

Springwell School

Physical Activity Policy

Rationale

We believe that providing our children with opportunities to take part in physical activity will enhance and develop their self-esteem and confidence. We believe that physical activity is important for health, enjoyment, fulfilment and well-being. A successful physical activity policy will encourage our pupils to lead healthy lives as teenagers and adults.

Expected Outcomes

Through developing physical activity, we aim to:

- Promote bodily health and fitness
- Give a breadth of opportunity and activity, that will allow for the development of an interest and enthusiasm for physical activity
- Encourage high levels of self-esteem
- Encourage children to reach their full potential
- Have the opportunities to experience a variety of different physical activities
- Encourage the children to become more involved in physical activity, both in and out of school
- Aim for all children, the equality of opportunity
- Focus on professional development of the staff, in the area of physical activity
- Provide training for the lunchtime supervisory assistants, for lunchtime activities to take place

Practice

In addition to the physical activity outlined in the P.E Schemes of Work, there will be extra times when our pupils will engage in physical activity- for example:

- Exercises in the classroom to aid teaching of literacy and numeracy- i.e sequences of movement/exercises to aid memorising counting, alphabet, times tables, days of the week
- Providing structured physical activity breaks between lessons during afternoon sessions
- Time tabling the soft play room so that all classes have a turn
- Planning special physical activity days or weeks as a whole school project
- Planning opportunities in the curriculum that involves physical activity e.g PSHE – Road Safety, Our Environment walking in vicinity
- Planning and training staff to engage pupils in physical activities and games during lunch times- dance or football.
- Invite specialist coaches to work with staff and pupils

Monitoring and Reviewing

The Head teacher, Deputy Head teacher and person responsible for Healthy Schools will monitor the impact of the agreed policy alongside the PE leader who is responsible for monitoring the PE policy and Scheme of Work.

The school governors adopted this policy on 5.10.05.

It will be reviewed at least biennially but before this time if there is legislative change.