



Ashfield Physical Activity Policy

1.0 Introduction

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with physical inactivity. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood help to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns.

The Chief Medical Officer's 'Physical Activity Guidelines 2011' state: 5-18 year olds should be physically active for at least 60 minutes every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis.

Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes. This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Ashfield Primary School is committed to promoting the health and well-being of children, staff and families through physical activity.

2.0 Rationale & Ethos

In the process of writing this policy, we have consulted pupils, teachers and governors. Particularly important was the involvement of the Pupil Sports Council. We hope that with everyone on board, the policy is more likely to be effective. The policy relates to the Physical Education Policy and supports the work done to achieve Healthy Schools Status. It also refers to the positive learning that is occurring in classrooms during the lessons of PSHE and Science.

3.0 Aims

The school's approach to physical activity is to both maximise the potential of break and lunch times, whilst also providing opportunities to move during lessons. Our vision for physical activity at Ashfield is to create healthy habits for life, increase pupil fitness, engage more challenging pupils and decrease child obesity.

Children will benefit from participation in physical activity by developing their social skills, retaining more knowledge, becoming fitter and enjoying a wider range of lessons.

4.0 Objectives

Provide families with information about opportunities for their children to be physically active.

Provide school staff with information about the benefits of physical activity.

Promote physical activity throughout the school day and outside school hours.

5.0 Equal Opportunities and Inclusion

Physical activity is made accessible for all children through provision of appropriate equipment, activities and support. Our staff members are offered training to provide and promote fair access for all. Courses recommended by the Active Schools team support them in teaching children who fall into any target group. They are also guided by the Real PE Scheme and Matalan Training Cards, which offer suggestions of how to modify activities to include all learners.

6.0 Facility, Equipment & Resources

We at Ashfield benefit from extensive school grounds which include playing fields, a trim trail, a wildlife area, playground markings, a stage, a story telling hut, a fire pit, a pond and an outdoor classroom. Parents and staff generously maintain these areas on special weekends each year. This keeps the areas safe, maximises their potential and raises awareness of their existence and the positive impact they can provide pupils with. Families and staff are encouraged to engage in physical activity through use of these areas at staff and governor meetings and on the school's website.

The PE Co-ordinator is responsible for purchasing and maintaining outdoor equipment with support from the Caretaker where necessary. Teachers report to the PE Co-ordinator and Caretaker if any equipment needs purchasing or repairing. Report to the Head-teacher and Superintendent if any of the outdoor areas need repair.

Resources for physical activity are listed on an inventory which can be found in the Subject Leader's File. The equipment is accessible to staff and children and are found in the playground shed and a generous PE cupboard in the hall. The equipment is organised into sports areas/age groups to aid with quality teaching.

7.0 Out of School Hours Learning

Before and after school, the playground is open for pupils to use with their families. There is a range of after school clubs on offer, many of which are sports sessions led by a professional coach. At break and lunch times, children are encouraged to participate fully by staff supervisors and playground buddies. There is a designated collection of equipment for use at break and lunch times. The playground buddies are responsible for all the equipment and reporting any loss/damage to the PE Co-ordinator.

We aim to provide at least one after school sports club each half term which is run by either the PE Co-ordinator or an Active Schools recommended sports coach. Families are informed of these clubs by a letter home and on the school's website. The school administrators will work with the PE Co-ordinator to organise these clubs.

All pupils in school are alerted to upcoming sports fixtures on the PE notice board. They are invited to sign up to demonstrate an interest in being selected for the squad. We aim to take A, B and occasionally C teams to each event and have practice sessions ahead of events.

8.0 Curriculum Provision

Children in school participate in a minimum of two hours of PE a week. This can be supplemented by an hour of Golden Time on a Friday afternoon and participation in break/lunchtime activities.

In addition to this, schemes called 'Maths of the Day' and 'Tagtiv-8' have been purchased to encourage physical activity during Maths and English lessons. The hall timetable includes designated 'active time' slots for classes to share, so core lessons can be delivered in an active way.

9.0 School Staff/Adults Supported Learning/Leader Development

The PE and PSHE Co-ordinator are responsible for working with children, governors and the Senior Leadership Team to develop, improve and monitor the implementation of the policy. They should also work together to make sure that there are as many opportunities for physical activity as possible, each day.

We use the School Sports Premium Fund to purchase equipment and training that will ensure quality physical activity occurs in school.

The PE and PSHE Co-ordinator will conduct lesson observations of their subject to monitor those delivering physical activity in and after school. These observations will inform them of the lesson plan quality and delivery and help identify who may need training to improve. It will also allow them to provide constructive feedback and make sure everyone is complying with school policies.

10.0 Staff Physical Activity Engagement

Staff members are encouraged to teach PE wearing the correct attire. This means they are a positive role model and ambassadors for an active and healthy lifestyle. Teachers should join in activity to the maximum of their capability, as this is a very beneficial experience to promote self confidence in the children and encourage them to push themselves and try new skills.

11.0 Partnerships

Ashfield Primary works with the North West Leeds SSP to provide pupils with frequent opportunities to be active. The wide variety of activities on offer is at a range of levels to suit all abilities. Professional coaching is offered to raise the standard of teaching at the school and broaden pupils' perspective on what activities keep them fit.

The PE Co-ordinator and other staff members are constantly making links with local agencies and clubs to alert pupils to the range of activities on offer in their area.

We work with several organisations, including Change4life, Eat like a Champ, Leeds Beckett University, Sainsbury's, Active Schools and Get Set to raise the profile of healthy lifestyles at home, after school and hopefully for the rest of our pupils' lives. These organisations send us free equipment, posters, leaflets, lesson plans and activity booklets to support our cause.

12.0 Family engagement

Our school shares physical activity information on the website in blogs and photos. Class newsletters contain useful information about upcoming events, PE kits and water bottles, which helps our parents work with us to keep their children as healthy as possible.

13.0 Links to other areas of school improvement

Physical activity features on Ashfield's school development plan in part 4: personal development, behaviour and welfare. By improving activity levels in the playground, in PE and other lessons, children will be more active, their health and concentration levels will improve and it should have an impact on childhood obesity.

Physical activity features in Pupil Premium Spend Strategy for 2020-2021 in the following ways: funding disadvantaged children to access sporting after school clubs; accessing breakfast club with a healthy meal and activities at the start of the day; through funding children in Year 6 to take part in a residential visit which includes many outdoor activities to challenge the children

Resources and lesson plans are available for teaching staff to use that encourage the teaching of Maths and Literacy through physical activity. The schemes have been purchased using the School Sports Premium Fund and are having a positive effect on lessons. The 'Real PE' scheme by Create Development for teaching PE, should aid teachers to make links between PE and holistic pupil development.

The wellbeing of staff members and pupils is the key to a successful school. Frequent and good quality physical activity improves resilience, self-confidence, happiness and healthiness. This is why we have made increasing physical activity in school a priority.

Adopted by governing board of Ashfield Primary School 24/01/2024

Date of review: Spring 2027