

Guildford Grove Primary School

PHYSICAL ACTIVITY POLICY

It is our task as staff at Guildford Grove Primary School to promote and support our children's learning and enable each one of them to achieve their full potential. We endeavour to provide a school day that excites, challenges and motivates each child and allows them to develop as independent learners. Our organisation of their learning promotes enjoyment, perseverance and self discipline. We encourage the children to achieve personal excellence in all aspects of work and behaviour. At Guildford Grove we aim to provide our children with a curriculum which allows them to understand how to keep themselves physically healthy as well as an understanding of healthy communities and their roles and responsibilities in maintaining them. Guildford Grove fully supports and takes part in the national Healthy Schools Programme and its objectives and aims to support the health and well being of every pupil.

Aims and Objectives

- To teach children to be active and to gain a sense of enjoyment in the widest possible range of physical activities appropriate for their age and development.
- To lead children to an understanding of why exercise is a crucial part of a healthy lifestyle.
- To ensure children are spending a minimum of two hours each week on high quality PE.
- To allow children the opportunity to reflect upon, improve, and make decisions about their own work.
- To work independently, competitively with a partner and within a team.
- To give children a chance to understand safe principles and to apply them according to age and maturity.
- To give opportunity for all children to develop positive attitudes towards themselves and others irrespective of age, gender or cultural background and the environment, including working together.

Break and Lunchtimes

Guildford Grove Primary School endeavours to provide stimulating physical activity for children during their break times. We believe that this activity contributes towards a healthy lifestyle and improves social skills. The school has installed a trim trail and Multi Use Games Area (MUGA) which is used by pupils at break times and lunch times. On the MUGA lunch time staff supervise a range of ball games in phase groups on a rotated timetable. A range of equipment is also available to support children in their play. During the summer term children can take part in supervised games on the field.

Out of Hours Activity

It is essential that children are given the opportunity to take part in out of hours activities. We feel that the role of clubs is key in nurturing sporting achievement, enthusiasm, enjoyment and is a beneficial way of creating a sense of community.

We endeavour to provide a broad range of activities that cater for the majority of children within the school. Children are consulted about the types of activities they would like to participate in and where

possible these activities are made available. Out of hours clubs are run by outside agencies who have specific sporting skills and understanding. This is paid for by the Sports Premium budget.

Out of hours opportunities are offered to all who wish to attend, within the specified key stage. Children and parents are informed about the available out of hours activities via the school website and by letter. A register is kept of the attendance, and children or parents are expected to notify the club leader if they are unable to attend. The provider will ensure that children go home safely at the end of the club.

Outdoor Adventurous Activities

We feel that outdoor adventurous activities are an important part of physical activity, providing children with specific skills that they can not access through other sporting activities. Guildford Grove Primary School therefore endeavours to provide a day of outdoor activities for year 3 and 4 linking to the topic of the term, a two-night residential trip to Sayers Croft and a week-long residential for Year 6 children in the summer term. These trips allow children to work as a team, develop decision making skills, grow in confidence and independence and experience new physical activities and experiences.

Swimming

Swimming lessons are provided for all Year 3 children with the aim of swimming 25m by the end of the year. Pupils attend the Surrey Sports Park and are taught by qualified swimming instructors within ability groups.

Cross Curricular Links

Physical activity has strong cross-curricular links. Keeping healthy is an area that is regularly taught through our Science and PSHE curriculum. Physical activity is also used as a stimulus for other core and foundation subjects and a key focus during Healthy Living Week and Feeling Good Week.

Physical Education

Time Allocated to Physical Education

All key stages are allocated times for indoor and outdoor education in the hall, on the field and on the MUGA. Key Stage One and Two children receive 2 hours of high quality physical activity per week.

Inclusion

Full participation of all pupils in the PE curriculum is promoted through:

- A broad range of sports, aimed to promote knowledge of movement, skills and understanding.
- A balance of individual, paired and group activities aim to cater for all preferences, strengths, physical abilities and the needs of pupils.
- A mix of both competitive and non-competitive activities which are accessible and challenging for all.
- Enjoyable and non-threatening teaching and learning.
- The safe delivery of PE lessons.

Curriculum Content

Weekly objectives are outlined on medium term plans to ensure continuity and progression throughout the school. The PE Co-ordinator has schemes of work provided by 'Real PE' and 'Real Gym' for all year

groups. Activities may be adapted where appropriate to cater for the needs of pupils. The breadth of the scheme ensures that all children will have the opportunity to learn and develop their personal, social, health and fitness, cognitive, creative and physical skills. These skills are taught through a range of games and challenges that encourages children to work independently and collaboratively. Swimming objectives are covered in Year 3.

In the Foundation Stage the teacher's weekly lessons are based upon the curriculum guidance for the Foundation Stage, which focus on improving skills of co-ordination, control, manipulation, movement, gaining confidence and being healthy and active.

Teaching Strategies

Teachers will:

- a) Act as role models for the children e.g. by wearing suitable clothing.
- b) Have sufficient knowledge and understanding in order to provide differentiation.
- c) Teach from a safe position which allows for all round observation and intervention if necessary.
- d) Use commentary to reinforce and develop pupils' interpretation of the task.
- e) Assess individual progress.

Assessment

Assessment takes place continuously through the activity both by the teacher and pupils. Evaluations of each child's achievements are based upon their ability to acquire, develop and apply skills, make decisions through their understanding, evaluate and improve their performance and the ability to work independently and with others. Teachers should endeavour to adapt subsequent lessons according to their evaluation of the current lesson.

Assessments in Key Stage One and Two are made and formally recorded in the end of year report.

All Reception children will be assessed throughout the academic year using the Foundation Stage Profile.

Health and Safety

All children are expected to change into suitable clothes for PE lessons. Boys and girls in Year 4,5 and 6 are required to change separately.

Indoor Activities:

Plimsolls or bare feet

Plain black shorts

Guildford Grove PE t-shirt

Outdoor Activities:

Plimsolls or trainers

Plain black shorts or tracksuit bottoms

Guildford Grove PE t-shirt

Guildford Grove sweatshirt

- Any earrings are to be taken out - tape is not to be used.
- Watches are to be removed and kept securely by the teacher.
- Long hair is to be tied back.
- T-shirts should be tucked in.
- Tracksuit bottoms should not be worn for gymnastics activities involving the wall bars.*
- Children are not permitted to wear school shoes for physical activity.

Teachers have all received training to demonstrate the safe erection and positioning of gymnastics equipment, particularly the wall bars. During gymnastics mats are positioned to aid balances and controlled landings from equipment only. Children are taught to be aware and recognise safety issues that arise within an area where equipment has been set up. Correct lifting and carrying techniques for equipment are taught to the children.

*Children who are not permitted to wear shorts for religious reasons should not use the wall bars and should only use low level gym equipment such as benches or horses.

Behaviour

Children are taught to respond immediately to simple commands from the teacher and are made aware of the importance of good behaviour in creating a safe and enjoyable environment for everyone. Children should work sensibly at all times and never run around the apparatus. Children are encouraged to take responsibility for their own safety as far as they are able.

Continued Professional Development

Areas for staff training or development are monitored through the annual Performance Management cycle and are addressed when necessary. Areas of whole school training are identified in the School Development Plan.

The subject leader will work closely and has regular contact with other PE co-ordinators. Well established links between local schools means pupils benefit from additional physical activity. Competitive afternoons of a range of sports are organised by the PE Co-ordinator involving all pupils from Key Stage One and Two.

The School Sports Premium is to be used for continuing CPD and funding of out of hours activities and promoting a healthy lifestyle.

Physical Activity Leadership

The subject of PE is monitored and evaluated by the PE co-ordinator. Physical Activity is also monitored and evaluated by the PE co-ordinator. The PE co-ordinator monitors the subject, is responsible for updating school policy, providing training opportunities for staff and maintaining the co-ordinator file.

The PE co-ordinator is responsible for the subject budget and the Sports Premium alongside the bursar and uses equipment and training audits to spend the budget where appropriate.