

Policy to encourage Physical Activity

MUGGINTON CofE PRIMARY SCHOOL

Reviewed	<i>25th June 2018</i>
HT	J Green
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Future Review	<i>Summer 2020</i>

Mugginton CofE Primary School

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This policy has been written in accordance with the Christian ethos of our school, our recognition of British values, an awareness of our position in the Global community and taking account of all current Safeguarding and Child Protection guidance

1. Introduction

Physical activity is defined as “any force exerted by skeletal muscle that results in energy expenditure above resting level” and includes “the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living”.

2. Background

Mugginton CofE Primary School has a responsibility to help students and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular.

Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase students' capacity for learning.
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight and blood pressure.
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

3. Purpose and Goals

Physical activity will be part of every student's education.

Each student shall:

- develop the knowledge and skills necessary to perform a variety of physical activities,
- maintain physical fitness,
- regularly participate in physical activity,
- understand the short- and long-term benefits of physical activity,
- value and enjoy physical activity as an ongoing part of a healthy lifestyle.

Staff are encouraged to participate in physical activity thus providing a model for physical activity being a valuable part of daily life.

Mugginton CofE Primary School has developed and implemented a comprehensive plan to encourage physical activity that includes the following:

- A whole school approach to physical activity – “the active school”, where physical activity is facilitated through the curriculum, the school environment, community links, school policies, school ethos and active travel.
- Time in the school day for supervised break times.
- Opportunities outside of PE for students to be physically active, for example, THE WEEKLY MUGGINTON MILE, OUTDOOR LEARNING and during other lessons.
- Opportunities and facilities for active travel to and from school, in consultation with the Senior Travel Plan Officer for the LA.
- Opportunities and encouragement for students to voluntarily participate in after school physical activity programmes, such as intra-school competitions, clubs and district events.
- A free after-school sports club every week, to encourage participation by all

- A football club every week run by DCFC
- Joint school and community recreation activities.
- Opportunities and encouragement for staff to be physically active.
- A sequential programme of physical education that involves moderate to vigorous physical activity on a regular basis, teaches knowledge, motor skills, self-management skills and positive attitudes, promotes activities and sports that students enjoy and can pursue throughout their lives, is taught by well-prepared and well-supported staff and is co-ordinated with the PSHE curriculum.
- Physical activities as an integral part of the daily activity routine.

The programme shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness levels.

4. Physical Education.

Every student each year, from Reception to Year 6, shall participate in regular physical education for the entire school year, including students with disabling conditions and those in alternative education programmes. Students in the school shall participate in physical education for at least 120 minutes during each school week.

See Physical Education Policy statement for scheme of work.

5. Adequate Facilities

Mugginton CofE Primary School shall endeavour to ensure the cost-efficient provision of adequate space, facilities, equipment, supplies and operational budgets that are necessary to achieve the objectives of the physical activity programme.

6. Extracurricular Physical Activity Programmes

Intra-school programmes, physical activity clubs and area athletics are valuable supplements to a student's education. Mugginton CofE Primary School shall endeavour to provide every student with opportunities to voluntarily participate in extracurricular physical activities that meet his or her needs, interests and abilities. A diverse selection of competitive and non-competitive, structured and unstructured activities shall be offered to the extent that staffing permits. The primary focus of extracurricular physical activity programmes will be on facilitating participation by all interested students, regardless of their ability. Equal opportunities shall permeate all aspects of the programme design and implementation. Mugginton CofE Primary School shall endeavour to accommodate home-schooled children in extracurricular activities.

Mugginton CofE Primary School shall offer a physical activity programme that features a broad range of activities and meets the following criteria:

- Students have a choice of activities in which they can participate.
- Every student has an opportunity to participate regardless of physical ability.
- Students have the opportunity to be involved in the planning, organisation and administration of the programme.

All activities will be supervised by qualified staff who may or may not be qualified teachers.

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive orientation about relevant school policies, procedures and standard of conduct. Volunteer helpers will be subject to background checks as detailed in the Child Protection Policy.

7. Other Opportunities for Physical Activity

Break time provides opportunities for physical activity which helps students stay alert and attentive in class and provides other educational and social benefits. Mugginton CofE Primary School shall encourage and develop schedules that provide time within every school day for students to enjoy supervised break times. Mugginton CofE Primary School has a playground and equipment available for free play. Break times shall complement, not be a substitute for, physical education classes. Staff will endeavour to ensure that all children participate in some physical activity for at least part of their break time.

8. School/Community Collaboration.

Mugginton CofE Primary School shall work with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity during their out-of-school time.

Further possible developments include:

- Working with DCFC.
- Working with specialist outside providers.
- Offering cycle safety and maintenance courses..
- Allowing access to the playground after school hours.
- Including active lessons in more subjects.
- Marking out the playground to encourage the playing of games.
- Being open to exploring links with any local sports club.