



## **Meadowfield Physical Activity Vision and Policy**

### **VISION and INTRODUCTION**

Our vision for PE at Meadowfield is seated in our desire for all children to lead healthy and active lifestyles. We strive to continuously provide stimulating opportunities for children to take part in physical activity throughout their school day as well as varied and exciting PE lessons. All children will feel safe and encouraged when partaking in physical activity and will be supported with quality teaching and the correct resources.

To meet the aims of the Obesity Strategy (2016), preventative actions set by the Government and NHS advise that to maintain a basic level of health:

- 5-18 year olds should be physically active for at least 60 minutes (1 hour) every day, which should range between moderate-intensity activity, such as cycling and playground activities and vigorous-intensity activity, such as fast running and tennis.
- Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

### **PHYSICAL ACTIVITY POLICY CO-ORDINATOR**

The school physical activity policy and strategy co-ordinator is Braidon Taylor.

### **PHYSICAL ACTIVITY AIMS & OBJECTIVES**

Our aim is to ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
3. To increase physical activity levels of pupils in line with national guidelines.

## **EQUAL OPPORTUNITIES**

All physical activity opportunities offered at Meadowfield are designed to be inclusive, and cater for different ability levels and needs. This need will be assessed on an individual basis to ensure the correct support is provided.

## **RESOURCE PROVISION**

Meadowfield has a large hall, which is equipped with portable apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a large playground, with markings, a fully marked MUGA and a large field. We are also very fortunate to have our own all-weather running track. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. Resources for all PE lessons can currently be found in our resource store. Additional resources can be sourced through the PE Leader. Playtime and recreational equipment is stored in the Scrap shed, outdoor sheds and in the Inclusion Mentors office, where children have access to it daily.

## **STAFF RESPONSIBILITY & DEVELOPMENT**

Staff are supported in their teaching by the PE leader but also through outside agencies. This includes but is not limited to; Leeds Rhinos Primary Programme, Leeds United Primary Stars Programme, dance specialists and health and wellbeing specialist sessions. All of these relationships offer staff the opportunity for professional development by working alongside specialists. Staff will work with specialists several times throughout the year to ensure continuity and progression of PE teaching.

## **CURRICULUM PROVISION**

### ***Organisation***

The PE programme is taught by class teachers, with the exception of swimming. This is taught by specialised swimming instructors with the support of class based staff.

Children will take part in a variety of different activities through their PE lessons. Please see the Curriculum Overview document, for more details of the PE curriculum.

Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: 30 minutes x 1 in Autumn Term. 45 minutes x 2 Spring and Summer terms.

Year 1 and 2: 45 minutes x 2 lessons (1 indoor and 1 outdoor)

Year 3 and 4: 45 minutes x 2 lessons (1 indoor and 1 outdoor)

Year 4 will also attend swimming; this will account for one of their sessions.

Year 5 and 6: 45 minutes x 2 lessons (1 indoor and 1 outdoor)

### ***Planning:***

Meadowfield's PE curriculum has been created as a skills based curriculum to ensure continuity and progression. By doing this teachers are able to deliver the expected skills base a child has come to their class with and the expected skills base for the end of the module. This method ensures that children are learning a sport or activity as a whole and covering all areas.

### ***Cross curricular links***

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning at Meadowfield. It is considered important that physical education is integrated into our school's planning for

the development of pupils' skills across the whole curriculum. This includes links to key historical figures or events, geographical and cultural knowledge as well as learning around diversity and equality.

### ***Assessment***

Meadowfield uses a systematic checking for understanding formative assessment process in which we can assess children in PE. Teachers also have access to in depth breakdown of skills expected at each level and in each activity to enable them to follow the skill set from EYFS through to year 6 and make an accurate assessment. Recall of prior learning from previous linked lessons, skills and knowledge is made at the start of a session following the lesson flow document and the connected curriculum document.

## **EXTRA CURRICULAR PROVISION**

### ***Break times / lunch times***

Our Inclusion Mentor and PE leader ensure varied and exciting equipment is available, which has meant children have stimulating and exciting play times. We also have the ACE team at lunchtimes to help support happy, healthy breaks.

### ***After school clubs***

A range of clubs are available and after school sports competitions are also scheduled throughout the year.

### ***School trips***

We have an outdoor and adventurous residential in Y6. Other trips could include aspects of physical activity.

## **ACTIVE TRAVEL**

We encourage all members of our community to travel to school in an 'active manner'. This includes; walking, scooting and biking. We have safe provision in school for children to store bikes and scooters.

## **COMMUNITY PARTNERS / LINKS**

The school is part of the Leeds Active School Sports Partnership. We have also established links with a number of local clubs including; Leeds Rhinos, Leeds United Primary Stars and Leeds United Kicks programme.

## **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. racing each other at sports day or our staff wellbeing walk on Tuesdays after school. Staff will be actively involved at playtimes and partake in our daily mile. We have also invested in the appropriate staff PE kit to ensure staff are able to do so properly.

### **HEALTH & SAFETY**

Please refer to the school's health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS/ staffing checks.

### **MONITORING & EVALUATION**

The PE co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives including participation data collected as part of the PESSCL requirement.