

# Our Lady's RC Primary School



## Physical Activity (PA) Policy

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Person Responsible	PE Lead
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Signed: *Miss Kate Postlethwaite* (Person Responsible) Date: 26/1/2022

Signed: *[Signature]* (Headteacher) Date: 26/1/2022

Signed: *[Signature]* (Chair/Governor) Date: 26/1/2022

# "Learning and loving together; we grow with Jesus"

## Our Core Values

During Summer 2020 workshops, we revisited both our Mission Statement and Core Values. This involved everyone in discussion, reflection and prayer about the values, Mission and Aims of our Catholic school. There was a calling to all to re-commit to our purpose and to work together to understand our roles and responsibilities as part of Our Lady's



Our Mission Statement is:

**"Learning and loving together; we grow with Jesus"**

The Core Values that provide the foundation for that Mission are:

Faithful	Positive	Safe
Nurturing	Forgiving	Fair
Respectful	Honest	

## NURTURE

The School's six nurturing principles sum up our practice and theory. They underpin the context, organisation and curriculum.

1. Children's learning is understood developmentally
2. The classroom offers a safe base
3. the importance of nurture for the development of wellbeing
4. Language as a vital means of communication
5. All behaviour is communication
6. The importance of transition in children's lives



Our Mission is represented by this design. As with the statement itself, the logo was developed by all stakeholders, with the children in particular providing the symbolic ideas of **growth – the tree, love – the hearts and Christ – the Cross**

# Introduction

Here at Aspull Our Lady's, the health and wellbeing of our pupils and staff is of paramount importance. As part of this commitment, we recognise the powerful impact regular physical activity (PA) can have upon a person's quality of life and individual health as well as wider issues relating to social inclusion, self-esteem and behaviour. Therefore, the following policy outlines how physical activity is organised, taught and managed at Aspull Our Lady's so that it has a clear *intent, implementation and impact*.

This document has been formulated through consultation with members of staff, parents/carers, and pupils and is in accordance with the School Mission Statement, the National Curriculum 2014 and Chief Medical Officer Guidelines.

This policy will be reviewed annually.

## Intent

All staff at Aspull Our Lady's recognise and appreciate the fundamental role schools play in encouraging young people to develop a lifelong commitment to physical activity. For us, a key aspect of this involves creating a supportive environment in which, not just our children, but all those involved in the school community can acquire the necessary skills, attitudes, knowledge and confidence so that may lead active lifestyles.

In order to maximise our efforts, we aim to ensure our staff, pupils and wider school associates truly understand the importance of regular physical activity and have access to a wide range of physical activity opportunities both within and outside the curriculum. Through careful consideration of information and activities, Our Lady's seeks to ensure PA provision reflects the wider school ethos as well as the cultural, personal, social and medical needs of all.

From discrete PE lessons to active travel and after-school activities, we intend to support our children in achieving the recommended 60 minutes of moderate-to-vigorous PA each day so that they can lay the foundations for a healthier and happier life.

# Implementation

To achieve the aforementioned objectives, careful consideration has been given to the following areas:

## Ethos and environment

- Class teachers and those involved in leading PA adopt a caring and supportive approach which encourages pupil progress and provides appropriate challenge.
- Weekly assemblies, newsletters, notice boards and social media avenues are used to promote and celebrate PA achievements within school and the wider community.
- The school actively identifies pupils who do not participate in physical activity or need extra support and implements strategies to encourage and engage these pupils.
- Facilities and resources are continuously developed to promote increased participation in physical activity in consultation with pupils, staff and parents/carers.
- Our staff aspire to be positive role models for our children so take part in physical activity whenever possible. This may range from playing games during break time, racing the children at sports days and participating in whole-school initiatives such as the Daily Mile and Walk to School Week.

## Curriculum

- The school's current PE policy aims to ensure all children access at least two hours of curricular physical education each week.
- Supported by the work of Wigan Athletics, we offer a broad and balanced programme which complies with statutory requirements and meets the needs and interests of all pupils.
- Throughout their time at Aspull Our Lady's, children are taught the importance of PA, learn how active they should be and explore the benefits of PA on our overall health and wellbeing.
- Whilst retaining its unique contribution to a pupil's movement education, we also recognise the wider benefits PA can have on a child's development. Therefore, cross-curricular links and enrichment days are used as a way of integrating PA into the school's planning.

## Extra-curricular provision

- Out of School Hours Learning is provided by the teaching staff or additional adults such as parents/carers and include coaching in various competitive and none competitive including football, netball, cricket and archery. Regular Sport's Council meetings and pupil voice surveys are used to ensure these clubs best meet the needs and interests of our children.
- During break and lunch times, a termly rota, year 5 equipment monitors, and year 6 Play Leaders are used to ensure children are able to remain active throughout the entire school day. Pupil feedback indicates that the range of playground markings and equipment as well as our tree trail and tyres are greatly enjoyed by all children.
- During the Autumn and Spring terms, children and their parents/carers are encouraged to participate in the Daily Mile both before school and for the final 15 minutes of lunch (KS1). Our involvement in national programs such as the Daily Mile Destinations has helped further raise the profile of PA within the school community.
- To provide children with competitive opportunities and develop their leadership skills, themed intra-school events are organised each year by our current Sports Council.
- Through working alongside our cluster schools and participating in various Wigan School Games events, our children are given ample opportunities to participate in inter-school events ranging from swimming galas to Boccia festivals.
- Some of the outside agencies we used to encourage PA include Wigan Athletic F.C., Wigan Warriors, Red Tiger Karate, Wiggle Dance, and Haigh Hall Golf Club.

## Health and Safety

- In accordance with school procedures, all teachers are responsible for safety in their own lessons and shall be familiar with the procedures associated with the teaching of particular activities.
- Suitable first aid kits and staffing ratios are present during intra and inter-school events as well as all other PA related activities such as the Daily Mile.
- Teachers should be fully aware of any child's special needs regarding health e.g. asthmatics.

- Where appropriate the children will be shown how to move or set up equipment safely and will not use it until checked by a member of staff.
- All teachers shall follow the Health and Safety procedures for Wigan LEA for and BAALPE.
- Any damage to equipment / apparatus should be reported to the coordinator.
- The large apparatus in the hall is checked at least once a year by a specialist.
- The designated PE Coordinator will complete annual risk assessments and ensure appropriate measures are in place to minimise injuries.

## Impact

In order to ensure all aspects of PA are delivered to the highest standard and that the needs of all those associated with the school are best met, careful monitoring and evaluation is conducted by the PE coordinator, the Headteacher, and wider staff team.

This involves, but is not limited to:

- Regular opportunities for pupils, staff and parents/carers to provide feedback on the current provision. This may be gathered in the form of surveys, questionnaires or meetings and is used to inform future activities, purchases and CPD tasks.
- In line with our whole-school assessment method, pupils' physical, cognitive and socio-emotional development is monitored on a half-termly basis.
- The number of pupils who: attend after school clubs; walk or cycle to/from school; participate in intra/inter-school events; and achieve an hour of PA each day.
- Lesson observations and constructive feedback being used to continually improve lessons.
- Annual Subject Development Plans created by the PE coordinator and reviewed the Headteacher allow for 'next steps' to be set and progress to be made across the whole school.