



Holy Trinity Church of England (Aided) Primary School

Physical Activity Policy

The Best for Every Child - a Unique Child of God

*See how much the Father has loved us! His love is so great that we are called God's children — and so, in fact, we are
(1 John 3:1)*

At Cookridge Holy Trinity Church of England (A) Primary School we serve the community by providing a happy, secure and caring Christian environment where all are valued and respected. We pride ourselves on being friendly and welcoming. We believe in the uniqueness of the individual as a child of God and recognise the range of contributions that each can make.

We provide for the spiritual, emotional, physical, mental and social development of the whole child, as a child of God. We seek to foster self-esteem and instil a sense of responsibility to others and the world around them through the teaching of our Christian Values.

We are committed to the pursuit of excellence, and the school curriculum aims to offer all children a broad and balanced, relevant and differentiated curriculum which provides consistency and continuity of teaching throughout the school, enabling every child to maximise their potential.

We work in partnership with parents, the local church, the wider community and other schools to provide an education of the highest quality.

Policy written by: Victoria Johnson and David Wilkinson

Date updated: 18.11.2021

Person responsible for implementation and monitoring: PE Subject Leaders and SLT

Links to other relevant policies: Physical Education Policy, School Travel Plan, Healthy Schools Policy.

Aims:

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

To increase the physical activity levels of the whole school community by developing a supportive environment conducive to the promotion of physical activity.

To develop an understanding of the importance of regular physical activity amongst the whole school community.

Rationale

Regular physical activity can improve quality of life, improve physical and mental health, promote social inclusion, raise individual's self-esteem and confidence and counter anti-social behaviour. Schools play a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

At Cookridge Holy Trinity CE Primary School we have a responsibility to help pupils and the wider school community establish and maintain healthy lifestyles. 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 planned use of the Sport Premium funding will be extremely effective in improving and sustaining high quality PE and sports provision in our school.

We wish to:

- meet the national target that the school encourages a minimum of one-hour physical activity per day outside of the curriculum
- challenge the increasing obesity of children nationally and decreasing levels of physical activity
- address the fact that physical activity will affect the ability of children to learn effectively

Objectives

- To enable pupils and staff to understand the importance of physical activity
- To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
- To increase physical activity levels of pupils in line with national targets
- To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.
- To provide the opportunity for pupils to develop valuable life skills.
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.

Curriculum links

Pupils are taught about the importance of physical activity within science units covering 'Animals, including humans' and PSHCE lessons. Leeds Rhinos lead 3 assemblies per year aimed at promoting the benefits of physical activity and healthy eating. Sporting successes are celebrated within classes as part of class worship. In addition to this, teachers are encouraged to take the children outside for a 10 minute 'Daily Mile' run as frequently as the weather/class timetable allows. Furthermore, teachers are encouraged to plan 'Active lessons' where possible and include activity breaks such as BBC Supermovers and GoNoodle within class time.

The school's Physical Education (PE) Policy provides detailed information about the teaching of PE at Cookridge Holy Trinity Primary School. It is important to note that:

- PE lessons are delivered by class teachers, with the exception of swimming which is taught by specialist coaches alongside teachers. Year 4 pupils and 'non-swimmers' in Year 5 and up attend swimming lessons.

- Each class has two timetabled PE sessions per week – each one hour. The school hall is sometimes unavailable and teachers are encouraged to make use of the outdoor facilities in order to provide two PE lessons each week. Every class has one hall slot allocated to them per week and one outdoor slot.
- If outdoor PE lessons are unable to take place due to inclement weather and the hall is unavailable, we have a range of resources which can be used within classrooms to facilitate the teaching of PE.
- An annual audit of all physical education equipment is conducted by the PE subject leaders in order to prioritise any necessary expenditure each year.
- Resources for games, dance and outdoor activities can be found in the inside PE cupboard and outside blue container.
- PE and school sport funding has been used to provide staff CPD. Teaching staff also have opportunities to work alongside specialist coaches from the local sports partnerships.

Yoga

All children in Early Years Foundation Stage have a weekly 30-minute Yoga slot focussing on core strength, flexibility and mindfulness delivered by a fully-qualified instructor. In addition to this, there is one 30-minute yoga session per week, specifically targeting children in KS1 and KS2 with additional needs (SEMH). During the Covid-19 pandemic all children in school participated in a weekly yoga session designed to keep them active and relieve any anxieties.

Extra-Curricular Activities

Break times / lunch times

Morning and lunchtime break times are staggered to decrease over-crowding and facilitate active playtimes. Every class is allocated £50 from the SSP Funding in September to buy playground equipment chosen by the children. These are kept in their 'Playtime box' which the PE councillor will take out each day at playtimes. At lunchtimes, children are encouraged to play with the sports equipment provided, which includes cricket equipment and basketballs. The trim trail is available for the children to access with the supervision of an adult when it is dry. In 2017 we refreshed all the playground markings after consultation with the children. Tuesday to Friday lunchtimes coaches from Premiere Sport and Leeds Rhinos are on the playground to encourage and facilitate the children to be more physically active.

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 have on offer. There is at least one after school sport club every night of the week. Registers for the clubs are kept to identify those who take part in (extra) regular exercise. A range of clubs are offered; these include gymnastics, rugby, dance, football, athletics, cricket, fencing, dodgeball, martial arts, netball and golf. On Tuesday nights there is a sports club for children chosen exclusively by class teachers. *Due to the on-going Covid-19 pandemic and associated risk assessments we have regrettably had to limit the number of after school sports clubs on offer.*

Competition

Pupils take part in a range of intra-school and inter-school competitions organised throughout the year. These include football, sportshall athletics, Wake Up Shake Up, tag rugby, skipping, swimming, gymnastics, netball and basketball.

Junior Parkrun

Around three times a year we do a 'Holy Trinity Take Over' of our local junior Parkrun at Bodington. We encourage as many children to go as possible by giving out a 'Parkrun Trophy' to the Trinity Bear Team with the most participants. Children often continue to attend the Parkrun once they have been for the first time on a 'Take Over' day.

Promotion/Encouragement

We have two colourful display boards promoting competitions and physical activity, as well as our school trophy cabinet. We also have posters around the main school hall which promote the benefits of physical activity.

Consultation

Pupils, staff, parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered. Consultation takes place through the School Council, pupil voice, the PE council, staff meetings, the newsletter and a short questionnaire at the end of each year. The school takes steps to remove barriers to participation identified by consulting with pupils and, where possible, involves pupils in these developments.

Inclusion

Every child is required to take part in all PE lessons, where suitable learning challenges are set. All physical activity opportunities provided at Cookridge Holy Trinity are designed to be inclusive and cater for different ability levels. Physical activity opportunities are reviewed regularly and innovated to ensure the maximum numbers of children are able to participate in, and enjoy, physical activity.

Promoting Walking and Cycling

As a school we promote walking, cycling and scootering to school. See our School Travel Plan Policy for reference to Bike/Scoot to School week and Walk to School week. Year 1 and Year 6 children take part in Bikeability. Bikeability is designed to give all the children skills and confidence for all types of cycling. Most Year 1s are able to ride a bike by the end of the Bikeability week and most Year 6 children graduate from Level 2.

Training for Staff/Volunteers

The PE subject leaders organise staff CPD and ensure all coaches hold appropriate qualifications. Staff are encouraged to request extra courses for their own professional development or are encouraged to attend by the subject leaders if deemed appropriate. In addition, teachers and adults other than teachers gain CPD opportunities through their work with coaches in school or through attendance on courses provided by local organisations. Further training needs are identified and agreed with staff and the Headteacher. Training opportunities with relevance for the whole school or individual teachers are circulated to the school staff. The PE subject leaders are up to date with current initiatives and have close links with the 'Leeds Active Schools' programme and the Leeds North West School Games Organiser based at St Mary's High School, Menston.

Facilities/Resources

PE subject leaders are responsible for resources which encourage physical activity (See Physical Education Policy). PE lessons are delivered in either the school hall or outside on the playgrounds or field, weather/activity dependant.

Use of Wider Opportunities

Pupils are encouraged to participate in organised events/physical activity sessions outside of school, especially in the school holidays. Local clubs' information is disseminated to parents regularly. Pupils are taken to organised events outside school hours to promote sport and encourage them to become interested e.g. Professional rugby matches, Junior Parkrun and competitions.

Safety

The school is committed to safe and effective exercise procedures and these are clearly stated within the PE Policy and Health and Safety documents.

The School refers to guidance given in the AfPE Safe Practice in Physical Education Publication.

An Evolve entry for Sporting activities is completed and Risk Assessments are kept on the school server, with paper copies to be signed and kept in the school office.

Parental Involvement

Parents can view the Physically Active policy on the school website, where they can also find photographs and write ups about competitions their children have been involved in.

Parents are sent details of clubs their children may attend via parent mail or leaflets.

Parents are welcome to attend and support at competitions and are often asked to help with transport.

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

Parents are asked to support events such as bike/scoot/ walk to school weeks, as well as sports days and Sport Relief days.

Implementation and Monitoring

The PE subject leaders are also responsible for Physical Activity. They are responsible for providing leadership in developing and monitoring physical activity within school. They work closely with all members of staff, the deputy head and PE council. They monitor levels of participation and make appropriate adjustments. They consult with pupils and staff to identify barriers to participation and to ensure there is a broad range of activities provided for all pupils to participate in.

Kite Marks/ Quality Marks

Our school works hard to achieve recognised status for physical activity and sport.

We currently hold the Sainsbury's School Games Gold Kitemark (2018-19), and have done so for a number of years.

We also hold the Youth Sport Trust Silver mark (2018-19)