



MANOR JUNIOR SCHOOL

Motivation, Joy, Success!

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Physical Activity Policy

22nd May 2019

Ratified and agreed on: _____

Signed: _____

Mrs C. D'Netto
(Headteacher)

22/05/2019

Date: _____

Policy to be next reviewed: Summer Term 2022 _____

Summer term 2019

Physical Activity Policy

Rationale

Manor Junior School is dedicated to promoting a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities, which we aim to achieve through our core values of: Enthusiasm, Respect, Inclusion and Challenge-ERIC. Regular physical activity can improve quality of life, health, promote social inclusion, raise individual self-esteem and confidence and counter anti-social behaviour. Manor Junior School plays a key role in promoting active lifestyles in its pupils through developing their attitudes, knowledge, confidence and competence to help encourage a lifelong commitment to Physical Activity.

Aims

PE is the building block to ensure fitness for life, both in a mental and physical capacity.

Manor Junior School aims that all children will:

- Be physically active for sustained periods.
- Develop an understanding of the importance of regular Physical Activity amongst the whole school community for maintaining a healthy life(physically and mentally)
- Experience all aspects of P.E. areas of activity.
- Develop positive attitudes towards physical activity in team and individual situations.
- Be aware of safe practice in physical activity with regards to:-
 - a) Their body and b) correct usage of equipment.

Manor Junior School also aims:

- To ensure that all pupils have the opportunity to develop the confidence, competence and enthusiasm to participate in Physical Activity for at least an hour each day and to establish and maintain an interest in regular Physical Activity.
- To improve pupil, parent/carer and staff knowledge, understanding, experience of and attitudes towards participation in physical activity.
- To provide a wide range of quality physical activity opportunities both within and outside the curriculum for pupils, staff and parent/carers and enable children to participate in at least 2 hours of high quality PE and school sport each week. This includes the introduction of The Daily Mile within the school.
- To ensure that Physical Activity provision in the school reflects the cultural, personal, social and medical needs of all pupils.

Curriculum

This should be read along with the Teaching and Learning Policy.

PE is split into six areas of activity at Key Stage 2 within which the underlying general requirements of P.E. (as listed in the National Curriculum) need to be practised. Two hours of PE is provided to each year group-indoor and outdoor-each week. (Put in about curriculum links)

Across KS2 the pupils will have covered the six areas of PE, organised into the following activities:

- gymnastics
- games
- dance
- swimming
- athletics
- outdoor and adventurous activities

We use recognised sources, that provide schemes of work that are carefully balanced to ensure full coverage of the National Curriculum in terms of programmes of study, general requirements and level descriptors.

Children to be taught key skills in through following methods:

1. Teacher will demonstrate key skills.
2. Children observe good practice displayed by their peers.
3. Specialist Coaches to deliver model lessons to teachers and children.

Organisation

This should be read along with the Personal Development Policy.

A minimum of 2 hours per week should be spent on taught P.E. Use of the hall, playgrounds and field are timetabled and provided to staff at the start of the year. At MJS we also ensure that pupils get to practice skills outside of specific taught lessons e.g. Daily Mile, Playground Games, Inter-house sports competitions etc...

Pupils will have access and opportunities to:

- appropriate resources to suit the needs of all abilities
- plan, perform and evaluate activities
- work individually, in pairs or in group situations - of mixed and / or similar abilities as and when appropriate
- differentiated activities to allow all children including SEND to achieve
- learn by exploring, experimenting, repeating, practising, refining and applying skills.

Assessment

Assessment is used to guide the progress of pupils in PE:

- Teacher observations during lessons, to make judgements on the pupil's level of success in key skills
- Individual discussions in which pupils are encouraged to appraise their own work and progress with advice on how to improve their standard

Inclusion

This should be read along with the Inclusion and SEND policy.

To ensure that P.E is being taught with the promotion of equal opportunities:

- Specific adapted equipment is available for pupil's that need it.
- Pupils with particular ability and flair for P.E. will be extended by encouraging them towards organised clubs and groups in the school and community.
- Differentiated activities to allow all pupils including SEND to achieve

Out-of-School-Hours Learning (OSHL)

- All pupils are provided with opportunities to be physically active through out-of-hours activities via a wide range of activities including both individual and team/group, non-competitive and competitive.
- The emphasis is on participation and enjoyment and the opportunities are open to all pupils, regardless of ability.
- Physical Activity is promoted before school, during breaks, lunch times and after school.
- Specific events are organised throughout the year that promote Physical Activity and raise its profile across the whole school community.
- OSHL activities are led by and delivered by qualified coaches from specialist sports providers.

Sport Premium Spending

An overview of sports premium spending and a review of the impact of the allocated funds is reviewed annually by Governors. The Sport Premium statement can be found on the school website.

At MJS the sports premium money is spent on:

- Improving the school facilities to increase activity levels for all pupils in high quality informal activity.
- Employment of a part-time Sports Coach to increasing participation in high quality PE.

Active Travel

This should be read along with our Sustainability policy.

- The school has an active travel policy, promotes active travel and has put in place a number of strategies and initiatives to support this, which are outlined in our school travel plan.
- Pupils, staff and parents/carers are encouraged to walk, cycle, scoot to school through the strategies in place and these are publicised through a variety of means including notice boards and the school newsletter.
- The school actively participates in national campaigns that promote active travel including participation in Walk to school week twice a year as well as the Brake campaign, Be Bright Be Seen, for pedestrians.
- The school runs bicycle road safety courses, Bikeability, for Year 5 in the Autumn term and Year 6 in the Summer term.

Competitions

- The school aims to compete in all Inter-Borough Competition, which includes three SEND competitions a year. All pupils are given equal opportunities to participate in these competitions.
- Inter-House competitions are also provided for pupils of all year groups.
- The school sports day provides opportunity for all pupils to participate in a range of sports.

Community Links

- The school links with School Sport Co-ordinators (where appropriate) and other relevant individuals and organisations in the community, to utilise the available expertise and enhance the quality and range of provision
- Children and young people are made aware of Physical Activity opportunities beyond school through the monthly newsletter and regularly via the school's social media platforms.

Health and Safety

This policy should be read along with our Health and Safety policy.

To keep children safe we ensure:

- Qualified professionals perform regular safety checks on all equipment
- Children wear appropriate clothing
- Children are aware of body hygiene
- Children able to store and transport equipment safely
- Children are able to follow rules and safe practice
- Children understand the importance of warm up and recovery period when exercising
- MJS year 6 girls are provided with a suitable changing room.

Resources

- All of the P.E equipment is kept in the P.E cupboard.
- Centralised resources are available for any teacher to access.
- Each class has 2 student PE monitors, who will collect and drop off any equipment used during their lesson. This promotes responsibility within the children.

PE Kit

This policy should be read along with our School Uniform policy.

- Pupils must have appropriate PE kit in school every day, including correct footwear and tracksuits in cold weather as well as appropriate swimming gear when classes are timetabled to swim.
- Pupils are required to wear their house colour t-shirts during lessons:
 - Sandringham House – Black
 - Longbridge House – Red
 - Mayesfield House - Green
 - Upney House – Yellow
 - Faircross House - Blue
- In the event of pupils unable to take part in PE eg injuries or forgotten PE kit; pupils are required to complete observations of good practice and a standard letter must be sent home for pupils who continuously forget PE kit.

Review:

This policy is subject to review every 3 years or as changes in legislature demands.

Reviewed:

Date	Section	Reason / change required.
02/07/2019	Title	Changed to Physical Activity