

Physical Activity Policy

Name of School: **Cavendish Close Infant and Nursery School**

Date policy formally approved:

Date of next review:

Person responsible for drafting the policy: **R.McAllister**

Who was consulted in drafting this policy:

Person responsible for implementing and monitoring this policy: **R.McAllister**



Rationale

Nationally there is a growing problem with obesity and inactivity. There is strong and consistent evidence that regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. *Insert name of school* plays a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a commitment to being more physically active. Our aspiration is to influence the whole school community to establish and maintain lifelong physical activity habits.

Definition of Physical Activity

Physical activity is a broad term referring to all bodily movement that uses energy, where you feel hotter and the heart rate increases. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities (such as using the stairs).

Relevance to other related school policies:

This policy is additional and complimentary to *PE and School Sports*, *Safe Practise in PE*, and *Healthy Schools policies*

Physical Activity Aim(s):

- To provide opportunities for all children to participate physical activity throughout the school day and make active choices where possible.
- For all children to have opportunities to participate in fun physical activity.
- To provide a minimum of 30 minutes a day of physical activity for all children in line with the Childhood Obesity Plan For Action 2016.

Outcomes

- For all children, staff, governors and parents to have a positive attitude towards physical activity and become life-long participators of physical activity.
- For children, staff, governors and parents to make active choices where possible.
- To promote and develop the importance of regular physical activity.
- To have a positive impact on children's emotional well-being, self-esteem and confidence through physical activity.
- For physical activity to be embedded within the school day including active learning, brain breaks and active play times.
- To improve children, staff, parent/carer knowledge, understanding, experience of and attitudes towards participation in physical activity.
- To ensure that all children have the opportunity to develop competence, confidence and enthusiasm to participate in physical activity for at least an hour each day as recommended by the chief medical officer, 2011.



Our objectives are delivered by:

Inclusion

- Children are consulted about activities they would like to participate in.
- We encourage inactive children to participate in physical activity through fun
- In line with our school's inclusion policy and PE policy, we provide opportunities for physical activities which are adapted where necessary to include all children.
- Staff encourage and support all children to be involved and can access CPD opportunities in regards to this.

Staff co-ordination, development and wellbeing

Responsibilities:

Physical Education: R.McAllister

Physical Activity: R.McAllister

Healthy Schools: A.Orme, R.McAllister

PHSE: A.Orme

Out-of-School-Hours Learning: C.Howett, R.McAllister N Asghar

Community links: R.McAllister

Active Travel: R.McAllister. N Asghar

All staff involved in promoting, supporting or leading physical activity are consulted and provided with regular opportunities for continuing professional development

- All adults supporting learners involved in out of school hours' provision, have appropriate training/qualifications and have undergone a DBS check.
- The Physical Activity lead promotes opportunities for staff to be active in the staff room and on School notice board .
- Staff wellbeing is supported through a planned programme of activities which are ongoing throughout the year as well as one specific wellbeing focus week each year.

Facilities, equipment & resources

The annual budget for Physical Activity is 55.5% of the PE and School Sports Premium 2017-18 and is a total of £10,330.

Additional equipment is also purchased using voucher schemes offered by commercial companies. *R.McAllister* is responsible for overseeing this budget with support from the School Business manager

The school website provides up to date information on the PE and Sport Premium plan and outcomes.

Facilities available for physical activity include:

- Indoor – School Hall, PE apparatus, Sensory Room. The School Hall is available throughout the day with staff supervision.
- Outdoor – Trim trail, Garden areas, Foundation Stage Play Park, Playground Markings, Stage Area. These facilities are available at break and at lunch times – weather permitting. See Outdoor Learning Policy.



- Equipment – Outside play trolley, Active Play Shed, Game Boxes. The equipment is accessed by midday supervisors and children at lunch times.
- Offsite- Field outside of school. This accessed with permission from the Junior School for sporting events and active learning.

Ethos and environment

- We encourage children to be physically active throughout the school day.
- We celebrate children’s involvement in physical activity as part of our ‘Star of the Week’ awards.
- We encourage all parents, carers and pupils to partake in active travel to and from school and celebrate this in our annual ‘Walk to School’ week.
- School provides themed weeks for physical activity, healthy choices and emotional well-being.
- Cavendish Close Infant and Nursery School promotes specific initiatives i.e Change For Life 10 Minute Shake Ups.

Safe Practice

- The school is committed to safe and effective exercise procedures and these are clearly stated within *Safe Practise in PE, School Sports and Physical Activity policies*.

Curriculum

- Active and Kinaesthetic learning strategies used wherever possible in curriculum planning.
- Outdoor learning takes place in KS1 at least once a week.
- Foundation stage to have continuous access to outside environments.
- Active breaks planned within curriculum time to engage learners.

Break & lunchtimes

- Children can access a range of resources that support physical development, social play and fundamental movement skills.
- Staff encourage children to join in with physically active games including skipping, circle games, races etc.
- Premier Sports coaches deliver play sessions on the playground 3 times a week encouraging children to take part in team games such as dodgeball, football and boccia.
- Lunch time clubs are provided such as ‘Happy Movers’ and dance club to encourage physical activity.
- Lunch time nurture group leaders encourage physical activity through games and outdoor play in structured and supportive environments.

Extra-Curricular Opportunities

- Premier Sports offer a variety of after school clubs which encourage physical activity including football, dodgeball, gymnastics and archery.



Competitions & Festivals

- We aim to be involved in local competitions to encourage our children to engage in sport and develop the positive attributes formed through competitive opportunities.
- We host inter-competitive days in school with the Derby School Sports Partnership to encourage ALL children to partake in competitive sport and physical activity.
- We hold an annual sports day where children take part in potted sports so that all children have an opportunity to feel successful as part of a team.

Active travel

- We encourage our parents/carers/families to make an active choice when walking to and from school.
- We hold an annual 'Walk to school week' where we celebrate children and families making active travel choices.

Primary PE & Sport Premium

School receives £17,955 PE & Sport premium funding.

Plans for spending of funds on Physical Activity are agreed by the Headteacher and Governors *who take part in decision making*

The school website provides details on spend and impact for the academic year.

Parent/carer/family engagement & support

We expect our parents/carers/families to engage with the school's ethos on being physically active and where possible to encourage their children in being physically active.

Monitoring and evaluation

- The PE lead and the Senior Leadership Team will monitor the level of physical activity within our school through learning walks, pupil interviews and planning scrutiny – the results will be evaluated to ensure every child in our school accesses at least 30 minutes of physical activity a day.

