



## Physical Activity Policy

### Introduction

Physical Activity is one of the four themes of the Healthy Schools Programme guidance and is recognised, therefore, as a key contributor to developing healthy lifestyles, improving standards, reducing inequalities and improving social inclusion. Childhood obesity within the borough of Tower Hamlets is amongst the highest in the country, therefore we must strive to deliver a positive and engaging experience which triggers a change in attitude towards sport and health.

### Rationale

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. William Davis Primary School is committed to promoting the health and well being of its pupils and staff through physical activity during all aspects of school life including curriculum time PE, before and after school sports activities and in class activities. As a healthy school, we are committed to encouraging everyone to be more physically active. This policy outlines the organisation, teaching and management of physical activity at William Davis Primary School.

### PE Lead

The school **physical activity** policy and strategy co-ordinator is Tashrifa Lipa who will work closely with all members of the school to achieve the goals of this policy.

### Aims

The aim of this policy is to ensure that physical activity in our school is promoted as being part of a healthy and active lifestyle to all members of the school community. We will ensure that this happens by:

- increasing opportunities to be more physically active
- increasing the co-ordination around physical activity



- increasing the breadth of sports experienced by children
- providing high quality physical activity experiences for all
- improving training opportunities around physical activity
- raising confidence and self-esteem in all pupils
- ensuring all children are afforded opportunities to experience inter-school competition

## **Objectives**

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To encourage a lifelong passion for sport and physical activity.
3. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
4. To increase physical activity levels of pupils.
5. To raise the profile of physical activity throughout the school.
6. To promote links with other schools through tournaments and regular matches.

## **Curriculum Provision**

Physical Activity at William Davis:

- the PE programme is taught by all teachers, coaches, support staff, and swimming teachers
- we aim for all children to participate in a minimum of 2 hours of directed physical activity a week.
- KS2 children swim once a week for a year: one term in Yr 4 and two terms in Yr 5
- the children experience a wide range of activities including, but not limited to, striking and fielding games, net and wall games, gymnastics, invasion games, dance, swimming and athletics.
- KS1 & 2 children take part in the Daily Mile
- Year 6 children spend a week at Gorsefield participating in archery, orienteering and cycling
- children participate in cycle training in Yr 5
- children can participate in additional physical activity by joining after school clubs, breakfast clubs, lunchtime clubs and inter-school competitions

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## **Lunchtime Sports Ambassadors**

Children in Yr 5 and 6 are chosen or volunteer to lead physical activities in the playground. Children are trained by the PE coach; and then supervised by the lunchtime staff and the PE lead. They have a weekly rota to teach different games to different year groups.

## **Equal Opportunities and Inclusion**

All physical activity opportunities offered at William Davis School are designed to be inclusive, and will be adapted for the different needs and abilities in the group. The hall and gym are regularly used for physical activity breaks for example for children with short attention span; or sensory needs.

### **Facilities:**

- On site facilities for KS1&2 – one outdoor playground and 2 indoor halls/gym
- External facilities – we are within close proximity to Weavers Field, which is used for sports day and the E1 Cricket Festival; and Ravenscroft Park, which is floodlit and is used for football club and tournaments

## **EYFS Physical Activity**

In the EYFS, physical activity is part of the daily learning and play. Children have free access for most of their day to use all spaces, apparatus and activities set up within the Early Years. The adults ensure that there are opportunities for a range of physical development both inside and out, including large movement such as running, bikes, climbing, building, obstacle courses and smaller movements encouraging fine motor control such as pencil grip, pincer movement and use of a range of tools. Some children are specifically targeted on a daily basis to help develop their fine motor and gross motor skills. EYFS children also have a PE session once a week with a PE coach when it is their turn on the whole school timetable.

## **Physical Education Lead & CPD**

It is the responsibility of the PE Coordinator and SLT to ensure that areas for development are identified and opportunities found for staff to improve their skills in the delivery of high quality physical activity.



## **Active Travel**

The school actively encourages children to cycle, scoot or walk to school. The school provides cycle and scooter storage facilities. During the school year, we run various activities to encourage children to travel to school using bicycles or by walking. When available, we run cycle proficiency training for Year 5.

## **Promoting Physical Activity to the School Community**

Our staff aspire to be positive role models for our children by leading by example. Sporting successes by staff and children are celebrated during Celebration Assembly on Fridays and in the weekly newsletter. We believe that it is important to celebrate every sporting achievement with the whole school community. Parents are encouraged to attend sports days and to take part in the activities where appropriate.

## **Health and Safety**

Please refer to the school's health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS / staffing checks.

## **Link to other Policies/Documents:**

This policy is part of our healthy lives agenda, it works in conjunction with the following:

- Sports Premium Funding Report
- PE and PSHE Curriculum
- Health and Safety Policy (ensure risk assessments are in place; equipment is safety checked)
- Inclusion and Equal Opportunities( catering for all groups of learners)
- Teaching and Learning Policy ( planning supports progress for all learners)
- SEN Policy (all children are able to access the curriculum)
- More Able ( able children are identified and signposted)

**Policy agreed November 2018**

**Policy to be reviewed November 2023**