

TRINITY SCHOOL

School Physical Activity Policy

This policy is intended to ensure that the Governors' Vision and Aims are delivered, as set out below:

Trinity School Vision

- Leading Excellence in SEND Provision
- Ensuring Outstanding Person–Centred Achievement
- Including Everyone in Meaningful and Safeguarded Life

Aim of Policy

We have a responsibility to help pupils 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 pupils' 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.

Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

This policy supports the Borough's 'Tenergy' programme, which aims to increase participation in physical activity and increase the awareness of the benefits. We understand we have an important part to play in this strategy by introducing our children to a broad variety of physical activities and removing barriers to participation.

Definition of Physical Activity

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’.

Provision of Physical Activity in School

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education Lessons (including swimming, Outdoor Education, Sherborne Developmental Movement and FEC Leisure)
3. Active lessons (Dance and Drama / “Tenergy” / Soft Play / use of the Outdoor classroom / Physical Development / use of the Trim Trail)
4. Extra-curricular physical activity
5. Physiotherapy / Water Based Exercise
6. Travelling to and from school
7. Break and lunchtime activity
8. Accessible and adequate facilities
9. Staff opportunities
10. Involvement with parents/carers
11. Involvement with School Sports Partnership and other community resources
12. Fixtures and events (intra- and inter- school / inter-borough / competitive and co-operative)
13. Healthy Lifestyles themed day/week (used to achieve club mark/ Sports Days)
14. Achievement Assemblies

1. School Ethos

Every pupil shall be physically educated, as appropriate to their individual specific needs, - that is, 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, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, all staff are encouraged to participate in and model physical activity as a valuable part of daily life.

2. Physical Education Lessons

There is a sequential scheme of work 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 pupils enjoy and can pursue throughout their lives and is taught by well-prepared and well-supported staff. Every pupil in each year shall participate in regular physical education for the entire school year, including pupils with disabling conditions and those in alternative education programs. Pupils in all years from EYFS to year 11 should participate in physical education for at least 2 hours during each school week, whilst pupils in the FEC access physical Leisure activities for at least 3 hours a week.

The scheme of work makes effective use of school and community resources and equitably serve the needs and interests of all pupils and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; exploring playground games from other cultures during humanities etc.

4. Extra Curricular Physical Activity

This school offers an extensive physical activity programme that features a broad range of activities and meeting the following criteria:

- Pupils have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options e.g. Water Based Exercise use of the multi-sensory room and adventure playground.
- Every pupil has an opportunity to participate regardless of physical ability;
- Pupils have the opportunity to be involved in the planning and organisation of the programme.

Activities include:

Panathlon Club

Multi-skills

Swimming

Water Based Exercise

Dance

Fencing

Multi-sensory / soft play

All activities are supervised by experienced staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school is always available nearby for the duration of the club in case support is required e.g. serious accident.

5. Break and Lunch Time Activity

Our Break times provide opportunities for physical activity which help pupils stay alert and attentive in class and provides other educational and social benefits.

The school has playgrounds, playground markings, an adventure playground, a trim trail, bikes and karts and other equipment available for free and structured / supported play. Mid-day supervisors engage pupils in physical activity at lunchtime which reduces boredom, inappropriate behaviour and 'squabbles'.

Break times shall complement, not substitute for, physical education classes. To enable this further, sports companies come in to deliver lunch time activities for pupils when PE staff are on their lunch break and not able to deliver it themselves.

Staff will make every effort not to deny a pupil's participation in break time or other physical activity as a form of discipline or punishment. There maybe exceptional circumstances where this is not possible.

6. Facilities

The school endeavours to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity program.

The use of physical education facilities for non-instructional purposes, such as using the gymnasium for school assemblies during times scheduled for physical education classes will be minimised.

Access to sports halls and playgrounds after school hours will be permitted wherever it is appropriate to do so.

7. Staff Opportunities

There is fitness equipment available for staff to access any day before or after school and staff are made aware of sporting opportunities provided by the local council. In the past, we have run clubs for staff including circuit training. Yoga and badminton, and facilities are available if similar opportunities were requested again. Also, staff often participate in, and support, sponsored events such as the 'Race for Life' to raise money for charities.

8. Involvement with Parents/Carers

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

The school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions. Parents are also encouraged to consider additional swimming development

activity such as accessing free swimming at the Borough pools. Swimming is a great way for families to enjoy fun and exercise together. It is also an activity that people can enjoy at any age, and hopefully children will develop into lifelong swimmers as a way of keeping fit and having fun.

- When available information from the local community / Borough is sent home to provide practical examples of how parents can help their children to be more active.
- Parents have been consulted on physical activity opportunities in school and several parents have supported us with securing funding for our after school clubs.
- Where possible parents are invited to the School's Annual Sports Days.
- Clubs are also offered during the half-term, Easter and summer holidays – with opportunities for parents to attend with their child / children.

10. Involvement with School Sports Partnership and Other Community Resources

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to pupils and staff for physical activity joint school and community recreation activities.

The school is part of the Borough School Sports Partnerships and participates in events, training, school competitions etc organised by the Partnership.

11. Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. Certificates are presented when pupils have represented their school or Borough in events and these are sometimes given to children who are trying their best at a new activity or who have achieved their personal best during curriculum time or extra-curricular activities too. Therefore every child has a chance to receive a certificate in our achievement assemblies.

12. Equal Opportunities

Physical activity needs to serve the needs and interests of all pupils and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation. Hence pupils in different class groups (PMLD / SLD etc.) will access different amounts of time / different activities depending on their needs. Some will even access mainstream links for PE if this is appropriate.

13. CPD Opportunities

Barking and Dagenham School Sports Partnership often offer training to Primary PE teachers to raise the standards of lessons being delivered. All PE staff at the school are made aware of these and are put on courses that they identify may be beneficial to them. All staff are made aware of the National PE Professional Development Programme and how to access this.

Training needs are identified and agreed within Performance Management Reviews or mentoring sessions. Training Opportunities with relevance for the whole school are circulated to the rest of the school staff during inset days/staff meetings. Heads of PE have close links with the Local Authority Education Officer for PE and the School Sports Partnership.

The Midday Supervisors have had training in Positive Play, Traditional Playground Games, and Managing the Lunch Hour. They are now able to initiate and organise playground games to involve children in physical activity.

14. School Games Award

The school works hard to achieve recognised status for physical activity and school sport. For example; we were awarded Gold for the first time in 2022. These awards are determined by the data gathered throughout the year by the PE team and input to relevant organisations to receive the awards.

15. Monitoring and Evaluation

The head of PE is Jay Griggs.

The above member of staff provides clear leadership and management to develop and monitor the physical activity policy. The head of department will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. He will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra curricular activities that promote physical activity are provided for all pupils to participate in.

16. Physical Activity Task Group

The school has a designated Physical Activity working group – comprising of members of staff from each phase of the school who have some interest or involvement in physical activity within the school. The Physical Activity Task group will contribute significantly to creating a healthier school environment for pupils, staff and others involved in our school community. Their goal is to promote and support healthy choices, support pupils in developing healthy behaviours and help reduce health inequalities. This working group is also responsible for monitoring the PA policy and its implementation across school. In this way, all staff should be aware that physical activity, and its importance to both pupils and staff alike.

17. Policy Development and Review

This policy document was produced in consultation with the Physical Activity Task group, as well as the entire school community, including pupils, parents, school staff, Governors, LA representatives, school nurse and the school's Healthy School's programme co-coordinator.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

It will be reviewed on a bi-annual basis.