



**Flamborough CE (VC) Primary School**  
**Physical Activity Policy**



**“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united” – Wilhelm von Humboldt**

**Date of policy:** September 2022

**Review date:** September 2024

**Member of staff responsible:** Rachel Dinsdale (PE Co-ordinator)

### **1. Aims (Intent)**

At Flamborough School PE and Sport is given a high priority as we believe it is essential in providing children with a sense of well-being, promoting healthy active lifestyles and enabling children of all abilities to succeed and achieve. We take pride in our sports provision, offering a broad and balanced curriculum, as well as utilising the Sports Premium funding to provide a range of additional opportunities for the children. Our provision is inclusive for all children, both within the curriculum and through extra-curricular activities. Children have opportunities to engage in competitive sports and activities, both within school and against other local schools. We also understand the importance of daily activity and aim to keep children active at break and lunch times.

Our objectives are to:

- Provide two hours of curricular physical education in a broad and balanced programme;
- Provide opportunities both in and outside the curriculum which involves all pupils and promotes positive attitudes towards participation in physical activity;
- Enable pupils to understand the importance of physical activity;
- Provide a range of lunchtime and after school clubs and other extra-curricular activities that promote physical activity and a healthy lifestyle;
- Provide opportunities for children to compete in a variety of sports both within school and with other schools in the local area;
- Provide staff with relevant in-service training opportunities;
- Raise the profile of physical activity throughout the school and encourage cross-curricular links;
- Invite appropriately qualified professionals to contribute to the provision of curriculum and out of hours activities;

- Provide safe and stimulating areas to encourage play and activity;
- Maintain the School Games Mark award – the school has achieved ‘Platinum’ since 2017/18;
- Monitor pupil’s level of involvement in physical activity inside school and at after school activities, with the aim of increasing pupil participation.
- Actively include all pupils in physical activity.

## **2. How our objectives are delivered (Implementation)**

### **Ethos and environment**

- All pupils, including those with additional needs are entitled to a comprehensive programme of physical activity which:
  1. fulfils the National Curriculum requirements as a minimum;
  2. takes into account their individual needs and interests;
  3. provides opportunities for pupils to pursue physical activity beyond school;
  4. provides pupils with an equal opportunity to participate and achieve in different activities;
  5. ensures all children have access to a varied programme which allows pupils to meet the national expectations as outlined in the PE Curriculum;
- Physical activity provision within the school is developmentally appropriate and a variety of learning and teaching approaches and organisational management is adopted to cater for the needs of children of all abilities.
- Pupils with additional needs will be encouraged to ensure they take a full and active part in physical activity opportunities offered both within and outside the curriculum. Approaches to achieve this will include: inclusive activity, modification of activities, parallel activities, disability sport activities, or separate activities.

### **Curriculum**

- Each class is timetabled for two hours of curricular physical education each week, providing a broad and balanced variety of activities;
- The school uses a range of resources including Rising Stars ‘Champions’ sport, health and fitness programme and ‘Primary Steps in PE’, both of which meet National Curriculum requirements;

- The school also uses suitably qualified coaches where appropriate to contribute to the provision of the curriculum and develop staff knowledge in specific areas;
- The school is part of the Bridlington School Sports Partnership and the P.E. co-ordinator meets with the Bridlington School Sports Co-ordinator and other subject leaders on a regular basis;
- Children are able to attend extra sporting events arranged through the SSP;
- The SSP operates a CPD programme for both individual staff and whole school training.

### **Out of hours learning**

- Out of hours learning activities take place on a lunch time and after school. These can vary each term to provide a broad range of physical activities;
- Activities are available to children in Key Stage One and Key Stage Two;
- These activities are led by teaching staff, teaching assistants and other appropriately qualified individuals;
- Pupils will be consulted on a regular basis as to the choice of out of hours activities available.

### **Inter School Fixtures**

- The school follows the guidelines laid down in the ERYC PE and School Sport Risk Assessments;
- This includes ensuring staff in charge of an event are clear of their roles and responsibilities, and know the procedures to follow in the event of an accident or emergency;
- Additionally, the school will ensure that parents and pupils are fully informed of the arrangements, and that parental consent is obtained prior to the event. Contact information will be held at school and also by the member of staff accompanying the children.

### **Community Links**

- The school actively seeks to invite appropriately qualified professionals, particularly those with local community links, to contribute to the provision of curriculum and out of hours activities.

## **Active travel**

- A school travel plan is in place;
- Scooter training is offered to children in Year 2;
- Pedestrian training is offered to children in Year 4;
- Bikeability training is offered to children in Years 5 and 6;
- Walking/cycling to school is promoted by activities such as bike skills workshops and walking to school initiatives.

### **3. Monitoring and Evaluation (Impact)**

Rachel Dinsdale, the PE Co-ordinator, will regularly review the Physical Activity provision within the school.

Measures will include:

- Staff, parent, pupil and governor feedback;
- Number and variety of out of hour learning opportunities;
- Number of pupils attending out of hours learning;
- Number of pupils walking and cycling to school;
- Number of pupils competing in inter school competitions.

The PE Co-ordinator will ensure that children actively engage in PE and sport on a regular basis, including children with additional needs, and that children enjoy active play and lunch times with activities lead by sports leaders or adults. Children will continue to take part in local competitions in a variety of sports and understand the importance of the 'School Games' values. The PE Co-ordinator and Head teacher will regularly review our use of the Sports Premium funding to make sure it is used in a sustainable way to have a lasting, positive effect on children's health and well-being.