



Westgate Primary School Physical Activity Policy

Rationale

At Westgate Primary we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The use of the PE and Sport funding is effective in improving and sustaining high quality PE and sports provision and an increase in physically active pupils and teachers.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the mental health including; self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality and breadth of PE and Sport
- To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff, families and visitors.
- To ensure children gain enjoyment from physical activities.

What is Physical Activity?

Physical activity is defined as “any force exerted by skeletal muscle that results in energy expenditure above resting level” and includes “the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living”.

How is Physical Activity provided in School?

Physical Education Lessons

Extra-curricular physical activity

Travelling to school

Supervised break time activity

Staff opportunities

Community involvement

Non-teaching staff training to promote active break and lunchtimes

OBJECTIVES

What do we want to achieve?

1. To ensure all children are following the PE scheme of work and that as a school, we are contributing to the national guidelines of 60 minutes of physical activity a day.
2. For all staff to look for opportunities to plan and deliver active lessons wherever possible and appropriate.
3. To offer an out of hours physical activity programme that features a broad range of activities and meets the following criteria:

- a) Children have a choice of diverse activities in which they can participate. Competitive, non-competitive, structured, un-structured, & including some non-sport options e.g. gardening or drama.
 - b) Every child has an opportunity to participate regardless of physical ability.
 - c) Children have the opportunity to be involved in the planning, organisation, and administration of the programme.
4. The children will be made aware of the travel plan and be encouraged to walk, cycle, scoot to school.
 5. To provide cycling proficiency training to pupils.
 6. To promote physical activity during the lunchtime session, be it supervised, adult initiated or child initiated.
 7. To utilise all of the facilities available for physical activity whenever possible and appropriate to do so.
 8. To provide planned, established and implemented activities to promote physical activity among staff and to provide opportunities for staff to engage in regular physical activity.
 9. To liaise with school sports co-ordinators, sports development officers, professional clubs sports co-ordinator to enhance opportunities available to children and staff for physical activity
 10. To create an environment that emphasises and promotes the importance of physical activity in our daily lives.

EQUAL OPPORTUNITIES

Physical activity needs to serve the needs & interests of all students & staff, taking into consideration differences of gender, cultural norms, physical & cognitive abilities (including pupils or staff with Special Educational Needs), & fitness levels thereby encouraging participation.

Curriculum provision

- All teachers follow the PE policy and scheme of work closely.
- Curriculum time dedicated to PE is at least 120 minutes per week
- Physical activity issues are taught during PE, PSHE and SCIENCE
- Health and Wellbeing Week is an annual event.
- An after school activity calendar is in place.
- The PE and PA Subject Leader liaises with all other agencies to enhance the activity we do in school.
- The PE and PA Subject Leader promotes sports clubs in the local community
- The head teacher makes the parents and children aware of the Travel Plan and encourages walking and cycling to school in the newsletters.
- Physical activity equipment is provided for the children to use during playtimes and lunchtimes.
- There is a timetable for each of the areas where physical activity takes place. eg. Football rota, fitbods etc
- Active travel to and from school is promoted, monitored and celebrated.
- The school council consults the children about the physical activity both within and outside the taught curriculum
- Parents' views on physical activity in school is gained by questionnaire.
- Lunchtime and break time activities

Breaktimes and lunchtimes

During breaktimes and lunchtimes, children are encouraged to participate in a range of organised physical activities. There are rotas in place for both KS1 and KS2 for football, playground games and 'Fitbods'. 'Fitbods' is a series of organised activities provided by Year 6 children throughout lunchtime for KS1 and 2.

Extra-curricular provision

Teachers and Teaching Assistants offer a range of extra-curricular opportunities to the children. Current clubs include; football, rugby, gymnastic, multiskills, Sports Stars. In particular, Multiskills club is targeted towards children who are less active in KS1, and Sports Stars towards similar children in KS2, and priority is given in all clubs to Pupil Premium children.

School Staff/ Adults Supported Learning/ Leader Development

Helen Hooper (PE subject leader) is responsible for developing, improving and monitoring the policy. The PE and Sports Premium funding is used to support physical activity opportunities in school. Staff are surveyed to identify areas where they feel less confident in delivery of PE and appropriate training or resources are organised accordingly. A PE Admin assistant role has been created to increase participation in events / competitions and festivals and monitor participation levels.

Staff Physical Activity Engagement

Staff are encouraged to present themselves as engaged in Physical Activity by dressing appropriately for PE lessons and joining in or modelling activities where appropriate. Hoodies have been provided using the Sports premium funding for this purpose. During theme weeks, staff are encouraged to share their own interests and hobbies in the form of taster sessions or workshops.

Partnerships

Westgate is part of the Active Schools SLA and benefits from their Subject Leader days, conferences and CPD. We have a strong link with the local School Sports Partnership and maintain a productive relationship with our School Games Organiser, Natalie Robinson. We maintain good links with local community clubs such as Karate, Squash, Tennis, Cycling and Football and offer taster sessions with these local organisations.

We contribute to the salary of a specialist PE teacher at PHGS who arranges inter-schools festivals for each year group on a half-termly basis, linked to their learning in PE.

As part of the Otley, Pool and Bramhope cluster, we promote physical activity in the school holidays through partner providers such as Leeds Sports Academy, ACES and Inspiration Tree.

Family engagement

We share information about Physical Activity through our regular school newsletter which is sent via email, hard copy where appropriate and also published on the website. Participation in events and competitions is communicated via this newsletter and on the PE noticeboard which is outside.

Links to other areas of school improvement

We acknowledge the importance of access to a broad and balanced curriculum, and to a range of leisure activities, in raising attainment for pupils.

Analysis has shown that children eligible for Pupil Premium have lower take-up of physical activity: these children are prioritised and targeted for enrolment in extra-curricular activities and take up is increasing as a result.

Children eligible for Pupil Premium can also have reduced access to high quality leisure activities. Pupil Premium children at Westgate are supported to attend physical activity clubs in school holidays, through targeted information and highly subsidised places which have been negotiated by the cluster.

Active Travel

The school travel plan is managed via Modeshift Stars, which is informed by our yearly travel questionnaire which is completed by parents and staff in the spring term. Each year we participate in a range of national events, such as Scoot to School and Walk to School weeks where children are rewarded for their participation. The school have secure cycle and scooter racks and shelters

to encourage children to scoot or cycle to and from school. All children complete the Living Streets Travel Tracker each day, which rewards them for active travel choices.

Each year, Year 6 completes Bikeability training to improve their skills and confidence in cycling on the road (where appropriate) and children in Years 1 to 5 complete either pedestrian or scooter training annually too.

Since September 2020, Westgate has been part of the School Streets initiative, meaning that Scarborough Road is closed to traffic for an hour at the beginning and end of the school day, to encourage more families to make active travel choices.

Evaluation

Data is collated from various sources, such as Travel Questionnaire, Living Streets Travel Tracker and evaluation of action plans.

This policy will reviewed as part of a 3 year cycle.

Signed: (Head Teacher)

Signed: (Chair of Governors/ Committee)

Date: 05/11/2020

Appendix – COVID-19

Current Physical Activity provision is different due to the Coronavirus pandemic. A summary of the key changes is below:

- After-school and extra-curricular clubs are not currently running. This will be reviewed on a termly basis.
- We are not taking part in any face-to-face inter-school competitions, but will be competing virtually in events set up by our SGO Natalie Robinson and the Active Schools Leeds team.
- Children remain in class bubbles for playtimes and lunchtimes, therefore Fitbods cannot take place. A set of PE equipment for each class bubble is to be provided to ensure activity levels remain high during these times and to promote positive, active play.
- To limit the number of outside visitors in school, we will not be hosting indoor taster sessions, workshops or coaching from outside organisations, but will instead seek to signpost children to local clubs, or host outdoor coaching or events where appropriate.