



Policy and Procedure

Cross Gates Primary School

Policy: **Physical Activity Policy**

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Ratified by Governors:

Date to be reviewed:

Introduction

Definition

Definition of Physical Activity Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

Rationale

Physical activity for good health and wellbeing

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with *physical inactivity*. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness.

Physical activity helps to improve confidence and instill a sense of achievement whilst sedentary behaviour can lead to an increase in social and emotional health concerns

The Chief Medical Officers Physical Activity Guidelines 2019 state:

- Children and young people (5-18 year olds) should engage in moderate-to-vigorous intensity 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 and 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.

The guidance also highlights the risks of inactivity and sedentary behaviour for health. Prolonged sitting is harmful, even in people who achieve the recommended levels of MVPA.

- Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Cross Gates Primary School is committed to promoting the health and well-being of *Children, Staff, and families* through the embedding of physical activity throughout the school day and beyond.

Aims and Objectives

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

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
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

This policy links to the School Improvement Plan, PE policy, PSHE Policy, Equalities Policy and SEN policy.

Active Travel

School have bike/scooter shelters to encourage pupils to bike or scoot to school.

Active Curriculum

We utilise our Sports Premium funding to fund Premier Sports. They deliver one of our weekly PE sessions for years 1 – 6; facilitate our after school sports clubs and lead sports games on the playground three days per week.

Years 1-6 have 2 hours of PE per week, one lesson delivered by Premier Sports and one delivered by the class teacher. In Years 4 and 5, one of those lessons is swimming (please see separate PE Policy for more details).

EYFS have access to the outdoor area throughout times the children are in provision. This area includes physical equipment such as a rope swing, tricycles, climbing and balancing beams. All three of the EYFS rooms also have an indoor physical area.

There is a sensory room in The Hub which has recently been developed to include a variety of physical equipment.

Active Breaks

The children in KS1 and 2 have access to a range of sports equipment whilst on the playgrounds at break and lunchtimes including balls, beanbags, hoops, skipping ropes. These are stored in the containers on both playgrounds.

The KS1 playground has climbing walls and areas to play football and basketball.

The KS2 playground is zoned off to allow a variety of sports including football and basketball. For three days per week, a sports coach from Premier Sports facilitates this.

We also have designated areas with outdoor gym equipment and tyres and a field that the children have access to during warmer weather.

After School Clubs

We offer after school sports clubs to years 1 - 6 throughout the year, run by Premier Sports. Clubs offered include football, gymnastics, multi-sports, dodgeball and summer sports. These are rotated throughout the year. Both the school hall and outside areas are utilised for these clubs.

Links/Engagement with External Agencies

Premier Sports run one of our weekly PE sessions for years 1 – 6; facilitate our after school sports clubs and lead sports games on the playground three days per week.

Year 6 take part in Bikeability training every year. We also carry out road safety training and assemblies with a number of year groups.

We also engage with other agencies such as Leeds Rhinos throughout the year to offer additional assemblies, PE and PSHE sessions on the importance of staying active.

We regularly participate in sports tournaments as part of the Leeds East Primary Partnership.

Equal Opportunities

All physical activity opportunities offered at Cross Gates Primary School are designed to be inclusive, and cater for different ability levels. School will work with parents to make adaptations and adjustments to allow all pupils to access physical opportunities wherever possible. For more information please refer to the SEND and Equal Opportunities policy.

Links to other areas of school improvement

Physical activity is included in the School Improvement Plan. The following objective is taken from the Personal Development strand of the SIP:

Ensure a clearly defined access to physical exercise and an ambitious curriculum of participation in competitive and non-competitive sports.

This policy also links to the PE policy, PSHE Policy, Equalities Policy and SEN policy.