



## Corringham Primary School

(Including: Corringham Primary Pre-School and Speech and Language Enhanced Provision)

# Physical Activity Policy

## 2017/2018

# PHYSICAL ACTIVITY POLICY

## Aims

As a school we have a responsibility to help students and staff establish and maintain life-long habits of being physically active. We believe in being a Healthy School in every sense of the word. This means that we aim to educate people to maintain and improve their physical health, mental health and overall well-being.

We believe that:

- Positive experiences with physical activity lay the foundations for regular activity throughout life
- Physical activity has substantial health benefits, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- Through its effect on mental health, physical activity can help increase pupils' and students' capacity for learning

This policy supports the healthy environment and lifestyle we aim to promote in this school.

## 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'.

## **Provision of Physical Activity in School**

Physical activity in school is encouraged and provided through the following:

- school ethos emphasis on a healthy lifestyle and environment
- Physical Education lessons as part of the delivered curriculum
- active lessons in all areas of the curriculum where applicable
- extra-curricular physical activity
- lunchtime and afterschool activities
- staff opportunities
- healthy food available daily
- achievement assemblies and celebrating pupil's sporting success

## **School Ethos**

Every pupil shall be educated in the area of physical activity. They should develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity and value and enjoy physical activity as an on-going part of a healthy lifestyle.

## **Physical Education Lessons**

There is a scheme of learning for physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills and positive attitudes; promotes activities and sports that students can enjoy and can pursue throughout their lives. This is taught by well-qualified staff.

The schemes of work make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of cultural norms, physical and cognitive abilities and fitness levels.

## **Active Lessons**

All staff look for opportunities to plan active lessons where possible and appropriate, for example: drama, debate, movement around the classroom and form activities.

## **Extra-Curricular Physical Activity**

- Pupils have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, unstructured, and including some physical activity options e.g. gardening or drama
- Every pupil has an opportunity to participate regardless of physical ability

Corringham Primary School offers a physical activity programme that features a broad range of activities which are suitable to the available facilities.

Pupils are encouraged to attend trials for places in County and National sports teams.

## **Lunchtime and After School Activities**

A full range of extra-curricular activities are available at lunchtimes and after school for those pupils who wish to participate.

## **Facilities**

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies and operational budgets that are necessary to achieve the objectives of the physical activity program.

The use of physical education facilities for non-instructional purposes, such as using the hall for school assemblies, during times scheduled for physical education classes is necessary but will be minimised.

Access to sport venues and recreational areas after school hours will be permitted wherever it is appropriate to do so.

The school takes part in the Sainsbury's Active Kids and Tesco vouchers for schools campaigns to raise money for new sporting equipment in school. Parents are very supportive of this.

### **Staff Opportunities**

There are some planned, established, and implemented activities to promote physical activity among staff and provide opportunities for staff to engage in regular physical activity. Staff are made aware of sporting opportunities provided by the local authority and other schools.

### **Celebrating Physical Achievements**

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. There is a half termly newsletter where sporting achievements are celebrated.

### **Equal Opportunities**

At Corringham Primary School we are minded that physical activity needs to serve the needs and interests of all students and staff, taking into consideration differences of cultural norms, physical and cognitive abilities, and fitness levels, thereby encouraging participation.