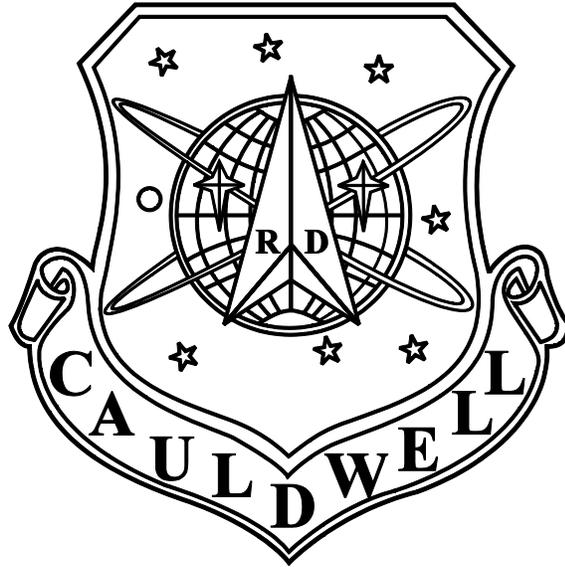


# Cauldwell School



<b>C020</b>	<b>Version 1</b>	<b>Physical Activity Policy</b>	
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<b>Link Governor:</b>	Julia Wetherilt		
<b>Approval:</b>	Co-ordinator and link governor		
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1.0	Reviewed by coordinators and amended.	13/01/2017	HW / SH / DS
1.0	Copy in file and on website.	07/03/2017	SA

# Physical Activity Policy

## Aims and Objectives

At Cauldwell School, we are committed to ensure that all pupils and staff members establish and maintain lifelong habits of being physically active. By developing a positive and supportive environment, we hope to increase the levels of physical activity both within and beyond curriculum time.

Our specific objectives are as follows:

- To ensure that all pupils and staff have the opportunity to develop their confidence, competence and enthusiasm to participate in physical activity within and beyond curriculum time.
- To improve pupils, staff and parents/carers knowledge, understanding, experience of and attitudes towards the participation of physical activity.
- To provide a wide range of high quality physical activity opportunities both within and beyond the school environment.

## Ethos and environment

At Cauldwell School, every pupil and member of staff is physically educated to develop the necessary skills and knowledge to perform a variety of physical activities regularly, maintain physical fitness, understand the short and long term benefits of physical activity and value and enjoy physical activity as an integral part of a healthy lifestyle.

## Curriculum Provisions

All children at Cauldwell School participate in a minimum of 2 hours of physical activity per week. The school follows a varied and broad curriculum which ensures that children have the opportunity to develop core skills in PE as well as developing motor skills, self-management skills and gaining necessary knowledge. At Cauldwell, the children are encouraged to develop positive attitudes towards PE and to actively enjoy activities which they can pursue throughout their lives.

All staff are committed in adapting the schemes of work in order to take into consideration differences in gender, cultural norms, physical and cognitive abilities and fitness levels.

All members of staff regularly provide further opportunities for physical activity by planning active lessons where possible and appropriate for example; drama activities, kinaesthetic learning in maths and science topics which look at health and lifestyle. Within class, staff have adopted a number of strategies to 'warm up' children before their learning – such as CyberCoach or simple stretches – in order to support pupil's concentration levels.

As well as this, the school offers a number of outdoor educational experiences for all pupils throughout the year. This includes competitions, gifted and talented events and a camping trip for Year 4 and 5.

Extra-curricular opportunities for physical activity are promoted through the regular offer of club places in a variety of sports. Also, as part of the Upper KS2 enrichment programme, children are provided with an additional 12 hours of sports a year.

#### Break time and Lunch time provision

In order to ensure that the children stay alert and focused in class, they are provided with opportunities for physical activity and social interaction at break times.

Two staff members have been trained to deliver Playpals schemes at lunchtimes which includes organising and running sports and physical activity in small groups. This targets children who require direction or support at lunchtimes whilst also acting as a behaviour reward. This is supported by a further group of lunchtime supervisors who also received training in this area as well as the Sports Crew. Where necessary, lunchtime staff support and lead games to ensure the children have the opportunity for sufficient physical activity. For Upper KS2, this includes the use of the astro-turf pitch and sports hall where games and activities are monitored by lunchtime staff.

A specialist PE teacher delivers a 'Change For Life' lunchtime club weekly for children with social and emotional issues and/or physical activity issues. Every half term, the PE teacher delivers 4 different team sports to a selection of children throughout the school to support upcoming competitions.

An 'Energy Club' is run every lunchtime for children from every year group to attend. This club promotes physical activity and develops competitiveness and teamwork skills. The Sports Crew (13 Year 6 children) support the staff who run Energy Club and run games independently.

#### Facilities and resource provision

Cauldwell School has a number of facilities on offer to promote physical activity. The sports hall is equipped with portable apparatus and a music system to support the teaching of gymnastics and dance. The school has a 2 large playgrounds with markings on – netball court, tennis court, basketball court and hockey court. As well as this, there is an all-weather pitch adjacent to the sports hall which is regularly used at lunchtime, in clubs and in outdoor PE lessons. Where appropriate, the sports field is accessible for the teaching of games, athletics and OAA. This includes line markings for a running track, tag rugby and football pitches as well as a long jump runway and pit. The playground is also equipped with a trim trail and climbing apparatus- including a traversing wall. The astro-turf includes a climbing wall. Depending on weather, the sports field is also available at break and lunch times.

#### Active Travel

To encourage healthier options when travelling to school, Cauldwell offer a walking bus daily as well as promoting walking to school throughout the year. There is also the opportunity for children to learn how to ride their bicycles safely to school during Health Week as part of a Bike-ability course. Cauldwell has also began working with Sustrans (Bike It) to promote the use of bicycles and scooters when travelling to school.

#### Staff Opportunities (CPD)

The PE coordinators actively identify and organise training for staff to improve their teaching in PE. Training needs are identified through: discussion with the PE coordinators and staff and observing and monitoring PE lessons and individual personal performance development reviews. A number of inset days and training opportunities have provided chances for staff to develop their confidence and teaching in gymnastics, dance and multi-skills. An OAA CPD for all staff will be developed in March 2017.

To improve the subject knowledge of Mid-day supervisors and improve the quality of physical activity on offer, there will be CPD made available to train lunchtime staff as Play Leaders.

#### Involvement of Parents and Carers

Cauldwell's community is informed about developments in PE through comments in the school newsletter, letters home and through the website. This provides an update of curriculum development, achievements, participation in competitions and ideas of how to improve physical activity at home. Parents are invited to the school's annual sports day and sporting activities are encouraged at PTA events.

#### Health and Safety

The playing surfaces and physical provision have been risk assessed and these are reviewed yearly by the PE coordinator.

Signed Heather Watkins, Steph Harber and Debbie Scoot  
PE Coordinators  
Reviewed January 2017