



Harehills Primary School



Physical Activity Policy June 2020

Harehills Primary School actively promotes equality of opportunity for all staff, governors, pupils and parents, creating a harmonious learning community where all can succeed

Physical Activity Policy

School Name: Harehills Primary School

Consultation That Has Taken Place: eg this policy has been developed by Alec Waddington, Joanne Summerfield, Andrew Matthews, Jo Lee, Catherine McMullen,

Date Policy Formally Approved:

Date Policy Becomes Effective:

Review Date(s): **July 2021**

Person(s) Responsible for Implementation and Monitoring: Alec Waddington, Andrew Matthews Joanne Summerfield, Jo Lee Catherine McMullen, Connor Lockett

Links to Other Relevant Policies: PE Policy, School Travel Plan, Relationships Policy, Bereavement Policy

Aim

“To increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.”

Rationale

This policy has been written as a result of:

- In accordance to the ethos of the school as a Real Legacy School

- In accordance to the ethos of the school as a Leeds Active School and its subsequent partners including Leeds Rhinos
- The national target that all children participate in a minimum of 30 minutes of physical activity at school and 30 minutes of physical activity at home.
- Records showing the levels of diabetes significantly higher in Harehills than the Leeds average
- The national agenda with increasing obesity of children and decreasing levels of physical activity among children
- Physical activity affecting the ability of children to learn effectively
- The role of the school in contributing to family and community health and wellbeing

Objectives

- *To provide consistent messages in school about physical activity both within and outside the taught curriculum.*
- *To increase the physical activity levels of pupils in line with national targets.*
- *To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.*
- *To improve self-esteem and confidence among pupils and provide opportunities for them to work together.*
- *To provide the opportunity for pupils to develop valuable life time skills.*
- *To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.*
- *To ensure physical activity provision in school reflects the cultural and medical needs of pupils.*
- *To contribute to out of hours learning for pupils*

Action/Key Themes

At Harehills Primary many aims of the Physical Activity Policy are referenced in our PE Policy. Physical Activity is used as the vehicle in which skills can be learnt and applied in all other subjects. We expect that like in PE, Physical Activity creates clear shared learning journeys, provides personalised opportunities, and shifts responsibility onto the learner. Through these three philosophies we believe this contributes to whole child development and ties in with the school's mantra: Learn, Laugh, Love.

The promotion of physical activity will be done so on the school's website (Physical activity and sport section) and through assemblies

Encouraging the 30:30 a Day Target

Physical activity is encouraged in many ways:

- Through after school clubs run by the PE assistant.
- Through structured playtimes
- During golden time activities
- Out of school competitions
- Intra-school competitions – Now due to start in September 2020
- Encouraging families to engage in physical activity at home and in the wider community

A record of pupils participating in each club and golden time is kept electronically. We endeavour to cater for all pupils, but priority may be given to children who have less opportunities/access to physical activity.

Playtimes/Breaks and Playground Facilities

Playground equipment is stored in the external storage spaces and is available at all times during playtime. It is the responsibility of the playground staff and PE assistant to make sure that this equipment is available. Games such as cricket and football are to be zoned using cones or other barriers. Staff are to ensure that all groups of children regardless of age or gender have equal share of the activities.

Playground zoning

All three playgrounds will have zoned provision at playtimes/dinner times. It is the role of the Play Worker and the PE Assistant to equip the playgrounds with the necessary resources. Playgrounds will consist of up to 5 separate zones (4 in KS1), all supervised by a member of staff. Zones will coloured sign posts:

Green: High intensity physical activity that enable children to practise skills through team games.

White: Craze of the week – this will focus on one particular piece of equipment, with the challenge changing upon each week. Best scores to be recorded on the large white board.

Orange: Dance and Movement

Yellow: Chill out zone – a zone for pupils wanting a calmer playtime experience. Activities such as Jenga, Connect 4, yoga, mindful colouring are provided.

Purple: Skills focus – equipment provided focusses on one skill (throwing, catching, dribbling etc.)

Year 5/6 playground will have a cricket area that will run throughout the year.

In order to maintain the physical intensity and enjoyment of an activity, numbers on children accessing an activity maybe capped. A rota may come into place that changes on a daily basis – this avoids encouraging children 'to wait'.

Half termly zone planning is negotiated on the penultimate week of the proceeding half term. The Deputy Head Teacher, PE Subject Lead, and Play Worker discuss forthcoming activities and resources that are age -appropriate, are suitable for time of year, and wherever possible, meet the interests of the different cohorts.

The Gym@Harehills

The Gym@Harehills is an area for provision suitable for year 3 children and above. When in use it must be supervised at all times by a trained member of staff. When not in use the gate must be locked with a padlock and children are aware that it is a restricted area. The Gym@Harehills can be used as part of playground provision, PE lessons, school clubs etc, but may only have a maximum of 12 children in at one time and has no more than the maximum number of children recommended for each piece of equipment.

Out of school learning

In the case of an extra-curricular club being led or assisted by an external member of staff, DBS checks will be taken before that member of staff works in school. It is the responsibility of the PE Subject Lead to notify the Office Manager that an external member of staff is being employed in reasonable time. It is the duty of the Office Manager to ensure that adequate checks have been put into practice.

Covid 19: Interpreting Government Guidance in a Physical Education, School Sport and Physical Activity context

As we move towards the planned wider re-opening of schools and facilities afPE has prepared guidance to support the Physical Education, School Sport and Physical Activity (education based) workforce.

Below are three key questions taken into consideration:

1. Have you reviewed your risk assessments before re-commencing physical education?
2. Does your teaching activity meet the Government requirements?
3. Are your teaching plans consistent with the requirement of any whole school/employer expectations which may have developed in response to the national guidance?

Key principles for supporting safe PESSPA:

- Clean frequently touched surfaces
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact
- Ensure good respiratory hygiene

Area to consider: Learning	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
Activities taking place in PE lessons and Physical activity sessions should be strictly non-contact and these conditions shared with the pupils.	All activities within PESSPA are non-contact. Activities will promote personal best challenges.
Area to consider: Protective measures and hygiene	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
Decide the physical and organisational structures needed to limit risks and limit movement around the building(s) (for	Organisational structures include: <ul style="list-style-type: none"> • clear signage indicating pathways to observe social distancing. • All classroom layouts modified to

example, classroom layouts, entry and exit points, staggered starts and break times, class sizes, lunch queues, use of communal staff areas).	<p>observe social distancing.</p> <ul style="list-style-type: none"> • Class bubbles created to reduce the number of children and adults in the same classroom. • Lunches to be eaten in each class room
Agree how safety measures and messages will be implemented and displayed around school.	Clear signage is in place to observe social distancing. These messages to be reinforced by staff.
Ensure there is sufficient tissues available for ensuring good respiratory hygiene – i.e. ‘catch it, bag it, bin it’ approach.	Clear signage is in place to observe good hygiene. These messages to be reinforced by staff.
Area to consider: Changing area	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
Attending school with PE kit on will limit the need to use changing rooms.	Children will attend school in clothing suitable for PE at the start of the day, there will be no requirement to get changed.
Area to consider: Teaching area	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
Encourage outdoor PE and PA to support social distancing. Students should work in their own zone which may be marked out, depending on allocated teaching space. PE outside could be preferable to indoor PE.	<p>Markers and cones will be used in all activities relating to PESSPA (Physical education, school sport and physical activity) to indicate social distancing protocols.</p> <p>Class bubbles given outdoor area slots to reduce contact with other members of the school.</p>
Area to consider: Social distancing	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
You should ensure that all lesson activity adheres to the social distancing rules in place at the time of delivery. This means team games involving contact are currently not possible.	Markers and cones will be used in all activities relating to PESSPA (Physical education, school sport and physical activity) to indicate social distancing protocols. Team games will not form part of our PESSPA until government guidance says otherwise.
Area to consider: Group sizes	
<i>Suggested practice from the Association</i>	<i>Actions taken at Harehills</i>

<i>for Physical Education</i>	
Class sizes should adhere to Government guidance and be reduced to a level where social distancing rules can be applied.	Class bubbles have been created to reduce contact with others and is in line with government guidance.
Area to consider: PE Clothing	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
The school will need to agree on modifications/adaptions on clothing expectations. It may be that you would like your students to attend in their PE kit for the whole day on the day when they have a timetabled physical education lesson in order to limit or avoid the use of the changing areas. This is a whole school decision. You may want to consider back up clothing for when the weather is poor.	Children to attend school in clothing suitable for PE at the start of the day. In the event of poor weather, limited indoor facilities means that postponing the session may be required.
Area to consider: PE equipment	
<i>Suggested practice from the Association for Physical Education</i>	<i>Actions taken at Harehills</i>
Equipment will need to be cleaned after each use. It should be noted that this a whole school issue and all departments/subjects will be facing the same issues so this should be a whole school solution. You will need to make a decision on which equipment is easier to build into lessons and take into account the cleaning regime at the end of the sessions.	Only essential equipment will be used. Equipment that is difficult to clean will not be used. Order has been made for children to have their own resources.
Hand washing routines will mean more equipment is available to pupils, however it is often easier to plan for and discourage the sharing of equipment to mitigate against virus transmission.	Hand washing has been built into the timetable and will be reinforced at all times not just during PESSPA. Where possible, children will use their own equipment that will not come into contact with anyone else.
Area to consider: Physical and mental well-being	
<i>Suggested practice from the Youth Sport Trust</i>	<i>Actions taken at Harehills</i>

<p>Lockdown restrictions might cause pupils to return to school with:</p> <ul style="list-style-type: none"> • Loss of functional capacity • Lacking movement competence • Inactivity 	<p>The PESSPA diet at Harehills will contain athletics, fitness circuits, a focus on fundamental movement skills and personal best challenges. All of these will be done in line with social distancing protocols.</p>
<p>Lockdown restrictions might cause pupils to return to school with:</p> <ul style="list-style-type: none"> • Suffering from loneliness • Anxiety, bereavement or stress • Lack of motivation 	<p>Activities will be used to build social interaction, collaboration and teamwork whilst observing social distancing. Existing embedded practices such as Mindfulness, Mini Yoga and self-expression will continue to be used.</p> <p>Refer to Bereavement Policy and Relationships Policy.</p>

Safety and Risk Assessment

All lunchtime staff will be first aid trained. During playtimes there is always at least one first aider available during each playtime.

Implementation and Monitoring

A review of our Physical Activity takes place annually between the PE Subject Leader, the Strategic Leadership Team, and the relevant governors to make sure that all clubs and extra-curricular activities are running according to plan. All participants are within golden time and in after school clubs are monitored, recorded and saved.

Signatures