

Falconhurst School

Physical Activity Protocols 2020



INTRODUCTION

Falconhurst School 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 and opportunity at Falconhurst School.

The policy was formulated through consultation with members of staff, governors, parents, pupils.

ETHOS & ENVIRONMENT

Falconhurst School strives to maximise 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.

PHYSICAL ACTIVITY AIMS & OBJECTIVES

Aim: To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff, parents/carers and the wider community.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity by providing consistent messages through the provision of information and development of appropriate knowledge, skills and attitudes *both within and outside the taught curriculum*
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets (UK Chief Medical Officers' Physical Activity Guidelines, 2020: Children and young people should engage in moderate –to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. Children aged 3-4 years should spend at least 180 minutes per day in a variety of physical activities spread throughout the day; this time should include at least 60 minutes moderate-to-vigorous intensity)
4. *To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential*
5. *To improve self-esteem and confidence among pupils and provide opportunities for them to work together*
6. *To provide the opportunity for pupils to develop valuable life skills*
7. *To ensure physical activity provision in school reflects the cultural and medical needs of pupils*

EQUAL OPPORTUNITIES

All physical activity opportunities offered at Falconhurst School are designed to be inclusive; cater for different ability levels and take into account *special needs, all ages, gender and ability differentiation*. For more information please refer to the Equal Opportunities and Gifted and Talented policy.

RESOURCE PROVISION

Falconhurst School has two large hall spaces. The main hall is equipped with portable and fixed apparatus for gymnastics with an accompanying store for equipment for indoor activities. The dining hall is predominantly used for catering needs but has availability as an open space for dance. For the teaching of games, athletics and outdoor adventurous activities (OAA), there is large playground with various games and activity markings, and portable netball/basketball posts. Other areas of the playground include a timber trail and specific EYFS spaces. We also travel to a local swimming pool which allows set year groups to receive regular weekly swimming lessons. An annual audit of all physical education equipment is conducted by the PE Leader and School Business Manager in order to prioritise any necessary expenditure for the year. All equipment receives a yearly overhaul to

ensure it meets health and safety regulations with a contracted company. A report is produced and given to the Business Manager. Resources for games, dance, athletics and OAA can be found in the PE cupboard situated in the main hall or the retired changing rooms and planning resources for all areas can be found digitally on the teachers' server. Evidence of participation, funding bids, team successes can be found from the PE Leader.

STAFF RESPONSIBILITY & DEVELOPMENT

PE Leaders: Emma Reaney & Matthew Nash

School Sports Partnership: Milton Keynes School Sports Partnership (MKSSP)

SGO: Nina Sweetland

Well-being Leader: Anita Wood

School Residential Co-ordinator: Matthew Nash

Staff are audited each year for their confidence and competence to deliver the PE curriculum and are provided with CPD to match their own development needs. This is provided by outside experts (teachers/coaches) and the PE Leader. All staff attend the PE focus staff meetings delivered by the PE Leader on a variety of topics to move the school forward in terms of PE, sport and physical activity. Our partnership with the MKSSP has widened the school's relationships with external agencies and are able to regularly use local sports facilities for competitions and fixtures. As a result, our school staff regularly work alongside local coaches and sports experts.

CURRICULUM PROVISION

Organisation

The PE curriculum is taught by the class teachers, with the long term plan developed alongside a PE Leader, with the exception of swimming. This is overseen by the PE Leader and led by specialised swimming instructors with school staff fully in support from the pool edge. The Water Safety programme is delivered by the PE Leader.

Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: 2 x 1hr lessons, 20 mins per day of active play activities and follow a programme of Activate?.

Key Stage 1 and 2: 2 x 1hr lessons (one of which may be swimming for a half term). These tend to consist of an indoor and outdoor specific lesson.

In addition, we recognise the increasing levels of obesity and related diseases and decreasing levels of physical activity amongst children and that physical activity affects the ability of children to learn effectively. Therefore, throughout the day, teachers offer frequent opportunities where possible for children to engage in active learning or active breaks to reduce sedentary learning.

Planning:

The school scheme of work operates on a 1year rolling cycle and is based on meeting the criteria of the National Curriculum. In both key stages we teach gymnastics, dance, games and athletics with the addition of OAA in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily. Dance and OAA are considered particularly important as these two areas of activity allow opportunities to teach skills that children need to progress as individuals and as part of a group. These skills should also assist with whole school approaches to activities both within and outside the classroom: confidence, perseverance, creativity, ability to listen, communication, leadership, ability to solve problems, working with others and mirror Secrets to Success learning skills

Schemes of work have either been written by the PE Leader, MKSSP or commercial alternatives have been purchased to support our curriculum design. Our main scheme of work, PE Passport, is an iPad app and others can be found on the teachers' server. It is intended that all plans are adapted by class teachers in order to suit the needs of their class.

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, Science, PSHE and ICT skills and the extension of their learning journeys where possible. Active Maths is a purchased tool to support our maths curriculum through the use of physical activity.

Assessment

Teachers use the PE Passport app and MKSSP assessment tasks alongside professional judgement to evaluate a student's learning against the curriculum. The end of teaching sequence expectations from the schemes of work, and the age related descriptors in the National Curriculum help teachers provide targets and next steps for pupils. These are reported to parents/carers at the end of year.

General assessment of children's activity through the school day is gathered through the use of the Youth Sports Trust's 'Active School Planner' to create a heat map style timetable. This will allow PE Leaders and staff to assess how sedentary pupils are at particular points of the school day and how to overcome this.

Life Skills

Falconhurst School uses nationally recognised initiatives to promote walking and cycling to school with stronger considerations for our children's healthy and active lifestyles as well as supporting our environment. Swimming features as a major part of the PE curriculum and aims for all our students to become strong and competent swimmers.

EXTRA CURRICULAR PROVISION

Break times / lunch times

During break and lunchtimes, children have access to the timer trail and a range of equipment where supervised by a MDS or other member of staff. Music and dance opportunities are available every day, weather permitting. Year 6 students will act as Play Leaders to deliver games and activities for all children to have opportunity to participate and enjoy. Some of the year 6 students will have access to Play Leader and coaching training from external agencies and MKSSP. We aim to encourage lasting participation from girls, we have girls specific activities led by students who have received training through the Youth Sports Trust's Girls' Active programme. The children are responsible for monitoring their equipment and handing equipment out to their participants but this is overseen by MDS or PE Leaders. Some teachers will offer sports clubs during lunch times which will be offered through sign up at the beginning of each half term.

After school clubs

We aim to encourage all pupils to take part in a range of clubs and involve them in deciding the clubs we put on offer. Families are given sufficient notice for the activities available to sign up for and are informed of their success to join. This can either be on a first come, first served basis, though Pupil Premium eligibility will precede. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. Clubs offered will vary on a half termly basis but will often be organised to allow preparation for competitions and festivals organised by the school or school sports partnership. All abilities are welcomed. A range of other clubs from external providers or links from trusted sources are advertised to families for participation outside of the school setting.

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through the School Games organisation. These include Sportshall Athletics, Outdoor Athletics, cross-country, Gymnastics, Basketball, Netball and swimming.

School visits

The school provides many opportunities for off-site experiences at different venues both for competitions and for extra activities at local high profile sporting venues such as the MK Dons stadium or the National Badminton Centre.

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 PARTNERS / LINKS

The school is part of the Milton Keynes School Sports Partnership. We have also established links with a number of local clubs including the MK Athletics club and MK Dons SET. Parents are supportive of after school clubs and competitions.

VOLUNTEERING OPPORTUNITIES

To increase physical activity and encourage more children see the value of physical activity, we provide opportunities to take a lead in running sports clubs and activities eg running EYFS/KS1 sports day; assisting with lunchtime games activities clubs; assisting with equipment and notice boards. Through leadership opportunities, our pupils gain in confidence and self-esteem which contributes to the wider development.

STAFF ACTIVITY

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible eg the staff Pedometer Challenge organised by our Sports Leaders. Staff often 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 policy on DBS / staffing checks.

MONITORING & EVALUATION

The PE Leader will have 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, swimming data, time allocated to physical activity both within and outside the curriculum, pupil and staff questionnaires.

The school's place in Milton Keynes league tables and competition results, PE lesson and other physical activity session observations, and case studies will allow for evaluation where improvements in physical activity have had a positive impact on our students. If the above policy has been implemented, improvements should be seen in participation, fitness levels, and attitudes to health and well being from pupils, staff, parents/carers.

Conclusion

Health and wellbeing are at the heart of a child's development academically, socially, physically and mentally. Through structured and unstructured physical activity, children will reach their full potential. This policy will ensure that all those who are connected to Falconhurst School will be encouraged to maximise their physical activity and in so doing, their health and wellbeing.

"Success in physical education also enhances achievements in other areas of learning and is closely inter-related with intellectual and social development. It builds self-esteem, motivation, co-operation and concentration, and forms an important part of a balanced curriculum."

Improving Physical Education in Primary Schools HMI