



Physical Activity Policy

September 2024

Introduction

Denton CP School & Nursery is committed to promoting the health and well being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Denton.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and the school health team.

Ethos & Environment

We strive to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

The school has a Physical Education (PE) leader, with responsibility for physical activity policies and procedures.

Aims & Objectives

- To ensure that all aspects of physical activity in school are promoted for the health and well being of pupils, staff and visitors
- To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
- 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

Equal Opportunities

All physical activity opportunities offered at Denton are designed to be inclusive, and cater for different ability levels. The needs of all pupils are met to ensure they take part fully in all physical activity sessions with their peers.

Resource Provision

Denton has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playground, with markings and a large field. Pupils take part in swimming session at Newhaven swimming pool during Year 4. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the PE cupboard, and planning resources can be found via the PE Hub, to which the school provides. The PE Hub is endorsed by the Association for Physical Education, of which the school is a member, and provides expert plans for a large variety of sports and physical activities for all age groups at the school.

Staff Responsibility & Development

Staff are encouraged to attend courses to further their professional development, skills and knowledge. We have a PE specialist teacher (Coach) who teaches sessions across the school and provides professional development opportunities and training for all staff. Local coaches often come into school and work alongside teachers and provide pupils with engaging and unique opportunities to take part in a range of physical activities.

Curriculum

Organisation:

The PE programme is taught by class teachers and a PE specialist. Each child will receive the following ACTIVE PE time per week:

- Foundation Stage: x2 lessons (45 mins) per week and at least 30 mins per day of active play activities.
- Key Stage 1 & 2: x2 lessons (60 mins) per week.
- Year 4 children have x1 swimming session (x30 mins) throughout the summer term. Year 4 pupils walk to and from the swimming pool to further increase physical activity opportunities.
- All children are encouraged to take part in physical activity at playtimes.

Planning:

The school scheme of work is based on the learning objectives outlined in the PE Hub scheme of work. The scheme of work offers comprehensive lesson plans from Early Years to Year 6 for many of the topics taught in school. It is intended that the plans are adapted by the teacher in order to suit the needs of their class.

In all key stages we teach gymnastics, dance, games, and athletics with the addition of outdoor adventure activities in key stage 1&2. Swimming is taught in Year 4. In the Foundation Stage, activities to support learning from the area of 'Physical Development' are planned daily.

Cross curricular links

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills, wherever possible.

Assessment

Supported by The PE Hub assessment tool, teachers use the key stage descriptors in the National Curriculum and Early Years Framework to help them provide a level for pupils.

Extra-Curricular Provision

Break times / lunch times

There are markings on the playground in order to stimulate children at playtimes. Children are encouraged to throw and catch at play, keep physically active, and take part in a variety of activities. Each class has their own playground equipment to play with at playtimes. The children are responsible for monitoring their equipment (stored in a box) and handing equipment out to their friends. In addition, children are encouraged to use the field at lunchtime to take part in any game they wish.

After school clubs

We aim to encourage all pupils to take part in a range clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Football and cross country clubs are put on offer each year to prepare children for competitions. A range of other clubs are also offered; these may include gymnastics, multi-skills, dodgeball, netball and football.

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through the School Sport Partnership. These include the Havens Football League, cross-country competition, netball, football and cricket tournaments, and District Sports.

School trips

The school offers a number of outdoor education experiences throughout the year; these include: Forest School, Beach School, orienteering and trips to local areas on foot.

Active Travel

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in Walk to School Week annually.

Community Links

The school is part of the Havens School Sports Partnership. We have also established links with a number of local clubs including Seaford Athletics Club, Denton & South Highton Football Club, Newhaven Football Club and Denton Cricket Club. Parents and members of the local community also regularly assist with the provision of school clubs.

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible; staff regularly share their experiences and hobbies in assemblies. Staff play games with children at playtime and demonstrate physical activity during PE lessons.

Health & Safety

Please refer to the school's health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the school's safeguarding and safer recruitment policies (these include statutory checks on all staff and volunteers).

Monitoring & Evaluation

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives including participation data collected as part of the PESSCL analysis.