

## Physical Activity Policy

### Rationale

At Crosshall Infant School, physical education is an integral part of our curriculum that is inclusive and engaging for all pupils. It allows all children to develop the knowledge, skills and competence to excel in a broad range of sports and physical activities. We aim to deliver high-quality teaching and learning opportunities that enables all children to achieve their personal best.

Children participate in high-quality PE lessons once a week that consist of different sports/skills per term. Children learn skills and use them to participate in a variety of competitive sports from rounder's to football. Sports clubs are offered to KS1 pupils after school on Tuesday and Wednesday.

Annually, the school celebrates 'Healthy Living Week' to educate and promote a healthy lifestyle and physical activity. Children engage in different activities and sports, and the week culminates with our whole-school Sports day. All children participate in the 'walk for water' to understand the struggle that some children face around the world for basic needs like water.

At Crosshall Infant School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All lessons demonstrate a 'Head, heart and hands' approach to help develop the three main domains of learning: positive minds, emotional literacy and psychomotor development. All children are provided with skills and opportunities to take on board feedback so they can improve. Our pupils are physically active and this has positive implications on their learning in the classroom.

Children understand how to lead a healthy lifestyle and understand the importance of exercise. We encourage children to share their engagement with physical activity outside of school by sending in photos or sharing achievements within classes. The #HealthySelfieAtCrosshallInfant scheme is shared with parents, promoted on our socials and displayed on the community board located in the school hall. We hope children enjoy PE and develop a love of sport, and physical activity, that they pursue outside of school and in future life outside of primary school. All pupils understand the values and importance of fair play and being a good sportsperson.

We believe that Physical Activity enables children to listen, appraise and perform for the enjoyment of themselves and others.

## Development of the Policy

This policy has been developed through consultation with the whole school community, including staff, parents and pupils and with the guidance of the Cambridgeshire Advisory Service.

## Aims and Objectives

Through Physical Activity we aim to enrich the curriculum in order to promote health and fitness, enjoyment of sport and increased participation opportunities for all children.

This will be achieved through:-

- High quality physical education and school sport in which a broad and balanced curriculum is delivered to all pupils.
- Quality physical activity opportunities both within and outside of curriculum time which:
  - 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 fundamental skills.
  - Increase pupils' knowledge and understanding of the importance of physical activity.
  - Opportunities to increase pupil participation in physical activity both within and outside of curriculum time. E.g. Walk to School Week, play equipment during break time, after school clubs, Outdoor Activities in Reception and Outdoor Activities in Year 1, Multi Skills interschool competitions, Healthy Week, promotion of physical activities done at home through our Healthy Selfie School board and Sports Day.
- Safe and stimulating areas in which pupils can play and be active. e.g. adventure playground, pirate ship, playing field, playground markings, traversing wall, Orienteering playground course, table top activities on the picnic benches and wall games.
- A variety of links with Tennis Clubs, West End in Schools Company (dance), Wyboston Golf Club, and Premier Education.
- Opportunities to encourage all staff, and governors to participate in physical activity.

## **Relevant Policies**

This section will highlight a number of policies, which relate to and influence Physical Activity.

- Equal Opportunities Policy - Crosshall Infant School network, general policy folder.
- Health and Safety Policy - Crosshall Infant School network, general policy folder.
- Inclusion Policy - Crosshall Infant School network, general policy folder.
- Child Protection Policy - Crosshall Infant School network, general policy folder.
- Physical Education Policy - Crosshall Infant School network, subject policy folder.

## **Curricular Physical Education Programme**

### **Time allocation**

In Reception, each class has a one hour timetabled indoor or outdoor PE lesson and daily outdoor activities sessions.

In Year 1 and Year 2, each class is timetabled for either one afternoon 90 minute PE lesson (indoor) or outdoor PE lesson per week. Each Key Stage One class spends an additional half hour participating in outdoor literacy based activities. This occurs once a week. Year 1 have one 40 minute Outdoor Activity sessions per week during the Autumn and Summer Terms.

All year groups throughout the school also benefits from additional curriculum support with Premier Education. Teachers and students are given the opportunity to have additional 45mins - 1-hour coaching sessions with a representative.

During assessment week in each half term, the children in KS1 take part in additional outdoor activities lead by Premier Sports and supported by the teaching assistants.

All year groups participate in 'Brain Gym' and 'Take 10' activities throughout the day. These are integrated into daily classroom routines.

## **Curriculum Plan**

The School has a curriculum map, which ensures that a broad and balanced curriculum is being taught throughout the school. It is reviewed on a regular basis to enable progression of skills to be enhanced each year and shared with external teams to offer the best practice.

The PE policy schemes of work are used in accordance with the guidance provided by the National Curriculum, which ensures we promote health related activity within PE lessons. Therefore, they ensure pupils are given the knowledge and understanding of fitness and health. Each class teacher has access to the PE schemes of work for Gymnastics, Games and Dance. The PE coordinator is responsible for ensure all teaching staff have access to these.

### **Cross-curricular Links**

There are a number of cross-curricular links that are relevant to physical education and support pupils learning. Examples of these are summarised below.

Science - Foundation Stage - Understanding of the World

Year 1 - Collins - Snap Science - Using Our Senses

Year 2 - Collins - Snap Science - Take Care and Growing Up

Numeracy - For example - counting team/group members and using stopwatches to time activities.  
- problem solving skills

Literacy - developing speaking skills & technical language through a range of sporting activities e.g. team work, co-operation, stillness, travelling.  
- developing listening skills during team games and partner work.  
- drama - interpreting music through movement

Personal, Social & Health Education -  
- working successfully in a team  
- co-operating with others  
- negotiating with others  
- learning the importance of  
- keeping ourselves fit and healthy

Geography

- Orienteering maps places around the school grounds which helps with teaching map skills and used for any lesson.

### **Assessment**

Pupils' progress and achievements in Key Stage One are assessed according to National Curriculum level descriptors for PE. In the Foundation Stage pupils' progress and achievements are assessed according to the Early Learning Goals

These assessments occur during and after every PE unit taught and during outdoor activity sessions.

Assessments are recorded on activity specific (dance, gymnastics, games) grid proformas which every class teacher is provided with. The information is supplied to parents via parent's evenings and the end of year report. The assessment grids are freely available for other members of staff to refer to where necessary.

Premier Sport also provide their own assessment tool to help aid teacher judgements. All teachers have access to this tool and can have conversations with the team at Premier Sport when needed about the children's progress.

### **Professional Development**

Crosshall Infant School recognises the importance of Physical Activity and understands that quality can be improved through the professional development of staff.

Ranges of professional development opportunities are included in a training book, which is accessible to all members of staff. Personal Development Meetings are set throughout the year to allow teachers and support staff to have lots of ideas and feel more confident when teaching lessons.

Premier Sport also help Professional Development. Teacher's complete questionnaires at the beginning of the year and this feedback is then sent to the team. This then allows them to help support teachers in areas they feel less confident.

### **Facilities and Resources**

#### **Outdoor Facilities**

- 1 grass playing field
- 2 concrete playground with playground markings
- traversing wall adventure playground
- sandpit
- partner bikes
- pedal bikes
- scooters
- see-saw/rocker
- hula hoops
- sports equipment e.g. hockey sticks, cricket set, football & goal, rugby balls, tennis rackets and nets

- pom-poms, ribbon sticks
- 1 mini trampoline
- weather boxes - including costume bats, butterflies, bees etc.
- space hoppers
- skipping ropes
- mini stilts, giants feet
- assault course (balance)
- parachute
- pirate ship
- running track
- Quiet area
- Orienteering cross-curriculum trail

### **Indoor Facilities**

- brain gym
- parachute
- large gym equipment
- coloured boxes including quoits, beanbags, small balls etc.
- role-play areas
- athletic hurdles and ladders
- sensory circuit equipment.
- Sensory room (reception)

### **Procedures for monitoring, reviewing and evaluating the Physical Activity Policy**

This section provides an overview of the monitoring and evaluation procedures for this policy.

Such procedures include:-

- teacher feedback
- feedback from governors/staff
- pupil feedback
- feedback from staff responsible for out of hours learning e.g. lunchtime supervisors, coaches.
- number of out of hours learning opportunities.
- pupils participation in out of hours learning activities.
- number and nature of links with the local community.
- pupil participation in community clubs/activities.
- number of special events offered.
- number of relevant courses attended by staff members.
- parent feedback.

- ofsted inspection & other government agencies.

This policy will be reviewed on an annual basis by the PE Co-ordinator and approved by *Governors*.

**Approved:** January 2025

**Next Review Due:** January 2026