

## **A Policy for Physical Activity at St. Edmund's Catholic Primary School, Skelmersdale.**

Physical Activity promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable children to make informed choices about physical activity throughout their lives.

### **Aims**

- To raise confidence and self esteem of all pupils.
- To increase the activity levels of the whole school community through provision of a supportive environment conducive to the promotion of physical activity.

### **Objectives**

- We will make efforts to encourage all pupils to participate in a minimum of two hours of high quality physical activity per week (both within the curriculum and beyond) which :
  - consider the needs and interests of all pupils;
  - promote positive attitudes towards participation in physical activity;
  - enable pupils to develop a full range of basic movement skills;
  - increase pupils' knowledge and understanding of the importance of physical activity.
- We will provide appropriate training opportunities for staff.
- We will provide adequate resources and funding for Physical Activity.
- We will provide safe and stimulating areas in which children can play and be active.
- We will organise specific events which promote and raise the profile of physical activity.

### **Links to other school policies**

1. Physical Education
2. Equal Opportunities: School is committed to providing equal opportunities for all pupils, including those with special needs, in provision of physical activity.
3. Teaching and Learning: Physical Activity provision within school is developmentally appropriate.
4. Safety: Appropriate action is taken to ensure the safety of pupils.
5. Behaviour and Attendance.
6. Anti-Bullying.
7. Special Educational Needs provision.

### **Facilities Available for Physical Activity**

- School Hall
- School Playgrounds

- Foundation Stage Soft Play area
- School Field
- Skelmersdale Sports Centre
- Nye Bevan Swimming Pool
- Robin Park Sports Stadium
- Our Lady Queen of Peace High School

### **Staffing Levels and Responsibilities**

All staff responsible for physical activity are responsible for ensuring that basic rules regarding safety and behaviour are observed and adhered to by all.

Basic rules regarding clothing, footwear, jewellery etc are highlighted and adhered to. Safe and effective exercise procedures are taught and adopted in all activities within and outside the curriculum, including warm ups and cool downs.

### **Promotion of Walking and Cycling to School**

The school actively promotes through newsletters and other published materials the many benefits – both in terms of personal health and protection of the environment – of walking or cycling more. A secure cycle storage rack has been provided at the school. Shower facilities have been installed at the school. The school participates in the Right Start Child Pedestrian Training Programme.

### **Children with Additional Needs**

Where pupils are identified as having barriers to their participation in certain activities, either because of physical difficulties or domestic issues, then the school will endeavour to meet the individual needs of such pupils to ensure their participation.

### **Out of Hours Learning Programme**

A wide variety of extra curricular activities are available to pupils throughout the year. Representative teams (Girls, Boys and Mixed) participate in Football, Rugby (contact as well as tag), Netball, Boxercise, Cross-country running, Swimming and Athletics tournaments.

### **Promotion of Physical Activity to the Whole School Community**

The SMT are committed to the health and well-being of all and regularly advertise opportunities for participation in physical activity.

The school is an active member of the Healthy Schools Network and the Staff Well-being Project.

Playgrounds are “zoned” for different activities.

The school grounds are maintained to a high standard to ensure that they are clean and safe.

Older pupils assist in the setting out and collection of play equipment.

Lunch-time Welfare Staff have received training to promote traditional playground games.

The school regularly participates in initiatives such as *Dads and Lads*.

A lunch-time Walking Club is planned and participants will aim to complete 100 miles during the academic year.

Short (10 minutes) pre-school aerobics sessions are planned.

**Monitoring and Evaluation Procedures**

Teacher feedback

Pupil feedback

Parental feedback

Pupil participation in out of hours clubs

Pupils walking or cycling to school data

OFSTED Inspection

**This policy will be reviewed in September 2007**

Signed: \_\_\_\_\_  
(Headteacher)

Date: \_\_\_\_\_

Signed: \_\_\_\_\_  
(School Council Representative)

Date: \_\_\_\_\_