



*Learn, Laugh, Love*

# Harehills Primary School

## Physical Activity Policy - July 2023

*Harehills Primary School actively promotes equality of opportunity for all staff, governors, pupils and parents, creating a harmonious learning community where all can succeed*

### **Physical Activity Policy**

***School Name:*** Harehills Primary School

***Consultation That Has Taken Place:*** This policy has been developed by Alec Waddington, Joanne Summerfield, Andrew Matthews, Caroline Pallas, Catherine McMullen

***Date Policy Formally Approved:*** Pending review from governors

***Date Policy Becomes Effective:*** July 2023

***Review Date(s):*** July 2025

***Person(s) Responsible for Implementation and Monitoring:*** Alec Waddington, Andrew Matthews, Joanne Summerfield, Caroline Pallas, Catherine McMullen, Connor Lockett

***Links to Other Relevant Policies:*** PE Policy, School Travel Plan, Relationships Policy, Bereavement Policy, Educational Visits Policy, Staff Code of Conduct

## **Aim**

**“To increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.”**

## **Rationale**

This policy has been written:

- In accordance with the ethos of the school as a Real Legacy School.
- In accordance with the ethos of the school as a Leeds Well School and its subsequent partners including Leeds United.
- As a result of the national target that all children participate in a minimum of 30 minutes of physical activity at school and 30 minutes of physical activity at home every day.
- As a result of records showing the levels of diabetes is significantly higher in Harehills than the Leeds average.
- As a result of the national agenda with increasing obesity and decreasing levels of physical activity among children.
- As a result of physical activity affecting the ability of children to learn effectively.
- As a result of the role of the school in contributing to family and community health and wellbeing.

## **Objectives**

- To provide consistent messages in school about physical activity both within and outside of the taught curriculum.
- To increase the physical activity levels of pupils in line with national targets.
- To contribute to optimum pupil behaviour, physical fitness, growth and development, assisting pupils to reach their learning potential.
- To improve self-esteem and confidence among pupils and provide opportunities for them to work together.
- To provide the opportunity for pupils to develop valuable life-time skills.
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- To ensure physical activity provision in school reflects the cultural and medical needs of pupils.
- To contribute to out of hours learning for pupils.

## **Action/Key Themes**

At Harehills Primary, many aims of the Physical Activity Policy are referenced in our PE Policy. Physical Activity is used as the vehicle in which skills can be learnt and applied in all other subjects. We expect that like in PE, Physical Activity creates clear shared learning journeys, provides personalised opportunities, and shifts responsibility onto the learner. Through these three philosophies, we believe this contributes to whole child development and ties in with the school's ethos: Learn, Laugh, Love.

The promotion of physical activity will be done so on the school's website (PE, Physical activity and sport section) and through assemblies.

### **Encouraging the 30:30 a Day Target**

#### **Physical activity is encouraged in many ways:**

- Through after school clubs run by the PE assistant.
- Through structured playtimes.
- During golden time activities.
- Out of school competitions.
- Intra-school competitions.
- Encouraging families to engage in physical activity at home and in the wider community.

A record of pupils participating in each club and sport events is kept electronically. We endeavour to cater for all pupils, but priority may be given to children who have less opportunities/access to physical activity.

### ***Playtimes/Breaks and Playground Facilities***

Playground equipment is stored in the external storage spaces and is available during playtime. It is the responsibility of the playground staff and PE Assistant to make sure that this equipment is available. Games such as cricket and football are to be zoned using cones or other barriers. Staff are to ensure that all groups of children regardless of age or gender have equal share of the activities.

### ***Playground Zoning***

All three playgrounds will have zoned provision at playtimes/dinner times. It is the role of the Play Worker and the PE Assistant to equip the playgrounds with the necessary resources. Playgrounds will consist of up to 5 separate zones (4 in KS1), all supervised by a member of staff. Zones have coloured sign posts:

**Green:** High intensity physical activity that enables children to practise skills through team games.

**White:** 'Craze of the Week' – this will focus on one particular piece of equipment, with the challenge changing each week. Best scores to be recorded on the large whiteboard.

**Orange:** Dance and Movement.

**Yellow:** 'Chill Out Zone' – a zone for pupils wanting a calmer playtime experience. Activities such as Jenga, Connect 4, yoga and mindful colouring are provided.

**Purple: Skills focus** – equipment provided focusses on one skill (throwing, catching, dribbling etc...).

Year 5/6 playground will also have a cricket area that will run throughout the year.

To maintain the physical intensity and enjoyment of an activity, numbers on children accessing an activity maybe capped. A rota may come into place that changes on a daily basis – this avoids encouraging children 'to wait' to access an activity, so maximum time can be spent engaging in physical activity.

Half-termly zone planning is negotiated on the penultimate week of the proceeding half-term. The Deputy Head Teacher, PE Subject Lead, and Play Worker discuss forthcoming activities and resources that are age-appropriate, are suitable for the time of year, and wherever possible, meet the interests of different cohorts.

### ***The Gym@Harehills***

The Gym@Harehills is an area for provision suitable for Year 3 children and above. When in use, it must be supervised at all times by a trained member of staff. When not in use, the gate must be locked with a padlock; children are made aware that it is a restricted area.

The Gym@Harehills can be used as part of playground provision, PE lessons, school clubs etc..., with a maximum of 12 children using the range of equipment at one time and no more than the maximum number of children recommended for each individual piece of equipment.

### ***Out of school learning***

In the case of an extra-curricular club being led or assisted by an external member of staff, DBS checks will be taken before that member of staff works in school. It is the responsibility of the PE Subject Lead to notify the School Business Manager that an external member of staff is being employed in reasonable time. It is the duty of the School Business Manager to ensure that adequate checks have been put into practice.

### ***Safety and Risk Assessment***

All lunchtime staff will be first aid trained. During each playtime, there is always at least one first aider available.

### **Implementation and Monitoring**

A review of our Physical Activity Policy takes place biennially between the PE Subject Leader, the Strategic Leadership Team, and the relevant governors to make sure that all clubs and extra-curricular activities are running according to plan. All participants within Golden Time activities, as well as after school clubs are monitored, recorded and saved.