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Headteacher: Mr Ian Waine

March 2010

## Physical Activity Policy

### Our Aim:

To increase the activity levels of the whole school community by developing a supportive environment conducive to the promotion of physical activity.

### At Medstead we believe that:

- Physical activity should be enjoyable and should be part of a healthy lifestyle which can be enjoyed by all at their own level
- There should be quality physical activity opportunities both within and outside curriculum time for all pupils.
- It is important to promote positive attitudes towards physical activity for the health and well being of pupils, staff and visitors.
- It should have a high profile throughout the school.
- Pupils need to know about and understand the importance of physical activity.
- The whole school community should become involved in physical activity at an appropriate level to each individual.
- Staff and pupils should be encouraged to walk or cycle where appropriate.
- It is important to provide pupils with the information and confidence they need to take advantage of physical activity opportunities in the local community.

### This is best achieved by:

- Providing safe and stimulating areas in which children can play and be active.
- Providing adequate resources and funding for physical activity.
- Offering and providing pupils with information about a range of out-of-hours clubs that involve physical activity.
- Making facilities and equipment available for pupils to use at lunchtimes and breaktimes and to encourage pupils to be active at those times.
- Providing opportunities for staff and parents to gain useful qualifications in order to provide safe, stimulating and high quality experiences during out-of-hours learning provision e.g. cycling proficiency, ski leaders course, Environmental studies & ski trip.
- Inviting appropriately qualified professionals to contribute to the provision of out-of-hours activities e.g. gymnastics, tennis, football, rugby coaches.

- Organising specific events that promote and raise the profile of physical activity e.g skipping workshops, Sports day, Area sports.
  - Providing opportunities to participate in national and county initiatives such as The School Travel Plan and Sports Partnerships. National Primary Swimming Championship.
  - Providing road safety training schemes such as ‘Streets Ahead’ and ‘Cycling Proficiency’.
  - Liaising with and support relevant organisations and professionals in the community to help Developing physical activity pathways beyond school e.g. village tennis club, local cricket clubs.
  - Developing self esteem and confidence by providing support and encouragement for all pupils and to celebrate their achievements.
  - Developing leadership opportunities at KS2 through the ‘Activity Leader Scheme’.
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- Planning an active curriculum that involves the use of the outdoor environment as much as possible e.g. Trail blazer.
  - Participating in inter-school and national competitions involving individual and team sports.
  - Encouraging staff, parents and governors to be active.
  - Ensuring that physical activity provision in school reflects the cultural, personal and medical needs of all pupils.
  - Ensuring that all pupils have access to opportunities to participate in at least 3 hours of high quality PE and school sport within and beyond the curriculum a week.
  - Helping pupils understand how physical activity can help them to be more healthy and how physical activity can be part of everyday life.

This policy should be read in conjunction with the Physical Education, PSHE, Health and Safety, Teaching and learning and Equal Opportunities Policies.

Strategies and schemes working alongside this policy are: School Travel Plan, School Sport Partnership Plan, Trailblazer Award Scheme and Healthy Schools Award Scheme

Review: March 2013

