

## **St Paul's Church of England (A) Primary School Physical Activity Policy**

### **Rationale**

Sedentary living patterns and unhealthy dietary habits are becoming more prevalent in our society and there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

By participating in physical activity before, during and after school, children can gain a range of physical, social, emotional and intellectual benefits. Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games.

Therefore, physical activity is an important dimension in children's development during their years at school. It is important that children are given opportunities to participate in a range of enjoyable physical activities at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

### **Purpose**

St Paul's has developed this policy to provide school staff and the school community with guidelines on what is required to achieve maximum levels of pupil participation in physical activity.

### **Objectives**

This policy is based on the following objectives.

- To provide children the best possible physical activity experiences regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities.
- To provide equitable opportunities for all children to participate.
- To develop and apply skills in a cooperative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted children the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation.
- To encourage participation of the whole school community in supporting physically active experiences.

## **Principles**

Participation in physical activities at St Paul's is characterised by:

Maximising the educational opportunities of all children through an emphasis on access, diversity, equity and a supportive environment.

An emphasis on enjoyment and fun.

Use of appropriate modified sport, facilities and equipment.

A suitable level of physically active experiences and/or competition according to the age, maturity and ability levels.

A safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.

The recognition of participation, development and improvement.

The valuable contribution that can be made by members of the school community (teachers, parents, children) as role models and supporters of the benefits of physical activity.

This policy applies to all children attending St Paul's regardless of race, age, ability or location and to all members of the St Paul's community (teachers, visiting coaches, parents /carers, volunteers).

## **Roles and Responsibilities**

St Paul's has a responsibility to ensure that every child is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

## **Competition**

At St Paul's provision is made for a healthy level of competition for all participants. Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the children.

All members of the school community involved in the school physical activity program need to ensure all students participating in the sport program are aware that, although everyone likes to win, participating is equally as important.

## **Links with the Community**

All members of the school community involved in the school physical activity programme are encouraged to establish closer cooperative links with other schools and through working closely with PASS. Maintain links with the Community Police (Tag Rugby)

## **Safety**

The provision of a healthy and safe environment for students and teachers in the school is essential. All members of the school community involved in the school physical activity program need to ensure the following safety issues are addressed and follow school policies where applicable:

All members of the school community involved in the school physical activity program also need to:

Understand the short and long-term medical conditions of children (this includes previous and existing illnesses and injuries);

Ensure that the equipment and facilities are safe and in good working order;

Enforce the use of recommended protective equipment required for a particular game or sport;

Provide access to appropriate first aid facilities and equipment.

Communication with parents/guardians

All members of the school community involved in the school physical activity program need to:

Inform parents or guardians of their child's involvement with the physical activity program and give them information about the program. This information should include:

names and contact details of all teachers/coaches involved; and  
days, times and dates of all practices and competition games and recreational activities that involve their child.

Notify parents/carers and ask for their co-operation in organising any travel arrangements for children participating in any physical activity including sporting events.

### **Behaviour**

Ensure children are aware that their behaviour is expected to be consistent with behaviour expected at school or home, before, during and after any sporting event or recreational activity. Manage children who fail to comply with the above codes of behaviour as set out in the school's 'Good Behaviour' policy.

### **Equipment**

All members of the school community involved in the school physical activity program need to ensure all equipment used is appropriate for the age group and be in good condition. Children who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

### **St Paul's Physical Activity Program**

This policy acknowledges that physical activity can occur in a variety of ways at school. Activity may be formal or informal, part of the school curriculum or extra-curricular.

The following physical activities are provided at St Paul's.

Gymnastics, Dance, Games, Swimming, Athletics, Tennis, Tag Rugby, Rounders, Netball, Football and Hockey

**Outdoor and Adventurous Activities.** Residential visit to PGL (or other suitable provider) for Year 6 children to include access to specific outdoor activities. Additional opportunities for all children to experience outdoor activities using specialist coaches and local venues is also included. (Rock climbing, Abseiling,

Archery and canoeing – Wolf Mountain)

### **Inter School competition**

Children have the opportunity to gain representative selection in a number of sports throughout the year. We take part in many sporting competitions between local schools or city wide events

### **Sports Day**

School "sport days" consist of children participating in various sports and representing their house.

Although sports are competitive children are encouraged to do their best. A range of activities are included during the sports event which should cater for the age and abilities of all competitors. The children are encouraged to have fun and develop their skills.

### **Across the curriculum**

At St Paul's teachers are encouraged to incorporate physical activity across their teaching and learning program.

Examples include:

using throwing and catching to investigate measurement and evaluation;

throwing a ball and measuring the distance of each throw and why a ball curves in the air;

using the mathematical process to mark out running tracks or school gardens.

Physical activity is highlighted as a key strand to Healthy Living. Opportunities for involvement in Local and National initiatives which compliment our provision will be managed within the framework of Healthy Activity. Parents/carers will be encouraged to join with us in order to present a united home/school approach and thus raise the profile. E.g Healthy Schools Week or Jump for Heart(skipping), Walk a Mile (Sports Relief)

### **Physical Activity and Leadership**

By participating in physical activity either through physical education, sport, or general play in the playground, children learn many leadership qualities (eg team work, cooperation and understanding). These opportunities are linked to the overall school program for children and are offered during lunchtimes.

This policy will be reviewed annually to take account of new developments.