carers, in supporting children to meet the national physical activity guidelines:

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

2. Responsibility for physical activity in school

Miss Eliza banks oversees the sporting fixtures.

Mr Charles Danby leads on travel to and from school.

Mrs Alex Walker leads on out of school hours physical activities

Mrs Caroline Hopper is the PE Link Governor.

3. Physical activity and the school community

Pupils

- The Junior Leadership Team are invited to discuss Sport and PE at Holy Trinity and give requests or suggestions for improvements. We also invite children to feedback on initiatives that we have trialled such as 'Activate 11'.

Staff

- This policy is shared with all staff and they are aware of the active culture at Holy Trinity.
- Each day the staff join in with The Daily Mile. In addition, the school runs a bootcamp for staff through the company 'Fitwise' once a week.
- A number of staff ride their bikes to school, walk or park and stride. Teaching staff run extra-curricular sports clubs such as running club, netball club and balance bike club. Teaching staff wear appropriate sports attire to teach PE and sports. Staff encourage regular brain breaks through physical activity and understand the importance of this in relation to concentration.
- At Holy Trinity we encourage the professional development of staff through training in sports and the teaching of PE. We do this by sending staff on training days, together with whole school INSETs and PE coach mentoring.
- All year groups complete a unit of work on health in PSHE each year, a unit on eating in science and a unit on the development of food products in Design Technology. Together with this, every year group receives the recommended 2 hours of physical activity a week as part of the curriculum.

Parents

- We understand the importance of parents/carers roles in health and well-being for children at Holy Trinity. Parents are invited to every Sports Day, many extra-curricular sports competitions and also inter-school

HOLY TRINITY C of E PRIMARY SCHOOL

competitions. Some parents also coach extra-curricular sports teams alongside the PE lead. The school endorses the 'active travel' and 'bike it' initiatives; families are encouraged to walk, bike and scoot to school, where this is possible.

- We have a comprehensive sports page on the Holy Trinity School website. This has details of all sports competitions and match reports, together with highlighting the importance of swimming and healthy lifestyles. In addition to this, children are encouraged to write for the school Newsletter about their experiences of sport at school. The school Newsletter also celebrates successes in sport.
- The school PTA often fundraises for sports equipment to encourage physical activity.

Governors

- Our Children, Families and Communities Committee is responsible for overseeing activity and health within school and the school community.

External providers

- AFC Wimbledon Football Training- KS2
Dancebites- Baby Street Dance- KS1/Advanced Street Dance –KS2

Tiny Toes Ballet- KS1

Fitness First- Multiskills- KS1/Football skills-KS1 and 2/Friday fitness-KS1/2 and Gymnastics- KS2

Fencing-KS2

MSSP- Netball/Tennis/Basketball- KS2

Chance to Shine cricket- KS2

Krista Bose- Hockey-KS2

Teachers- Balance Bikes-KS1/Running Club-KS2

SB Cheerleading-Cheerleading- KS2

Better Leisure Centre- Swimming lesson- One term in Year 2 and two terms in Year 3.

Fitwise- Teachers Bootcamp
- Holy Trinity pays for membership of the Merton School Sports Partnership; through this, the school is provided with specialist coaching and mentoring, support for the PE lead, CPD and training and a clear action plan.

4. PE in school

HOLY TRINITY C of E PRIMARY SCHOOL



We believe that Physical Education can provide unique opportunities for pupils to enjoy physical activity, develop physical skills, learn about healthy lifestyles and develop personal qualities such as self-confidence, cooperation, communication and fair-play.

- Every pupil has 2 hours of PE Curriculum time per week.
- Every child has a swimming lesson for a full school year crossing Years 2 and 3.
- The Curriculum is mapped out as per the guidelines set by the Merton School Sports Partnership and covers a wide range of sports; skills are developed each year.
- Gifted and talented pupils are signposted to clubs and are part of extra-curricular school teams such as the 9 aside football team.
- Holy Trinity ensures that all PE is fully inclusive for all children; teachers and coaches adapt their planning and resources accordingly. All teachers teach an inclusive sport for half a term every year from Years 2-6. In addition, SEN children in KS2 attend the Merton Borough 'inclusive school games' each year.
- Teachers report on Pupil Progress in PE once a term using a traffic light system. The final school report to parents gives a level for effort and attainment. The PE lead uses this to inform CPD training needs.
- Pupils who are, on occasion, unable to join in physically, are given other challenges such as scoring and peer evaluation.
- If children come to school without their PE kit their parents are informed. The school can provide spare kit if there is a repeating pattern. Pupil Premium children are provided with funding for school uniform, including PE and swimming kit.

Health and Safety

- With reference to *Safe Practice in P.E. Physical Activity and School Sport*, the school recognises that physical activity involves pupils in activities which by their very nature, contain an element of risk. Teachers manage this risk by:
 - Being familiar with safe practices for moving and using apparatus
 - Being aware of pupils who have special needs with regards to physical activity, eg asthma
 - Having pupils wear appropriate clothing for the activity
 - Having pupils remove any jewellery
 - Having pupils tie long hair back
 - Being aware of the correct procedures for the development of specific skills being taught,
 - Ensuring that apparatus and equipment are stored safely at the end of each lesson
 - Encouraging pupils to consider their own safety and the safety of others at all times

It is a general requirement that we undertake an annual risk assessment of the school premises and equipment. PE equipment is included in this. PE equipment that is stored in the PE shed is monitored by the PE lead, who is notified of any breakages or damage.

5. Supporting physical activity in all aspects of school life

Out of school hours learning

Pre-school Morning clubs: ½ hour

- AFC Wimbledon Football Training; Years 5 and 6 – girls and boys – approx. 10
- Fencing Club – Year 3-6 mixed approx 10
- Running club-girls only-KS2-approx 15.
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Lunchtime: ½ hour

- Baby Street Dance for KS1 – Mixed classes – approx 20.
- Tiny Toes Ballet – open to anyone in KS1 – approx. 10.

After School: 1 hour

- Multisports – mixed and years 1 and 2 – 16 approx.
- Gymnastics – mixed – years 1 and 2 – 15 approx.
- Advanced Street Dance – mixed KS2 – 16 approx.
- Football and Ball Skills – mixed and KS2 – 20 approx.
- Netball – mixed – KS2 – 25 approx.
- Tennis- mixed KS2 – 20 approx.
- Funky Friday Fitness – mixed – KS1/2 15 approx.
- Cheerleading –mixed –KS1/2–12 approx.
- Hockey – mixed- KS2- 20 approx.
- Summer Term Reception Football for ¾ hour –mixed- 15 approx.
- Summer Balance Bikes – mixed-KS1- 15 approx.

School run clubs, such as Hockey / Netball and Tennis are charged at £15 - £30 for 10 / 12 sessions. These are led by teachers or Merton Sports Partnership Coaches. Other clubs are run independently by the club provider and vary in cost.

Attendance is monitored by weekly registers via the club providers. They advise if children fail to attend. This however, is rare.

All groups within school are represented and take part in extra-curricular clubs. All children are encouraged to join and have the opportunity to do so at the same time. Pupil Premium and previously looked after children, get the opportunity to join first and the school pay for one activity club per pupil premium child for half a term a year.

Active travel

The school promotes Active Travel in a number of ways.

- The children are surveyed on their mode of transport each year and parents are encouraged to walk to school if they are able to through the 'School Travel Plan' initiative.
- From our Autumn Active Travel Survey in 2017 82% of children walk to school. In addition to this, we have a 'bling your bike/sparkle your scooter/tinsel your trainers' competition day each year to highlight the importance of active travel to parents and children.

HOLY TRINITY C of E PRIMARY SCHOOL

- When welcoming prospective parents, The Headteacher informs them of the whole school activity policy and encourages no buggy use where possible.
- Holy Trinity encourages active school trips; from Year 2 and above, beyond the local vicinity, children walk to the bus stop or tube station. Year 1 walk to locations in the local area.
- To support understanding of Road Safety, in Nursery and Reception children are taught this as part of the Curriculum and in Year 6, children have an opportunity to take part in Bikability training.

Facilities available

- Wimbledon Leisure Centre (Swimming)
- Garfield Park (Athletics)
- School hall
- Muga
- Astro-turf

Equal opportunities and inclusion

All pupils in the school, including those with special needs are entitled to a comprehensive programme of physical activity which:

- fulfils the statutory national curriculum requirements
- takes into account their individual needs and interests
- provides them with opportunities to pursue activity beyond the school day

The school assists pupils with specific disabilities/health conditions and provides effective learning opportunities where appropriate. Activities are adapted to suit individual requirements as appropriate; this may include modifying a task, offering a parallel or separate activity.

The school is sensitive to the needs and skills of the individual and physical activity provision is inclusive of all abilities and pupils whether the pupils are physically gifted or challenged.

The playground and physical activity

- Children engage in a carousel system; throughout the week they have the opportunity to play football, table tennis, use the climbing wall and the trim trail. Each class also uses Sainsbury's Active play equipment once a week. Professional coaches lead lunchtime sports clubs for KS2 twice a week.
- Holy Trinity has an extensive range of playground equipment. PE and sports equipment are kept in a shed which is monitored by the PE lead. Playground equipment and breakfast club/after school club equipment also have their own separate sheds. New playground equipment is purchased every year using Sainsbury's Active School vouchers.

Physical activity in the classroom

- At Holy Trinity we take a very active approach to classroom teaching. In addition, teachers incorporate regular 'brain breaks' into their lessons. Staff also coach sports teams at lunchtime together with before and after school.
- The school follows the 'Jigsaw' PSHE programmes. As part of this, each year group completes a 'Healthy Me' unit each year. The unit is delivered using a variety of methods to encourage children to understand their bodies' needs and highlights the importance of eating a balanced diet, and of physical activity; for all children, it explores the benefits of rest and relaxation; and there are lessons on keeping clean, drugs and alcohol,

HOLY TRINITY C of E PRIMARY SCHOOL



being safe, and first aid. The link between physical and mental well-being is emphasised greatly, so that children have the chance to learn about both. The whole school engages in 'The Daily Mile' once a day.



GROWING TOGETHER AS CHILDREN OF GOD