

# Physical Activity Policy at Holbrook School

## Aims:

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

## Rationale:

At Holbrook Primary School we believe that we have a responsibility to help children establish and maintain lifelong habits of being physically active. Promoting a physically active lifestyle among young people is important because:

- physical activity has substantial health benefits for children, including favourable effects on endurance capacity, muscular strength, body weight and blood pressure;
- positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life;
- through its effects on mental health, physical activity can help increase children's capacity for learning;
- in line with Government expectations, all children will have a minimum of 2 hours moderate intensity, high quality PE and sport weekly.

## Objectives:

- To maintain a high profile for physical activity in all aspects of school life.
- To ensure that knowledge and understanding of fitness and health is integral to all Physical Education lessons and wherever possible, has cross-curricular links to other subjects such as Science and PSHE & Citizenship.
- To ensure that all children have access to a minimum of two hours curriculum time for PE each week and that in addition to this, pupils in the Foundation Stage have daily opportunities to develop their motor skills through physical activities built into the Foundation Stage Curriculum.
- To encourage all pupils to participate in physical activity during break and lunchtimes.
- To provide links to other aspects of health, for example by promoting healthy eating and providing access to water.
- To encourage children to take part in out of school clubs that involves physical activity.
- To provide gifted and talented pupils with the opportunity to reach their full potential.
- To provide appropriate ongoing training for all staff, including teaching and support staff.
- To work with key partners, including the School Sports Partnership and Trowbridge Town Council in helping to promote physical activity.
- To ensure that all children have access to appropriate community sports activities.

## Guidelines:

To promote the physical, emotional and well-being of our children, and to achieve our objectives, we will provide the following opportunities:

- Cross curricular links throughout our curriculum, e.g. EY/FS early learning goals, P.E., P.S.H.E, I.C.T, Science, Numeracy, Literacy etc;
- P.E. policy and guidelines are followed, with planned lessons for 2 hours of high quality P.E. in curriculum time;
- Providing a range of extra-curricular clubs (in consultation with pupils);
- Provide details of other facilities/clubs outside school and build relationships with these to provide a clear pathway for children into sport outside of school. Provide a notice board where clubs can advertise their facilities/events.
- Offer a range of stimulating activities at playtimes/lunchtimes, run by pupils (Young Sports Leaders) and MDSA's. Both parties to receive relevant training; (Huff and Puff / Craze of the Week).
- Daily Physical Activity - 10 minutes of physical activity (Wake Up Shake Up) to be performed by all pupils and teaching staff at the beginning of each day.
- Weekly swimming lessons provided for all Year 3 pupils.
- Using outside agencies to support delivery of P.E./Physical Activity, e.g. SSCO's, Trowbridge Town Council, Qualified sport specific coaches.
- Provision of bicycle shelters and scooter stands to encourage cycling to school: linked with School travel plan.
- Promote healthy lifestyles and healthy living through competitions within school and at home.
- Sports Week - to raise profile of physical activity and provide opportunities for pupils to try new/different sporting activities;
- Inter and Intra school competitions;
- Celebration of sporting achievement through names in the school newsletter and a photograph board.
- Staff to be notified and encouraged to participate in CPD opportunities.

#### Implementation and Monitoring:

All staff are responsible for ensuring the above guidelines are followed and delivered, to provide the pupils at Holbrook Primary School with every opportunity to be physically active and to enjoy this activity. The P.E. and Healthy Schools/P.S.H.E subject leaders are responsible for the monitoring of physical activity throughout the school. Evidence will be collected for collation in their particular subject leader portfolios.

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

#### Conclusion:

With sedentary living patterns and unhealthy dietary habits becoming more prevalent in our society, it is vital that children at Holbrook are given the opportunities to participate in a range of enjoyable physical activities at an early age. Evidence shows they will be more likely to continue being physically active and healthy throughout the rest of their lives if these opportunities are provided. This is why physical activity and healthy lifestyles must be promoted throughout our school community.

Other relevant policies: P.E. policy; P.S.H.E policy; Healthy Schools