



Physical Activity Policy

Rationale

At Grasslot Infant School we hope to improve the physical and emotional health of the school community by encouraging ways to establish and maintain a healthy lifestyle. We believe that physical activity is vital to pupils' development and well-being and is fundamental to their ability to learn effectively. We provide a safe and supportive environment in which all children can experience physical activities, enjoy participation, develop positive attitudes towards active and healthy lifestyles and achieve their potential.

Aim:

To promote the values of the School Games to meet the statutory requirements of the EYFS and National Curriculum:

- To stimulate PASSION and enjoyment of all forms of physical activity.
- To commend HONESTY and interest in physical well-being and healthy lifestyles in order to establish long lasting lifestyle messages.
- To encourage SELF BELIEF through interpretation in a creative and imaginative way.
- To support TEAMWORK and positive attitudes and extend social skills by encouraging a sense of fair-play, sportsmanship and achievement in competitive games.
- To help develop DETERMINATION and social skills to allow children to deal with success, failure and limitations, and strive to improve their agility, balance and coordination.
- To develop a sense of RESPECT towards own and others well-being through an understanding of safe practice.

Objectives

- To provide KS1 children with a minimum of 2 hours per week of Physical Activity within the curriculum.
- To provide opportunities for Reception -Y2 children to access Physical Activities in after school sessions.
- To provide all staff with relevant training.
- To provide and maintain safe and stimulating areas in which children can play and be active.
- To raise the profile of physical activity and health and well-being throughout the school.
- To encourage more children to cycle, scoot and walk to school.
- To develop leadership and volunteering skills.

Physical Activity Curriculum

- Each teacher is responsible for ensuring the children in their class receive Physical Activity opportunities within the curriculum.
- Children are given opportunities to participate in activities to help them master basic movements and develop agility, balance and coordination.
- F.S. plan activities to support Physical Development using YST Healthy Movers / Active Kids and continuous provision in the outdoor learning environment.
- K.S.1 plan Physical Activity opportunities to develop the key skills.
- KS1 develop their agility, balance and co-ordination through coach taught multi-skills sessions, yoga, dance & gymnastics.
- A balance of individual, pair work, and team; co-operative and competitive activities challenge each pupils' abilities and preferences.
- Children wear a PE kit (shorts, T-shirt, trainers) for PA and no jewelry must be worn.
- Grasslot Infant School has close links with Maryport cluster schools.

Opportunities Beyond the Curriculum

- All children have access to a range of Physical Activities outside curriculum time, including:
 - Breakfast Club
 - Break time & Lunch time (Huff & Puff & Daily Mile)
 - After School Clubs (i.e. Football, Multiskills, Scooter, Cricket, Yoga/Gymnastics, Rugby)
- Children are offered the opportunity to take part in competitive and non-competitive activities and team and individual activities (i.e. festivals, team games and competitions).

Leadership and Volunteering Opportunities

- Year 2 children are given the opportunity to be members of the School Sport Crew which includes responsibilities i.e. 'Playground Buddies'.
- All children are given the opportunity to lead during morning 'Moky' sessions.

Facilities Available for Physical Activity

- Indoor: Sports Hall
- Outdoor: School field; tarmac playgrounds; adventure trail; bike track
- Better Sport Centre: Swimming Pool

Promoting Physical Activity to the Whole Community

- The school gates are open from 8am – 4pm so the school facilities (i.e. adventure trail & bike track) can be used by children entering and leaving school (depending on after school clubs).
- The school sports hall and outside facilities are used weekly by a toddler group.
- Children and parents are encouraged to walk to school with implementation of a range of initiatives i.e. 'Walking Bubble', 'Street Tag', Walk to School Week, Big Walk and Wheel.
- We have links to clubs and their facilities are advertised to children and their parents.

Health & Safety

Please see Health & Safety policy.

Monitoring & Evaluating

- The DfE reporting tool for 'Evidencing the Impact of Primary PE & Sport Premium' is completed annually.
- Children are assessed in areas of participation, with reference to the key stage 1 or Early Learning Goals.
- Children regularly assess their own & others performance.
- Staff feedback to children on their performance.
- We evaluate the impact of our provision by:
 - Gathering views from pupils, parents, governors, staff.
 - Awards & accreditations.
 - Attendance at after school clubs.

Appendix

Other relevant policies include:

School: Teaching & Learning; Health & Safety; Behaviour; Inclusion; Gifted & Talented; Educational Visits.

County: Cumbria Safety Advice Notes PE1& PE2; School Trips & Off Site Visits.

National: BAALPE-Safe Practice in PE

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