



Physical Activity Policy

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Lead Person(s): A. Matthey (PSHE Leader)

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Our school vision

At Burdett-Coutts, we encourage our learners to be ambitious for themselves and for others. We challenge and support them in questioning the world and in finding solutions. Our Christian values of friendship, compassion and service underpin our ethos:

"I can do all things through Him who gives me strength".

We want our learners to be ready to learn, to be respectful of each other and to feel safe.

How this policy enables the school to fulfil the vision

At Burdett-Coutts, we aim to give children the confidence to believe that through effort and diligence, they can **"do all things"** and achieve.

"Healthy Living is not just about what we eat it also encompasses exercise. Government want schools to take every opportunity to ensure that pupils are physically active. They want children's experiences in school to lay the foundation for an active adult lifestyle"

www.teachernet.gov.uk (archived)

Regular physical activity can improve quality of life, improve health, promote social inclusion, raise individual self-esteem and confidence and counter anti- social behaviour. Schools play a key role in promoting active lifestyles to young people through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to physical activity.

This Policy has been written bearing in mind [The National Physical Activity Guidelines for children, young people and staff](#). It has also been written taking into consideration the rising local trend for obesity and the decreasing levels of physical activity among children, nationally.

Physical activity also affects the ability of children to learn effectively – and we, at Burdett-Coutts, aim to support our children's learning to prepare them for the future.



Physical Activity Policy

Aims

- To increase the physical activity levels and well-being of the whole school community by developing a supportive environment conducive to the promotion of physical activity.
- To develop an understanding of the importance of regular physical activity amongst the whole school community.

Objectives

- To ensure that all pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in physical activity to establish and maintain an interest in regular physical activity as part of an active healthy lifestyle
- To improve pupil, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity
- To provide a wide range of physical activity opportunities both within and outside the curriculum for pupils, staff and parents/carers and enable children to participate in at least 2 hours of high-quality PE and School sport each week.
- To ensure that physical activity provision in the school reflects the cultural, personal, social and medical needs of all pupils.

How our objectives are delivered

Ethos and environment

- All those leading physical activity sessions adopt a caring and supportive approach.
- The school identifies pupils who do not participate in physical activity and those who need extra support to participate and implements strategies to encourage and support these pupils to be more active.
- Facilities are improved and developed to promote increased participation in physical activity in consultation with pupils, staff and parents/carers – such as the playground design in consultation with school council.
- Pupils' participation in physical activity is recognised and celebrated through presentations in assemblies and information on notice boards and in newsletters.

Curriculum

- The school is working towards providing at least two hours curricular physical education for all year groups.
- The PE programme is broad and balanced, complies with statutory requirements and is accessible to and meets the needs and interests of all pupils
- Schemes of work are in place which outline a planned approach to health-related activity. These are based on the PE Hub schemes of work.



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- All pupils learn how active they should be, and activity levels are regularly monitored.
- Sports coaches are funded to mentor staff and teach children PE each term using our Sports Premium funding
- MyTime Active take curriculum PE/PSHE Sessions following the MEND (Mind, Exercise, Nutrition, Do it!) programme in Year 1 and 4, as well as whole school parents' coffee mornings and workshops and the Early Years Wiggle Week.

Out of school hours learning

- All pupils are provided with opportunities to be physically active through out of hours activities via a wide range of activities including both individual and team/group and non-competitive and competitive. The emphasis is on participation and enjoyment and the opportunities are open to all pupils, regardless of ability.
- Physical activity is promoted during breaks and lunchtimes and after school
- Sports equipment is available during breaks and lunchtimes (football, netball, champ, hopscotch, climbing)
- Netball, cricket, multi-skills, rounders and football sports clubs run seasonally after school
- Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community such as whole school sports days and inter-house netball, football, rounders, cricket and athletics festivals

Community/club links

The school links with the Westminster Under School Sports Co-ordinator to use facilities in Vincent Square for Sports Days and Year 6 Cricket and Tennis coaching days. We also participate in Westminster Schools Sports competitions and have 4 pupils from year 6 in the Gifted and Talented Scheme after School on Thursdays.

Active Travel

Pupils are encouraged to travel to school in an active way and each week they complete the Living Streets Travel Tracker at least twice. Pupils who are active each day receive a badge each month. Pupils who are not active at least twice a week coming to school are invited to get off the bus a stop early or park round the corner so that at least some activity is taking place.

The Daily Mile

As a warm - up for each PE lesson, pupils complete the mile in the playground (10 laps – estimated and measured in a maths lesson). Pupils are encouraged to be as active as possible and they may run, jog or fast walk.



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Consultation

Pupils, staff, parents/carers are consulted and involved in decisions about the range and type of physical activity opportunities offered. Consultation takes place through the School Council, staff meetings, a short questionnaire at the end of each year. The school takes steps to remove barriers to participation identified by consulting with pupils and, where possible, involves pupils in these developments.

Staff and parents/carers are consulted and involved in decisions about, and the delivery of, physical activity and other Healthy Schools issues through regular questionnaires and requests in the school newsletter.

Monitoring and Evaluation

The curriculum and out of school hours learning programmes are monitored on an ongoing basis through self-evaluation and reviewed annually.

Aspects that are monitored include:

- Pupils' staff and parents/carers' knowledge of and attitude towards physical activity
- Pupils' progress/attainment in physical activity
- The range of physical activity opportunities offered to all pupils, staff and parents/carers and the levels of participation
- The number of pupils walking or cycling from/to home
- The number of pupils who achieve an hour of physical activity each day

The methods of evaluation include

- Assessing pupils' achievements
- Reviewing schemes of work
- Reviewing programmes of activities
- Reviewing registers of activities
- Staff and pupil discussions
- Minutes of School Council meetings
- Questionnaires