



**Hunslet Moor Primary School**

# **Physical Activity Policy**

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Approved by Governors July 2023

To be reviewed July 2025

# Physical Activity Policy

## **1. Introduction**

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease in today's society are associated with *physical inactivity*. Physical activity during the early years and childhood are strong indicators of future behaviours including educational attainment, health and happiness. Simple games during early childhood help to improve confidence and instil a sense of achievement. Sedentary behaviour can lead to an increase in social and emotional health concerns.

The Chief Medical Officers Physical Activity Guidelines 2011 state, "5-18 year olds should be physically active for at least 60 minutes (1 hour) every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis."

Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Hunslet Moor Primary School is committed to promoting the health and well-being of our children, their families and our staff through physical activity.

## **2.0 Rational & Ethos**

This policy was developed through consultation with staff, children and governors and links into elements from the PE Policy, ethos and aims of Healthy Schools and a wider school commitment to our values of a holistic education and unlocking every child's full potential.

We recognise the importance of physical activity on mental well-being and are fully committed to developing children into healthy, happy, safe, life-long learners.

## **3.0 Aims**

Across school, we aim to provide the essential P.E lesson component to children's education but also endeavour to widen children's access to activity through a variety of sources. For example, in addition to physical skill development, we aim to develop children's social and emotional skills through both school and inter-school competitive sport, exciting sports days; held in school for our EYFS and KS1 pupils and at the John Charles Centre for Sport for all KS2 children (athletic track and field facilities) and various tournaments throughout the year.

In addition, we work very hard to ensure children have access to wide range of activities at lunchtime and after school where our team of staff and coaches work hard to engage, motivate and teach skills.

All physical activity opportunities offered at Hunslet Moor Primary School are designed to be inclusive. Our varied programme of activities is available to all children and encourages participation from all children, including those who belong to vulnerable groups such as pupils designated as SEND or Disadvantaged. The school's SEN policy sets clear guidelines to ensure that all children can access the curriculum. We believe that all pupils should be encouraged and given opportunities to maximize their achievements in all areas.

The PE curriculum identifies clear progression, and staff will use their judgement to ensure that all children are learning the appropriate skills for their physical ability. Appropriate training is given to staff on a yearly basis, and regular 'drop-ins' are held by the PE coordinator who will advise on Physical activity at Hunslet Moor.

The overall aim for children's development in school is to have happy, healthy children- this is supported by the Healthy Schools ethos.

For our families, we run several community events and have well-being stalls from various charity groups within the local area.

#### **4.0 Objectives**

- We will provide weekly PE lessons that are planned and delivered by teachers and ensure a progressive development of knowledge, skills and understanding of physical activity through a continuous process of planning, practise, exploring, performing and evaluating.
- We will provide a range of high quality after school activities which will be led by staff and coaches and engage children in developing their skills, knowledge and understanding and encourage participation and social skills.
- We will continue to develop our inter-sport relations and competitions.
- We will provide information to parents/ carers/families at all community events (e.g. termly parent consultations and community events)
- We will aim to provide at least one specific opportunity a week to improve staff fitness and well-being
- We will continue to ensure that our curriculum and extended curriculum engages all groups of pupils, including those who are vulnerable (such as SEND and disadvantaged pupils) to ensure we are a fully inclusive school for physical activity.

#### **5.0 Facility, equipment & resources**

We have three playgrounds for our children to access: Foundation Stage, KS1 and KS2. Children in Foundation Stage have access to their playground and equipment, including climbing frame, for large portions of every day. The rest of school have set lunchtimes, break times and timetabled PE slots to access the outdoors. The KS1 playground has a ball area and small equipment for the children to use. The KS2 playground is split into 'zones' and has an adventure area. The KS2 playground is used for outdoor PE by all phases.

PE equipment includes a wide range of different equipment including kwik cricket, hand ball and tag rugby sets as well as dodgeballs, tennis, hockey and netball equipment. We also keep a range of small equipment e.g. bean bags, skipping ropes, dance streamers, pom poms and different size balls to support all kinds of physical activity.

We also have a range of Gymnastics vaulting equipment and age appropriate equipment. All of our PE equipment is kept in a cupboard in the school hall with everything clearly labelled to allow easy access to all staff. Staff are always made aware at the beginning of each school year of what equipment we have and given the opportunity to have a look at the new equipment purchased by the PE Leader.

Extra small equipment is kept to enhance physical activity at lunchtimes and playtimes. Each year group has a break time / lunch time box which has physical activity equipment to use. This includes hoops, bats and balls, skipping ropes, balls, chalk and other sport equipment.

#### **6.0 Extended Curriculum**

- At break times, activities are aimed to promote movement and physical activity. Team games are encouraged by the adults e.g. hockey and football. Equipment is always available for the children to access such as skipping ropes, quoits, bats and balls. The outside area has also has a construction area to develop fine motor skills, along with a theatre to encourage imagination and performance.
- Sports Premium money is spent on using our partnership with the local Hunslet Club to provide coaches who support children in a wide variety of sports at lunch times and increasing children's participation and daily exercise.
- After school, an increasing choice of clubs are offered such as Dazl Dance, Multi Sports and Mini Mermaid Running Club.
- We offer two residential opportunities for children; in Year 4 and Year 6. All children are encouraged and have the opportunity to attend an off-site overnight residential experience developing confidence and participating in activities that challenge and encourage team work such as; high ropes, Jacob's ladder, cycling, caving, climbing, abseiling, bouldering and gorge scrambling.

## **7.0 Curriculum provision (Please also see our Physical Education Policy for more information)**

- Children are taught two hours of PE each week, this is supplemented through daily use of our outdoor provision, where children engage in physical activity and learning outdoors.
- All children have 15 minutes morning break and 45 minutes lunchtime.
- Year 5 children have access to 1 half an hour sessions of swimming per week for half of the year.
- The teaching, learning and assessment of PE draws from national curriculum objectives which are structured into sports on the Long Term Plan (Appendix 1). Teaching and learning in PE ensures that pupils have the opportunity to apply new skills in competitive games and performance, with a range of sports taught across Key Stage 1 and Key Stage 2. PE planning is taken from the PE Hub Scheme of learning and teachers adapt these accordingly to ensure objectives from all of these areas of the curriculum are taught. We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and individual/group activities.

## **8.0 School Staff/Adults Supported Learning/Leader Development**

Hunslet Moor's PE and Physical Activity Policies are developed, improved and monitored by the subject leaders in consultation with the Senior Management Team, full staff team and the governing body. The PE budget is set every financial year and can vary but always includes the Sports Premium money, the spending and impact of which is posted on the school website.

Hunslet Moor School is a member of Active Leeds and, through this, gains support in the delivery of high quality Physical Activity and meeting the training needs of staff. The PE subject leader is responsible for identifying the training needs of staff and supporting staff in the planning and delivery of PE.

There are various members of staff who ensure the high quality delivery from adults to promote physical activity across school. On a termly basis staff are required to review their areas of responsibility and closely monitor to ensure high quality teaching.

**Rob Mason** to ensure consistent planning and teaching of PE in all year groups.

**Laura March** – to ensure quality adults are brought into school to coach and promote physical activity during lunchtime sessions.

**Rob Mason** – to ensure afterschool clubs are taught and delivered to a high standard. To encourage pupils to take part in physical activity outside of school hours.

**Rachael Burdett and Anna Crook**– organising and leading our residential programme and enriching experiences.

## **9.0 Staff Physical Activity Engagement**

Our staff aspire to be positive role models for our children. All of our PE lessons are taught by teachers and support staff in school. Staff aim to take part in physical activity whenever possible, engaging children during break and lunch times and taking part in events in our school sports day and on our school residential activities in Year 4 and Year 6.

## **10.0 Partnerships**

Hunslet Moor Primary School has developed partnerships across South Leeds to raise the engagement of individuals in physical activity. Some of our partners come into school to deliver sessions or after school clubs e.g. Hunslet Club, Dazl Dance and Wildcats Football Association. Educational visits have allowed children to experience physical activity and organised sports away from school e.g. Leeds Rhinos, Yorkshire Cricket and The John Charles Centre for Sport.

We use the Change4life website and all the information they provide to support the parents, staff and children at Hunslet Moor to make good choices in Healthy eating and regular physical activity.

### **11.0 Family engagement**

- Through Healthy Schools leaflets, we inform parents about the rationale behind all our actions regarding healthy lifestyles. Within this, we include how important the families' roles are to ensure the agenda is successful
- We share all our policies with parents and they are accessible via the school website
- We encourage support at sports days in summer and have made great efforts to ensure that they are a greater event for the whole school community.

### **12.0 Evaluation**

- The school is always developing its practice and knowledge of staff, pupils and their families but we are making good progress in working towards our Healthy Schools re-validation.
- We are continuing to work in accordance to our PE, Healthy School and PHSE action plans to develop our school further.