

# Brooke Church of England Voluntary Controlled Primary School



## Physical Activity Policy

December 2017

Signed by Governors

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To be reviewed December 2020

## **INTRODUCTION**

Brooke VC Primary School 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 Brooke VC Primary School.

## **ETHOS & ENVIRONMENT**

Brooke VC Primary School strives to maximize 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.

As a school we are somewhat limited by the lack of a field, a small hall and playground. We make use of the village hall Field and an area of woodland approximately two miles to the west of the school.

## **PHYSICAL ACTIVITY AIMS & 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**

Within the constraints of both the environment and the rules set by individual sports' governing bodies, physical activity opportunities offered at Brooke VC Primary School are designed to be inclusive, and cater for different ability levels. For more information please refer to our School Single Equality Scheme.

## **RESOURCE PROVISION**

Brooke VC Primary School has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, we have a small playground, with markings and make use of the large field at Brooke Village Hall. We use the swimming pool at Long Stratton High School which allows the pupils to swim regularly from the beginning of Key Stage 2 through to year 6. An annual audit of all physical education equipment is conducted by the PE co-ordinator 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 Co-ordinator's area.

## **STAFF RESPONSIBILITY & DEVELOPMENT**

Primary Link Teacher / Schools Sports Co-ordinator: Headteacher  
School Travel Plan Co-ordinator: Headteacher

Staff are encouraged to attend courses offered by training providers. Our partnership with the South Norfolk Sports Partnership has widened the school's relationships with other schools and clubs. As a result, local coaches often come into school and work alongside teachers. In addition our links with Brooke Cricket Club and Brooke Tennis Club have greatly widened opportunities for the children.

## **CURRICULUM PROVISION**

### *Organisation*

The PE programme is taught by class teachers, with the exception of swimming. This is taught by a specialised swimming instructor.

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

2 Lessons of approximately 45 minutes duration per week

#### *Planning:*

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

The school is in partnership with the South Norfolk Sports Partnership and the F7 Cluster and makes use of specialist teaching and competition opportunities provided by the School Sports Partnership.

#### *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 ICT skills.

## **EXTRA CURRICULAR PROVISION**

#### *Break times / lunch times*

We have a range of markings on the playground in order to stimulate children at playtimes. Children are encouraged to play actively. Due to the constraints of size, we cannot allow the children to use proper footballs at break and lunch times but try to provide a sponge ball where possible for exclusive use by one class at a time. We have a team of older students trained to serve as Play Leaders, whose responsibility it is to organise games for the younger children during lunchtimes. One class each day has access to the play area.

#### *Whole-School Exercise*

Each Friday a team from Swallow class prepares a dance to lead the rest of the school for the 5 minutes before break-time. All children participate and look forward to the 'Whole-School Exercise' with anticipation each week.

#### *After school clubs*

We encourage all pupils to take part in a range of extra curricular clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. TAG Rugby and cross country clubs are put on offer each year to prepare children for competitions. A range of other clubs are also offered; these may include gymnastics, Speed-Stacking, netball or hockey.

#### *Competition*

Throughout the year pupils take part in a range of inter-school competitions organised through the School Sport Partnership. These run at Cluster, Partnership and County levels. Sports day balances the need for a fully-inclusive event and the desire for a competitive event. Children enjoy activities, gaining points for their house; and compete in races, jumps and throwing events. All points are then added up and the overall winning house gains the trophy for the year.

#### *School trips*

The school offers a number of outdoor education experiences including a How Hill Residential for lower KS2 and Hilltop Outdoor Activity Centre of upper KS2.

### **ACTIVE TRAVEL**

Please refer to the Brooke School Travel Plan for details of how we promote travel to school. We also enable every child in Year 5 and 6 to take part in cycle training and their Cycling Proficiency Test.

### **COMMUNITY PARTNERS / LINKS**

We have established links with a number of local clubs including, Brooke Adventurers Football Club, Wymondham Rugby Club, Brooke Cricket Club and Brooke Tennis Club. Parents also regularly assist with the provision of after school clubs.

### **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 & SAFETY**

Please refer to the school's health and safety policy and risk assessment file.

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on CRB / staffing checks.