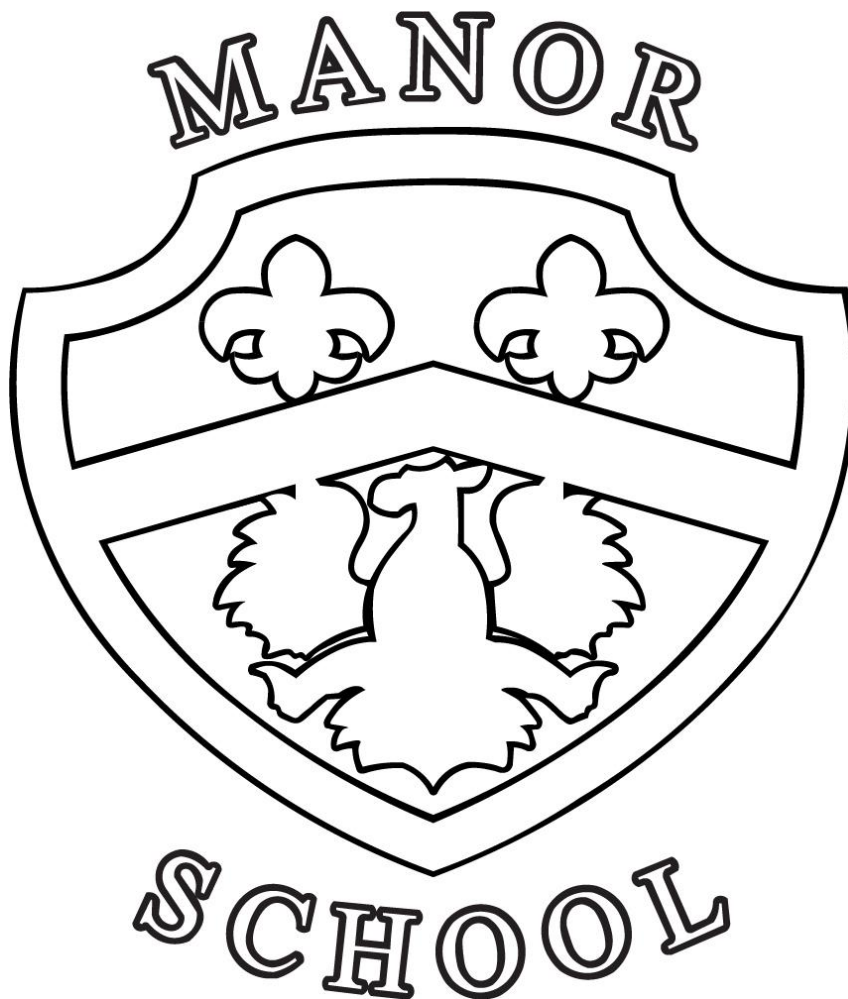


MANOR INFANT/LONGBRIDGE SCHOOL



Physical Activity Policy



Manor Infant/Longbridge Physical Activity Policy

Policy Responsibility: the responsibility of reviewing and editing lies with the Manor Infants PE Coordinators. Approval of edits lies with SLT & School Board of Governors.

Reviewed: July 2022 (by Mr A Horner - ML Physical Activity, Health & Wellbeing Lead)

Approved: Sep 2022 (by Mrs A Tabrett – Executive Head Teacher)

Rationale:

We believe that Physical Activity (PA) is an essential element of our pupils and staffs physical, social, mental and emotional health and wellbeing. It is essential that the school is promoting the DfH government directive of '60 minutes' moderate to vigorous intensity, quality PA every day (most of which should be aerobic). In school ALL children should meet the DfE directive of '30 minutes a-day minimal standard (DfE: School Sport & Activity Action Plan, 2019) through access to a wide and varied range of timetabled and optional PA opportunities.

By providing high quality experiences which motivate and inspire our pupils, we will cultivate 'physically literate students' who choose to engage and enjoy regular PA, knowing it to be one essential element of a healthy lifestyle.

We promote and provide a safe, supportive and challenging environment in order to create positive and exciting physical experiences.

Physical Literacy:

The DfE, DCMS and DHSC define physical literacy as: building physical competency alongside confidence, enjoyment, knowledge and understanding (DfE School Sport & Activity Action Plan, 2019).

Manor Infants defines a physically literate student as one whom has, motivation, confidence and physical competence, in a wide variety of physical activities, in multiple environments. They also demonstrate knowledge and understanding, which they value, and empowers them to take responsibility to engage in physical activities for life.

Physical Education vs Physical Activity:

Manor Infants believes every child deserves **BOTH** a quality 'physical education' and a 'school physical activity' programme.

Confusion between the terms "physical education" and "physical activity" has occurred through the interchangeable use of the terms at all levels of education - but they differ in important ways. Understanding the difference between the two is critical to providing both and understanding why both contribute to the development of healthy, active, physically literate children.



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PE (lessons) teach children the skills and knowledge needed to establish and sustain an active lifestyle. Teachers assess student knowledge, motor and social skills, and provide instruction in a safe, mindful and supportive environment.

Physical activity (PA) is bodily movement of any type and may include recreational, fitness and sport activities such as jumping rope, tag games, playing sports, Tenery bursts, as well as daily activities such as walking to school, taking the stairs or raking the leaves.

PE should not be compared to or confused with other school-based PA experiences such as recess, Tenery bursts, daily walk, active lunch, intramurals, or recreational endeavours.

1. Aims and Objectives

- 1.1 To ensure that all aspects of school-based PA are encouraged for the physical, mental, emotional and social health and wellbeing of pupils, staff and visitors
- 1.2 To ensure every pupils PA levels are in line with national targets: at least 60 minutes of physical activity every day, with **at least 30 minutes** taking place in schools (DfE: School Sport & Activity Action Plan, 2019)
- 1.3 To promote and celebrate the benefits of regular PA to the whole school community
- 1.4 To improve the self-esteem and confidence of the pupils through regular participation in PA
- 1.5 To ensure the pupils are aware that PA is a crucial element of a healthy lifestyle
- 1.6 To ensure that PA is built into the whole school development-plan (SDP) so that it supports and underpins school priorities, and whole school strategies; behaviour, achievement, creativity, cross-curricular creative planning, high quality learning and teaching, progress and AFL.

2. The Purposes:

- 2.1 To cultivate 'physically literate students' who choose to engage and enjoy regular PA, knowing it to be one essential element of a healthy lifestyle.
- 2.2 To develop an awareness of the importance of safety and its application.
- 2.3 To develop an awareness of one's health, hygiene and fitness by fully participating in all aspects of PA.



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- 2.4 To promote skills of communication, co-operation, empathy and to develop a sense of self-motivation and self-discipline.
- 2.6 To develop enjoyment of PA through exploratory learning, creativity and imagination to communicate ideas and feelings.
- 2.7 To teach children to recognise and describe how their bodies feel during exercise.
- 2.8 To know the effect exercise has on their bodies and begin to understand why activity is important to their general health and wellbeing.

3. Implementation

3.1 Research evidence continues to mount that shows that by increasing PA lessons/sessions from twice a week to daily has shown a **significant effect** on primary pupils' academic achievement in maths, reading and writing (DfE Evidence on physical education and sport in schools, 2013 & DfE School Sport & Activity Action Plan, 2019)

3.2 PA will be taught/delivered/timetabled for a minimum of 30 minutes per day as either one session or as a cumulative of short bursts throughout the day.

3.3 TENERGY – class teacher is responsible for timetabling one TENERGY session per day. Team leaders are responsible for ensuring that timetabled TENERGY bursts are completed daily. Alternative 10/15-minute PA hits can be timetable instead of TENERGY burst, BUT only following PE Coordinators approval of hit content.

3.4 Daily Walk/Jog/Run (DailyMile) – every class will be timetable a daily DailyMile slot (15 minutes) where children will participate in 15 minutes sustained PA (either walking, jogging or running). The ultimate aim is to have all participants achieving a minutes sustained moderate intensity run on a daily basis.

3.4.1 DailyMile will be coordinated by a daily lead staff member rota, and that member of staff will be responsible for balancing encouragement of children to achieve sustained 15 minute run with safety considerations (numbers participating or weather condition etc).

3.4.2 PE coordinator (in consultation with SLT) responsible for organising a DailyMile coordination rota.

3.5 PE will be taught for a minimum number of hours per week – teachers are charged with ensuring pupils are active for 80% of every PE lesson

3.5.1 **Nursery:** No formal sessions in Nursery until the Summer Term whereby one hour is timetabled for outdoor Physical Development.

3.5.2 **Foundation Stage:**

Reception: 2 x 45 minutes formal sessions per week



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(access to outdoor free play does not constitute a PE lesson)

3.5.3 **Key Stage 1:** 90 minutes per week (2 x 45 minutes lessons)

3.5.4 **Key Stage 2:** 90 minutes per week (2 x 45 minutes lessons)

3.5.5 **ARP:** 90 minutes per week (2 x 45 minutes lessons)

3.5.6 **Swimming:** all students will receive at least the minimum amount of instruction at either KS1 or KS2

Please refer to the 'School Physical Education Policy' for greater details of school PE curriculum content and delivery measures.

3.6 Outdoor Gym – every year group will be timetable a weekly outdoor gym slot were children will participate in minutes sustained PA.

3.6.1 Class Teacher is responsible for ensuring equipment is used in line with Outdoor Gym Equipment RA guidelines.

3.6.2 PE coordinator (in consultation with SLT) responsible for organising an Outdoor Gym timetable.

3.6.3 Year Group Team Leaders are responsible for breaking down their slot allocation to best support all year group students.

3.7 Active Play – all pupils are allocated sufficient recreation/free time daily (play time / lunch break) to participate in social interaction and values development. Duty staff and Sports & PE Ambassadors (Sports Leaders) are tasked with encouraging students to participate in active-play and challenges at these times by:

3.7.1 Provide of a range of “small” PA/PE equipment

3.7.2 Provide opportunity to use free standing equipment

3.7.3 **60 Second Challenges** – opportunity to engage in 60 second physical activity challenges

3.7.4 Opportunity to take part in staff / Sports Leader lead PA games

PE coordinator (in consultation with SLT) responsible for organising an equipment rota.

4. Extra-curricular activities

4.1 The school provides a range of PE/PA related extra-curricular activities including multi-skills, football, dance and basketball for all children outside of regular school day hours. These encourage children to further develop their skills and a positive physical activity attitude in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term.



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4.2 The school also participates in intra and inter school SSSCo festivals. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

4.3 The school provides a 'Change for Life' physical activity programme aimed at encouraging and supporting students considered most in need of PA support.

Please refer to the 'Manor Infants/Longbridge Physical Education Policy' document for in depth detail of school extra-curricular content and deliver measures.

5. Active Travel

5.1 The school promotes a 'PA Home-School Journey Choice', which aims to encourage pupils and their families to walk/jog/cycle/scoot between home and school (Stars Travel Plan). Please refer to the 'School Travel Plan' for details of how we promote and celebrate travel to school.

5.2 Bike safety is incorporated into our SDP through bikeability training. Please refer to the 'School Travel Plan' for details of how bikeability is executed.

6. Staff Activity

6.1 Our staff aspire to be good role models for our children. We aim to take part in PA whenever possible e.g. Daily Mile, 60 Second Challenges, sports day engagement etc. Staff often play games with children at playtime and strive to demonstrate quality PE lessons.

6.2 Manor Infants takes pride in supporting the physical, mental and emotional health and wellbeing of all staff. Manor Infants ensures a range of incentives, events, and activities are available throughout the year to best support staff. Examples include (non-exhaustive list):

- Termly Staff Breakfast
- Regular massage availability
- 'Secret Friend' support
- Staffroom display – includes a range of support routes
- Staff 'Shout Out'

Please refer to the SDP (Healthy Schools) and 'School Emotional Health & Well-being Policy' for greater in-depth details of around staff health and well-being support programme and projects.

7. HEALTH & SAFETY

7.1 Use of any external personnel, including professional sports coaches and volunteers, will be implemented in line with school policies and CRB staffing checks.



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Please refer to the 'General Organisation Policy', 'CP & Safeguard Policy' and school risk assessment file for more in-depth detail.

7.2 The school promotes healthy eating choices as part of the development of healthy, active, physically literate children. Please refer to the 'Whole School Food Policy' and 'Packed Lunch Policy' for greater in-depth details of promotion and delivery measures.

Please refer to the 'Manor Infants/Longbridge Safe Practice in PEPASS' document for in depth detail of safe practice expectations and requirements.

8. Policy review date

19.1 July 2023