



Physical Activity Policy

Introduction

Holy Trinity and S.Silas 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 at Holy Trinity and S.Silas school.

The policy was formulated through consultation with members of staff, governors, parents, pupils, and our school nurse.

Ethos and Environment

Holy Trinity and S.Silas 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 policy coordinator

The school physical activity policy and strategy co-ordinator is Kirsty McCreadie

Physical activity 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

Equal opportunities

All physical activity opportunities offered at Holy Trinity and S.Silas are designed to be inclusive, and cater for different ability levels. Children of different abilities have the opportunity to participate in inter school competitions.

Resource provision

Holy Trinity and S.Silas has a school hall, which is equipped with portable apparatus for gymnastics and music is available to support the teaching of dance. For the teaching of games, there is a designated pitch area, with markings, goals and hoops. An annual audit of all physical education equipment is conducted by the PE Subject Leader in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the shed, and planning resources can be found in the PE Subject leader's area.

Staff responsibility and development

School PE Subject leader: Steve O'Brennan

School Travel Plan Co-ordinator: Leonine Stenmark

Curriculum Provision

Organisation

The PE programme is taught by a specialist sports coach, with the exception of swimming. This is taught by specialised swimming instructors at the local swimming pool

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

Foundation Stage: 1 hour taught by specialist-in addition daily physical development activities

Year 1 and 2: 2 hours

Year 3 and 4: 2 hours and 1 hour swimming alternate times

Year 5 and 6: 2 hours

Planning:

In both key stages we teach gymnastics, dance, games, swimming and athletics with the addition of outdoor adventure activities 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.

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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, PSHE and computing.

Assessment

The specialist PE teacher assesses children at the beginning and end of each topic.

Extra curricula provision

Break times / lunch times

Children are encouraged to throw and catch at play, and use a range of equipment. The children are responsible for monitoring their equipment (stored in a shed at Holy Trinity and S.Silas) and handing out and putting equipment away correctly.

After school clubs

A range of clubs are offered; these may include gymnastics, dodgeball, basketball or multi skills. Children are encouraged to sign up to clubs and registers are kept to identify those who do not take part in regular clubs and these children are targeted the following term. Early morning fitness and games are provided twice a week.

Competition

Pupils take place in a range of intra-school and inter-school competitions organised through school and the Camden School Sports Association (CSSA). These include swimming, athletics, football, rounders and dodgeball.

School trips

The school offers a number of outdoor education experiences at Holy Trinity and S. Silas throughout the year for children across the school, including a week's residential for all children in year 6.

Active travel

Please refer to the School Travel Plan for details of how we promote travel to school.

Community partners/links

The school is part of the Camden Sports Partnership. We have also established links with a number of local clubs including Highgate Harriers and The Place.

Staff activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

Health and Safety

Please refer to the school's health and safety policy. Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS/ staffing checks.

Monitoring and Evaluation

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school.

Policy date: May 2018