

PHYSICAL ACTIVITY POLICY



Mission Statement: To love, to learn with God in our hearts

Policy revised: OCTOBER 2019

Review Date: OCTOBER 2021

Aim

To increase the activity levels and well-being of the whole school through the provision of a supportive environment that encourages and enhances physical activity and healthy lifestyle choices.

Objectives

- **Within the Physical Education curriculum**
 - We aim to plan and implement a broad and balanced Physical Education (PE) curriculum.
 - Children in both Key Stage 1 (KS1) and Key Stage 2 (KS2) undertake two hours of PE a week. A mixture of Class Teachers, Get Set coaches and outside agencies (Islington Tennis Club, Arsenal Football Club and Middlesex Cricket Club) teach PE in KS1 and KS2, and they follow the National Curriculum (2014) objectives. These focus on different topics per half term and incorporate activities such as dance, gymnastics, ball skills, outdoor adventurous activities, net/wall games and fielding/striking games.

- **Lunchtime games and activities**
 - Nursery and Reception have access to outside play throughout the day for 'continuous provision' according to their routine. Staff supervise and interact with children.
 - KS1 and KS2 children use play equipment stored in sheds on a class rota during lunch play. Lunch time supervisors monitor children. Training for staff has been undertaken to help facilitate outdoor games in the playground.
 - Once weekly, KS1 and KS2 children have a football slot for their class, which is monitored by staff.
 - Twice weekly, KS2 children have inclusive and competitive games facilitated by a Get Set coach. They play a range of games including hockey, netball, basketball and tag rugby.

- **After school activities**

- There are a variety of after school clubs available for children across both Key Stages throughout the year. These include multi-skills, football, netball, rounders, basketball, tennis and cricket.
- These activities are run by Get Set Coaches, Teaching Staff and outside providers such as Arsenal Football Club and Islington Tennis Club.
- Some of these after school activities help to prepare children to play competitively in tournaments within the Islington Borough and Arsenal Schools Football League.

Outline of facilities available for physical activity

- **Outside Spaces**

- Nursery playground (for nursery children) with open space, a tree house with ladder, climbing equipment and shed to store movable outdoor equipment, including tunnels and bikes.
- Both the Infant and Junior playground are used by all children during Break and Lunch play for free flow 'OPAL' play (See Playground Policy).
- Infant playground with open space, markings on the ground to encourage games and a bicycle track, a climbing frame, a football Astroturf and shed to store play equipment (used on a class rota) such as bikes, scooters, stilts etc.
- Junior playground with open space, markings on the ground for formal games such as football and netball, football goals, a climbing wall and frame, and shed to PE equipment, which children can use such as balls, walking stilts etc.

- **Indoor Spaces**

- School hall – suitable for all PE lessons, including dance and gym activities, with soft fall mats, planks, small climbing frames and two lift out climbing/gym walls.

- **Equipment**

- Nursery shed – tunnels, bikes, building bricks, bean bags, balls
- Infant shed – bikes, scooters, hoops, skipping ropes, walking stilts, jumping stilts, balls (small and big), tennis racquets, giant contraction set, bean bags
- Junior shed – PE equipment such as footballs, tennis balls, hockey sticks, tennis racquets, hoops, markers, cricket sets, rugby balls, coits, 2 parachutes, team bibs, cones and athletics equipment.
- OPAL play equipment – A range of resources are available to encourage imaginative play. Children use the resources to build, climb, push, pull and lift.

- **Off-site facilities**
 - Rosemary Gardens- used for the Arsenal football tournament run throughout the academic year.
 - Archway Pool– swimming for all KS2 children on a termly rotation.
 - Arsenal Hub- used for sessions to support Lower Ability children in years 3-6.
 - Highbury Fields football pitches – used for the annual sports day.
 - Sobell Leisure Centre- venue holds many intra-school competitions such as athletics, football and netball.

Curriculum Physical Education Policy

PE KS1- KS2 is taught by a mixture of Class Teachers, Get Set coaches and outside agencies (Islington Tennis Club, Arsenal Football Club and Middlesex Cricket Club) and they follow the National Curriculum (2014) objectives. Termly subjects are divided into units and include dance activities; gymnastics activities; outdoor adventurous activities; games activities; striking and field games; athletic activities; net/wall games; invasion games. PE in Reception is taught by teachers, using the EYFS framework objectives and guidance provided by Islington Borough's Physical Education Department.

KS2 also undertake swimming as part of their PE curriculum on a termly rota which is delivered by Archway Leisure Centre.

PE is incorporated in cross-curricular links through such avenues of maths (space, shape, counting), science (forces) and history (historical sporting events and sporting role models).

Children's abilities are also monitored.

Extracurricular activities

- Nursery and Reception have their annual sports day at school. Activities and games include ball skills, sack races, running, jumping etc.
- KS1 and KS2 children have their annual sports day at Highbury Fields and includes activities such as races, athletics, and ball games.
- Charity days are run yearly. In the past, these have included: Sports for Schools, Dress up and Dance Day, Skipping Day, Run a Mile.
- The PE Subject Leader enters the school into school tournaments organised by the Islington Borough Council, Maamaluha collaboration of schools and Arsenal Football Club.
- After school clubs rotate on a half-termly basis. Clubs include football, netball, basketball, multi-skills, and tennis.

Training

EYFS and Subject Leader training is provided by the Physical Education Department in Islington Borough. Training is also provided for Teaching Assistants to facilitate physical activity at break and lunch times.

Resource Provision

The PE Subject Leader is responsible for auditing and ordering equipment and resources. These resources are recorded in the school's PE Fund. TAs and teaching staff can approach the PE Subject Leader to request any resources that may be needed.

Involving Parents and carers

Parents are actively encouraged to support school sports events including the annual sports days, bring-a-parent sessions and intra-school competitions.

School policies on specific issues

This policy works in relation to the following school policies regarding:

- Equal opportunities
- Differentiation
- Inclusion (disabilities and/or healthy conditions)
- Assessment/recording/reporting
- Health and safety

Consultation and Dissemination

Pupils are consulted through school council on the extracurricular physical activities they would like to have considered. This has a direct impact on the activities made available to them.

The whole staff are consulted on the content of this policy and it is presented for the approval to the school Governors. New members of staff will be presented with a copy of school policies. Copies of all policies are available to parents.

This policy will be reviewed biennially.