



St Richard's CE Primary School

Physical Activity Policy

2021-24

This policy was reviewed:	Autumn 2021
This policy will be reviewed again:	Autumn 2024
This policy will be reviewed by:	PHSEE Lead
Statutory policy:	No
Source:	PHSEE Lead

Purpose of our Physical Activity Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of physical activity opportunities during the school day and our approach to the positive promotion of physical activity.

Physical Activity Guidelines for Children

The Physical Activity guidelines for children and young people are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring the all children are as active as possible throughout childhood is important for current and future population health.

Physical activity guidelines for children and young people:

- Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types of intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity

We believe that schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

In 2019, the Government published a School Sport and Activity Action plan which sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school. The PE and Sport Premium helps primary schools to achieve this, providing funding to make additional and sustainable improvements to the quality of PE, physical activity and sport offered.

For details of how we spend our PE and Sport Premium Funding to make additional and sustainable improvements to the PE, sport and physical activity we offer please refer to our Sports premium page on our website: <https://www.srsa.richmond.sch.uk/sports-premium/>

Curriculum Provision

Physical Education is compulsory at all key stages. The National Curriculum programmes of study outline what should be taught at each key stage and we ensure our P.E. provision covers all the requirements of the National Curriculum.

We believe high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We are lucky enough to have a swimming pool onsite so all our children benefit from weekly swimming lessons from reception upwards. This goes far beyond the requirements of the National Curriculum.

As a minimum we ensure our pupils get 90 minutes of PE across the school week.

Every week all children have an hour P.E. session taught by our specialist sports coach and a 30 minute swimming lesson taught by a trained swimming teacher supplied by our Swimming Pool Partners Springboard Swimmers. For more information about our PE and Swimming curricula please go to the Swimming and PE page in the curriculum section of our website:

<https://www.srsa.richmond.sch.uk/pe-swimming/>

IN addition to PE children are encourage to learn outdoors as much as possible and all our EYFS and KS1 classes spend a session a week outdoors doing forest schools activities.

Extra-Curricular Provision

To ensure that children and young people are able to meet the physical activity guidelines that they need we have identified other parts of the day when we can encourage children to take physical exercise. Below please day the approach we take at different points in the day

Before school

We offer a Breakfast Club every morning and all children are offered the opportunity to get outside and get active if they attend. In addition we run some before school clubs such as Running Club and Elite Swimming to encourage pupils to start the day of with some physical activity.

Some of our classes may start the morning with a 10 minute 'daily mile'.

Break times

All children get the opportunity and are encouraged to run around at morning break.

Lunch time

All children spend approximately 40 minutes outside at lunchtime and we offer a very wide range of activities to encourage physical exertion. These range from playing music to encourage children to dance; circus skills equipment to develop physical dexterity; a range of sports games equipment to encourage participation including football, netball, basketball, bats and balls etc.; a range of other equipment such as hoops, skipping ropes etc. to entice reluctant sports people into physical activity and Forest School/mud kitchen type equipment to encourage children to explore the natural world.

At certain times of year we also provide lunchtime gardening club.

In class time including School trips

We believe children love being outdoors and learn best in the natural environment so teachers are encouraged to use our expansive grounds as much as possible and to deliver any curriculum possible outdoors.

Children regularly go on local walks to use our amazing local resources to enhance their learning. This includes walking to Richmond Park and Ham Lands. Our expectation is that by y4 children can walk up to 10km over the course of a day

After school

Our Afterschool care provider, Fit for Sport, include daily physical activity into their programme which includes action packed multi-sports and fun movement based activities and challenges,

In addition we offer a wide range of clubs including a variety that include physical activity. For further details go to <https://www.srsa.richmond.sch.uk/clubs/>

Competitions

We believe that most children love competitions and participating in competitive sport encourages children to get fitter and develop their skills. Therefore we look for all opportunities for our children to compete in competitive sport. To that end we are part of the Richmond School Sports Partnership and children from Year 3 upwards get to take part in events such as Football festivals; local Football Leagues; borough athletics events; borough swimming gala; tag rugby festivals etc.

During school holidays

Where ever possible we try to make arrangements for outside organisations to run active clubs during the holidays on our site. If possible we partner with charities to provide these free of charge.

Active Travel including STARS awards

We are a 5 Star Active Travel school and encourage children to walk, scoot or cycle to school. We have a safe bike shed for both staff and children. Children from Year 3 up receive training in safer walking, scooting and cycling.

In addition we constantly are working towards improving the air quality around our school. We have a weather station which measures air quality and we communicate the levels of air quality to the local community by hoisting red/amber/green flags. We regularly have Walk to school days; Play streets and our children campaign for parents not to leave their cars idling when they stop outside the school

Resources

Outdoors

We have a very large playground and field which includes a trim trail; marked ball court; football goals and a natural area where children can explore nature and take part in Forest Schools activities and . We also have a large quantity of play and sports equipment available both in PE lessons and during playtimes for children to access. This includes a selection of balls; bats; skipping ropes; bean bags; hoops; batons; stilts; parachute; gardening and digging equipment; circus skills equipment and an outdoor PA system to encourage dance.

Each lunchtime we rotate the equipment available to encourage children to try lots of different sorts of activities and avoid children becoming bored. The playground is zoned and staff encourage children to try new activities and to learn new playground games.

We ensure we regularly update our playtime and sports equipment

Indoors

We have a large gymnasium which is well stocked with gymnastics equipment, including wall bars, ropes and a selection of tables, balance beams and a horse. We also have a set of indoor games equipment.

Swimming pool

We have our own indoor heated pool on site.

Equal Opportunities and pupil voice

We understand that there is growing evidence to show that certain groups such as girls, children with disabilities and those from minority ethnic groups may have lower levels of physical activity than their counterparts and that this contributes to health inequalities related to lower levels of physical activity.

We therefore ensure that we involve our children when planning playtimes, clubs etc. to ensure that they all feel there are activities that they can and want to be involved in. We do this through our School Council, pupil surveys and pupil voice interviews.

In addition we try to ensure that disability is not a barrier to enjoying physical activity and sport. We have made a number of adaptations to our facilities to allow disabled pupils access. This includes installing a ramp to our outdoor classroom; lowered the height of our water fountain and providing adjusted activities at our sports day.

We celebrate both sporting achievement and participation at our weekly Rejoice celebration assembly.

CPD

We understand the importance of training and ensuring staff have the confidence and competence to offer high quality experiences of both physical education and physical activity. We ensure all staff providing P.E. lessons have appropriate training and all our extra-curricular clubs are run by appropriately skilled and trained staff. Our Sports coach works with our P.E, to ensure lessons are of high quality and follow our scheme of work.

In addition, staff act as role models and can inspire children to participate in sport and enjoy it.

The UK Physical Activity guidelines for adults recommend that adults should aim to be physically active every day. Any activity is better than none, and more is better still

Staff, including senior leaders, are encouraged to act as role models by openly sharing their love of sport and keeping fit.

Community partnerships and links

We work with a number of support the provision of physical activity. This includes Fit for Sport; Richmond Sports Partnership, Richmond Borough Council, AfC, School Travel Plan Team, Springboard Swimmers and our local schools.

Holiday Provision

To prevent a drop in physical activity levels across the school holidays we try to sign post families to affordable sports and physical clubs through our newsletter. We also try to encourage sporting organisations to run holiday camps on our site.