



Christ the King R.C. Primary School



Physical Activity Policy		
Date	Review Date	Coordinator
September 2018	September 2019	R Wake

RATIONALE

Sedentary living patterns and unhealthy dietary habits are becoming more prevalent in our society and there is strong and consistent evidence that doing regular, moderate intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

By participating in physical activity during and after school, children can gain a range of physical, educational activities, sport, recreation and games.

Therefore, physical activity is an important dimension in child's broad scope of development in their years of schooling.

It is important that children are given opportunities to participate in a range of enjoyable physical activities at an early age, so they will be more likely to continue being physically active throughout the rest of their lives.

PURPOSE

Christ the King RC Primary School has developed this policy to provide school staff and the school community with guidelines on what is required to achieve maximum levels of student participation in physical activity.

OBJECTIVES

This policy is based on the following objectives:

- To provide children with the best possible physical activity experiences, regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities
- To provide equitable opportunities for all children to participate.
- To develop and apply skills in a cooperative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted children the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation.
- To encourage participation of the whole school community in supporting physically active experiences.

PRINCIPLES

Participation in physical activities at Christ the King R.C. Primary School is characterized by:

- Maximising the educational opportunities of all children through an emphasis on access, diversity, equity and a supportive environment.
- An emphasis on enjoyment and fun.
- Use of appropriate modified sport facilities and equipment.
- A suitable level of physically active experiences and/or competition according to the age, maturity and ability levels.
- A safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction

- The valuable contribution that can be made by members of the school community (teachers, parents, children) as role models and supporters of the benefits of physical activity.

SCOPE

This policy applies to all pupils attending Christ the King R.C. Primary School, regardless of race, age, ability or location and to all members of the Christ the King R.C. Primary School community (teachers, coaches, administrators, parents or guardians, volunteers).

ROLES AND RESPONSIBILITIES

Christ the King R.C. Primary School has a responsibility to ensure that every child is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development. Coaches and teachers play a major role and other members of the school community are also encouraged to become involved in the school physical activity program.

Participation

Coaches, teachers and any other members of the school community involved in the school physical activity program need to:

- Encourage enjoyment;
- Cater for varying levels of ability by providing every pupil with a 'fair go';
- Provide equal encouragement to all children to allow them to acquire skills and develop confidence;
- Ensure the program is available to all children by catering for groups with special needs;
- Prepare and conduct sessions based on sound coaching and teaching principles;
 - Set realistic standards and objectives for children;
 - Ensure a safe and productive environment;
 - Ensure consequences of inappropriate behaviour are clearly understood and promoted;
 - Encourage children to participate in games during and after school
- Act as a good role model of sporting behaviour. Safety

The provision of a healthy and safe environment for students and teachers in the school is essential.

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure that safety issues are addressed and follow school policies and set risk assessments where applicable.

Coaches, teachers and any other members of the school community involved in the school physical activity program also need to:

- Recognise the difference between pupil and adult physical and emotional characteristics;
- Understand the short and long-term medical conditions of pupils (this includes previous and existing illnesses and injuries);
- Ensure that the equipment and facilities are safe and in good working order;
- Enforce the use of recommended protective equipment required for a particular game or sport;
- Provide access to appropriate first aid facilities and equipment;
- Be aware of health and safety issues set out in the PE risk assessments. Equipment

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all equipment used is appropriate for

the age group and be in good condition. Children who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it all.

Christ the King R.C. Primary School Physical Activity Programme

This policy acknowledges that physical activity can occur in a variety of ways at school. Activity may be formal or informal part of the school curriculum or extra-curricular.

The following physical activities are provided at Christ the King R.C. Primary School.

Physical Education

Physical Education is a key learning area. It is an important dimension in a child's broad scope of development during their years of schooling. A separate policy for Physical Education is followed by the school and reviewed regularly.

At Christ the King R.C. Primary School we conduct physical education for each class for 2 hours a week.

Activities include:

- Games
- Gymnastics
- Dance
- Athletics
- Swimming (KS2)
- Outdoor and adventurous activities (KS2) – this occurs when the Yr4 children take a residential trip to Carlton

Sports Tournaments

At Christ the King R.C. Primary School we participate in a variety of tournaments organized.

The tournaments start with children in Year 3 through to Year 6, dependent upon the tournament.

Tournaments we are involved in include: Year 5/6 boys football

- Year 5/6 girls netball
- Year 5/6 cricket
- Swimming
- Tag rugby
- Outdoor athletics
- Indoor athletics Outside of school hours

At Christ the King R.C. Primary School physical activities conducted after school include;

- Football (KS2)
- Cricket (Year 5/6)
- Dance
- Gymnastics
- Various short courses

All the children are invited to take part if they so wish.

Lunchtime

Lunchtimes in schools are very active times. Other than simple play, lunchtime is a time for encouraging all children to try different activities.

At Christ the King R.C. Primary School we offer independent activities such as:

- Hoops
- Skipping ropes
- Balls- use of playground markings
- Football
- Cheer leaders/ dance ribbons and pompoms
- Adult led playground games

The adult led activities are available for both Key Stage 1 and Key Stage 2 children.

Physical activity and leadership

By participating in physical activity either through physical education, sport, or general play in the playground, children learn many leadership qualities (e.g. teamwork, cooperation and understanding).

Headteacher:	M. Ryan	Date:	September 2018
Chair of Governing Body:		Date:	September 2018