

## Ainderby Steeple CE Primary School

### PHYSICAL ACTIVITY POLICY STATEMENT

Written: Autumn 2013

Review: Autumn 2016

#### **How this policy was developed**

This policy was developed and agreed in consultation with all staff and governors.

#### **Aims**

Physical activity plays an important part in the overall education and well being of young people by helping them to lead full and active lives. A successful physical activity programme should help pupils appreciate the importance of a healthy and fit body and begin to understand those factors that influence health and fitness, as well as develop their physical competence.

At Ainderby Steeple School we believe that physical activity, experienced in a safe, supportive and stimulating environment, is a vital and unique contributor to a pupil's physical and emotional health, development and well being. Our programme provides opportunities for pupils to grow more confident in their ability to manage themselves and their bodies. We intend that pupils, irrespective of their cultural, academic or physical differences, will experience success and be motivated to further develop their individual potential.

Within an enjoyable, balanced and progressive programme of activities, we want to promote self-esteem and respect for others and foster a spirit of co-operation. We will provide a balance between individual and group, co-operative and competitive activities, encourage fair play and teach our pupils how to cope with success and deal with set backs.

Ainderby Steeple School actively supports physical activity throughout the school day, ensuring that the whole school community can access physical activity to promote the health and well-being of pupils, staff and parents/carers.

#### **Objectives**

- Ensure all pupils are participating in at least 2 hours of curricular physical education in which a broad and balanced programme is provided.
- Provide quality physical activity opportunities both within and outside of curriculum time
- Consider the needs and interests of all pupils
- Promote positive attitudes towards participation in physical activity

- Enable pupils to develop a full range of basic movement skills
- Increase pupils knowledge and understanding of the importance of physical activity
- Increase pupil participation in physical activity both within and outside of curriculum time
- Where safe to do so increase the number of pupils walking and cycling to school
- Provide positive playground activities
- Extend school activities

### **Physical Activity Provision within Ainderby Steeple School**

100% of pupils at Ainderby Steeple Primary School currently have at least 2 hours of high quality PE lessons per week.

All children also have opportunities to take part in extended sport opportunities both during and after school, either on or off site.

These include:

- Year 5/6 Playtime leaders helping at The Dales School
- Year 5/6 Huff n' Puff leaders helping other children play games on the playground at playtimes and lunch times everyday
- Participation in various small school sporting competitions, these include:
  1. Cross Country Run
  2. Key Step Gymnastics
  3. Swimming Gala
  4. Football
  5. Kwick Cricket
  6. Athletics
  7. High 5 netball
  8. Tag Rugby
- Annual whole school sports day
- Annual cycle awareness training for year 6 pupils
- Annual School Sport's Week including:
  - Whole school decathlon event
  - KS2 Great School Run event
- Pupils also have opportunities to take part in other sporting events throughout the year, such as Hambleton Leisure Centre Summer Sports taster session
- Various after school sports clubs during the year, these have included:
  1. Qualified sport coaches running clubs
  2. Mr Hodgson's Games Club

- Pupils in years 5/6 also take part in residential visits to Robinwood and East Barnby Outdoor Centres throughout their time in KS2. Whilst there they take part in activities such as canoeing, climbing, orienteering, archery, shelter building and skiing etc.

## **Equal Opportunities**

At Ainderby Steeple School we believe that all children, irrespective of background, race, gender and capability are entitled to a comprehensive programme of physical activity which fulfils the statutory national curriculum requirements, takes into account their individual needs and interests and provides them with opportunities to pursue activity beyond school.

The Physical Activity opportunities offered within and outside of the curriculum time provide all pupils with equal opportunities to participate and achieve in different activities and ensure that all children have access to a varied programme allowing them opportunity to meet the national expectations as outlines in the PE curriculum.

**Signed:**

**Date:**