



## Sacred Heart School

### Physical Development Policy

Sacred Heart School is committed to promoting the health and well-being of its children and staff through physical activity. This policy outlines the organisation, teaching and management of Physical Education at Sacred Heart. We believe that engaging in physical activities is essential to maintaining a healthy lifestyle. All children are encouraged to take part in a range of age appropriate physical activities each day. Every effort is made to raise awareness about the importance of physical activity both to children and adults.

#### Definition of Physical Activity and current recommendations

Physical activity in young children is defined as ...

**'...activity that involves trunk movements and more exertion than the minimal movement required to carry out simple everyday tasks such as washing, bathing, dressing, or activities such as playing board games or other passive play'**

*Making the case for UK Physical Activity Guidelines, Early Years Working Paper*  
Current advice

UK physical activity recommendations state that children 5 – 11 should be active for at least 60 minutes a day and Under 5 should be physically active for at least 180 minutes a day.

#### Physical Activity Aims and Objectives

**Aim:** To ensure that all aspects of physical activity in the setting are promoted for the health and well-being of children, staff and parents/carers.

#### Our specific objectives are as follows:

1. To enable children, staff and parents/carers to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and children to be physically active throughout and beyond the setting in order to maintain a healthy lifestyle.
3. To increase physical activity levels of children in line with national targets.

The School/Nursery is also aware of local and national requirements to reduce childhood obesity via key pieces of legislation and research such as the Child Health Promotion Programme and the Eat Better, Start Better Programme/ Action for children. The Every Child Matters Framework is threaded into all aspects of the physical activity provision and at Sacred Heart each child is given opportunities to reach their full potential and ability, with further provision for enhancing all round development.



## **Equal Opportunities**

All physical activity opportunities offered at Sacred Heart are designed to be inclusive, and cater for different ability levels. For more information please refer to the Equal Opportunities and Gifted and Talented policy.

## **Facilities and resource provision**

Sacred Heart has a school hall, which is equipped with fixed and portable apparatus for gymnastics and a stereo to support the teaching of dance. For the teaching of games, there is a playground, with markings and a large field. We use the swimming pool at Mayfield year round to deliver swimming lessons to KS2 pupils. The Mayfield Astro pitch is used during the Autumn and Spring terms if the school field is be unplayable. PE equipment is stored in the Hall store or the outdoor PE store. Planning is completed by our Head of PE.

In Foundation Stage physically active play is planned for each session. We ensure that children have the opportunity to participate in activities that are planned to develop the three main types of physical activity for the under 5s: physically active play, developmental activities and everyday activities. Planning is completed by the Head of Foundation Stage.

## **Staff Responsibility**

Sacred Heart has two specialist PE teachers who teach PE throughout the school. The Head of PE plans and organises the sessions in main school and the Head of Foundation Stage plans the activities in Foundation Stage and delivers lessons with the support of practitioners.

## **Curriculum Provision**

Each child will receive the following **ACTIVE** PE time per week:

### **Planning**

Foundation Stage: 45 mins x 2 lessons.

Year 1 and 2: 45 minutes x 1 lesson, 30 minutes x 2 lessons

Year 3 and 4: 60 mins x 1, 30 mins x 2 lessons

Year 5 and 6: 60 mins x 1 or 30 mins x 2 and 90 mins x 1

In both Key Stages we teach gymnastics, games, and athletics with the addition of outdoor adventurous activities in Year 6. Swimming is taught in KS2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.



PE is taught in mixed ability and gender groups for each year group. On Wednesday afternoon Y5 and 6 pupils have a games afternoon when boys and girls are taught separately.

The school is involved in the Primary Schools Partnership extending the opportunity for competitive games. In addition there are sporting fixtures on a Wednesday afternoon for U11 teams and some matches on a Thursday afternoon for U9 teams.

### **The Supportive Environment in Foundation Stage**

In the Foundation Stage we endeavour to create an environment designed to promote physical activity throughout each day by providing a range of equipment and resources and staff deployed to support and challenge children. We also zone different areas of the setting to provide different types of play.

A designated member of staff is trained to conduct risk assessments and establish suitable arrangements for off-site visits; parents may accompany us on off-site visits. Although managing risk specifically refers to play provision, there are elements of risk associated with physical activity. All practitioners are aware that children need to learn to manage risks associated with physical activity within a supportive environment. By providing stimulating and challenging opportunities, children are encouraged to explore and develop their abilities and to learn to take acceptable risks without being exposed to dangerous activities.

### **Assessment**

In the Foundation Stage children's progress is recorded on the children's summative assessment tracker which is updated half termly.

In the main school effort/progress grades for each activity are tracked by the PE teacher and recorded every half term. Effort grades are reported to parents termly.

### **Extra Curricular Provision**

#### **Break times and lunchtimes**

The children play on the hard play area if the weather is wet or alternatively on the school field when conditions permit. Children are encouraged to throw and catch; to run, chase and dodge; to skip and play with hoops. They may also choose to play football on non – PE days. A variety of playtime equipment is provided. The children are responsible for monitoring their equipment (stored in a box) and handing equipment out to their friends. Refer to school Playtime Policy for extended information about play.

Pupils in the foundation Stage have their own outside area which they use during playtime which includes the use of sit and ride toys, balancing equipment, hoops, bean bags and balls. Reception class children may join the older pupils in the main school play areas when they are confident to do so.



## **After School clubs**

We aim to encourage all pupils to take part in a range of active clubs from Year 1. These include football, rugby, pop lacrosse, netball, tennis, rounders, cricket and dance. Many of the clubs prepare the children for competitive matches.

## **Staff Activity**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible. Staff often play games with children at playtime and demonstrate physical activity during PE lessons and especially during whole school events such as the BHF Skipathon.

## **Working with parents (In Foundation Stage)**

Parental support is vital to help young children make the most of being active every day. By working closely with parents and carers we can ensure that the families are aware of the importance of physical activity for their children and themselves.

We display information about events in the local community, including places of local interest and activities designed to appeal to families.

We communicate with parents and carers about our physical activities through parent evenings, newsletters, notice boards, electronic mail and informal contact at drop off and pick up time.

We ask for parents' support by requesting appropriate outdoor clothing including wellingtons and sunscreen so that the weather is rarely a deterrent to outdoor play and activity.

Parents are encouraged to walk their children to school and we provide an area at the side of the office block that children can leave bikes/scooters/pushchairs.

## **Monitoring**

The Policy will be reviewed annually by the Head of PE/Head of Foundation Stage.

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