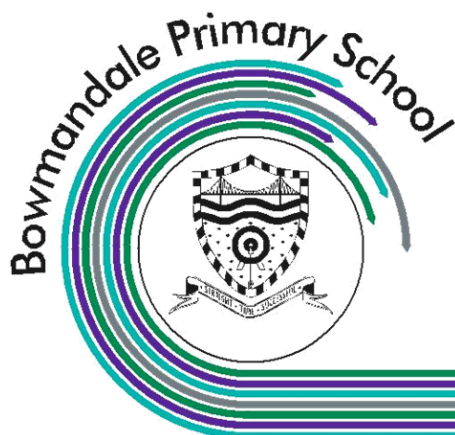




Straight... True... Successful

Physical Activity Policy

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 2019 state, 5-18 year olds should:

- Engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. (This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.)
- Engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

Bowmandale Primary School is committed to promoting the health and well-being of all children through physical activity.

Rational and Ethos

At Bowmandale Primary School we believe every child will be physically educated. They will develop the skills and knowledge necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the long and short term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Aims

- To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff, families and visitors
- To ensure high quality PE lessons are delivered across the school

Objectives

- To provide all pupils with information and opportunities to be physically active during the school day and beyond

Equal Opportunities and Inclusion

In the 2024 'Enhancing physical education provision and improving access to sport and physical activity in school' document, importance was placed on the equality of access to PE and extra-curricular school sport and competition. In line with this guidance, specifically the School approaches to ensuring a high level of uptake in extra-curricular sport and physical activity, Bowmandale targets extra-curricular sport and physical activity programmes at the least active pupils through use of a weekly physical activity mentor. Alongside this, we work collaboratively with different clubs in the locality to offer a range of additional opportunities to all pupils. Over the course of the year, every child at Bowmandale is offered the chance to attend an event that encourages them to take part in either a competitive activity (against other schools) or a personal challenge event, which focusses on promoting pupils to achieve their own personal best.

All physical activity opportunities offered at Bowmandale Primary school are designed to be inclusive, and cater for different ability levels.

Facility, equipment and resources

Facilities

- Playground
- 2 fields
- Outdoor area for EYFS
- School Hall

Equipment

- Adventure playground
- Playground markings
- Fitness boxes
- Balance Bikes

The P.E. subject leader is responsible for purchasing and maintaining equipment. Equipment and resources for physical activity participation are stored in classrooms, the hall and the P.E. garages and all staff members have access to them.

Out of School Hours Learning

We have a number of sports leaders in Upper Key Stage 2 who run clubs in their lunchtime for all year groups.

We have additional lunchtime clubs offered once per week through our partnership with Get Ahead.

At least one after school sports club is offered each term.

Curriculum Provision

Children have 120 minutes of P.E each week (1 hour indoor and 1 hour outdoor). Our P.E policy supports physical activity through relating their work in PE to the development of an active and healthy lifestyle. EYFS also complete a short session each week to promote the development of a range of fundamental skills, ready for their formal P.E. lessons in Year 1. In order to minimise the amount of sedentary time for pupils, staff have received training on active learning and they are encouraged to incorporate this into daily lessons.

Childhood Obesity Plan – Physical Activity Minutes

The government's Childhood obesity plan states schools will need to provide a minimum of 30 minutes physical activity through the school day for all pupils including lesson time, break, lunchtimes (excluding time for P.E).

All staff are involved in ensuring every child is physically active for 30 minutes every day. During the school day, the 30 minutes can be delivered in lesson times, fitness breaks, morning breaks and lunchtimes. In March 2018, staff received training on how to incorporate

physical activity into Maths and English. Refresher training was also provided in 2023 to offer ideas that could be implemented into the classroom.

School Staff/Adults Supported Learning/Leader Development

The P.E. leader is responsible for developing, improving and monitoring this policy.

In September 2022, the PE lead and head teacher attended a P.E conference, receiving a range of up to date active learning games and ideas that could help to encourage pupils to be more active in the classroom. These resources were discussed and provided to staff in school as a refresher to promote more regular use of active learning at Bowmandale.

A staff subject knowledge audit was conducted in Autumn 2022. Gymnastics was an area that staff felt least confident in. A gymnastics coach has therefore been booked to lead a training day in January 2023 to model high quality lessons in order to give staff the subject knowledge and confidence to deliver high quality gymnastics lessons.

Feedback gathered from staff and pupils across the 2021-2022 academic year identified that the P.E. scheme of work needed revamping to ensure all pupils were fully engaged and provided with a broad curriculum. Staff felt that we needed to show clearer progression across all ages, especially for gifted pupils. Several options were considered and evaluated before the P.E lead implemented the GetSet4PE scheme in September 2022. Initial feedback collected in October 2022 was positive; staff feel there is clear progression across year groups and the children are enjoying a broader range of sports and skills. After pupil feedback was collated in 2023, the scheme was purchased for a further 3 years, until 2025/2026, when it is next up for review.

The P.E lead completes regular moderation of the teaching of PE at Bowmandale, through learning walks across the year; the PE lead completing 'drop ins' to ensure teaching is to the highest standard. Focus is placed on the quality of teaching, behaviour of pupils and overall engagement.

As of June 2024, a number of staff have completed CPD courses on Yoga, KS1 Fundamentals and Boxercise. One member of staff is now a qualified Boxercise instructor and runs clubs each term. Several colleagues have also attended training that focusses on 'Outstanding P.E Teaching in KS1' and 'Outstanding P.E. Teaching in KS2'. In addition, staff have attended training on handball (a new PE topic) to ensure they are confident in the required skills and knowledge needed.

The P.E. lead attends termly P.E. forums to receive regular updates.

Staff Physical Activity Engagement

All staff are expected to actively participate in P.E lessons and in any physical activity in classrooms e.g. active learning. Staff should encourage and/or lead physical activity in fitness breaks through the use of their fitness box equipment.

Partnerships

As a school, we engage with other organisations to raise the profile of and support the engagement of individuals in physical activity by being a part of the North Lincolnshire School Sport Partnership where we have bought into the complete package. For the last five academic years, we have worked closely with a physical activity mentor who visits one afternoon per week, targeting different focus groups. Additionally, we take part in many competitions and events in the locality that are organised by the Barton SSCO, which is based at Baysgarth School. Since September 2022, we have been working with YGM Dance Academy to provide pupils with the chance to dance during their Friday lunchtime and to attend an afterschool club. In March 2024, we also welcomed Barton Inclusive Football Club into school to deliver a girl only football session, promoting female participation in the sport.

Family Engagement

We share sporting achievements with families through the use of the school APP, website and the monthly school newsletter. Parents are sent details of physical activity school clubs that their children may attend e.g. Multi-Skills Club, Dance Club. Details of physical activities in the wider community are sent home- especially activities taking place during school holidays. In addition, we also have a notice board celebrating Bowmandale's sporting achievements and we share information about up and coming sporting events. Since July 2019, we have hosted an annual Colour Run event which is always very popular with families. At the end of the school day, many families join us for their own opportunity to take part in the Colour Run.

Families also join us during our annual sports days, which is always well attended.

Bikeability

Each year, Year 6 pupils attend Bikeability, which promotes the safe use of cycling as a means to travel. Pupils complete different levels and are awarded badges for their efforts.

Evaluation

The P.E. subject leader provides clear leadership and management to develop and monitor the aims of the physical activity policy.

Regular opportunities for the P.E. lead to 'drop in' and evaluate the quality of P.E. are provided and feedback is positive overall.