



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.

The year 2019 – 2020 brought many challenges in ensuring children were taking part in physical education, physical activity and leading healthy lifestyles. This means there is a deficit in skills and activities for the coming year. Although some physical activity was provided through online learning, we cannot account for how many children took part and at what level. As a school, we have looked at how we can provide high quality physical education and physical activity opportunities for children across the whole school and across the coming year, to try and counteract some of the gaps created by the COVID-19 pandemic. As a school we have used this rationale to influence this budget and our proposal. As the higher funding provided to schools continues at 3.5 million nationwide, we are in the fortunate position to have extra money to spend on outstanding provision. Children will take part in at least 2 PE lessons a week; maximising use of school facilities. There will be specialists in school to help provide CPD for all staff in a variety of sports. The profile of PE around school will be raised as well as increasing the quality of lessons taught, equipment and resources provided, coverage of sports across school and level of skill children are leaving in Year 6 with. We have also started to look at how we can use our PE premium budget beyond the classroom and into the community. Partnerships and links with clubs such as Rhinos and Leeds United will help us to build up this provision, with extra funding coming from their stakeholders. This will also begin to develop our provision of competitive sport for children outside of the school day.

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 Laurie Bevan-Jackson.

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 each bubble box to ensure it is COVID safe. 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 Mentor's 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; 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.

Planning with our specialist has also been a big change this year. Teachers and specialists have been able to plan for the coming term ensuring they are providing the best teaching for the children.

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 is developing a robust system in which we can assess children in PE. Teachers also have access to an 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.

EXTRA CURRICULAR PROVISION

Break times / lunch times

Due to COVID, break times and lunch times have been conducted in bubbles with specific equipment for each group of children. This means that children may not have had access to all our outdoor provision. However, our Inclusion Mentor and PE leader have invested in new and exciting equipment, which has meant children have still been able to have stimulating and exciting play times.

After school clubs

Unfortunately, due to COVID restrictions we have been unable to execute any of our normal after school activities. However, since Easter 2021 we have been able to re-start outdoor extra-curricular activities and currently offer clubs three evenings per week. Leeds United/Rhinos and Leeds KICKS support these clubs, offering; Football, Girls Football and Multi-Skills for KS1. We also have a Bike Club and Hockey for KS2.

Competition

Unfortunately, due to COVID restrictions we have been unable to execute any of our normal competitions in or out of school. We hope to recommence these shortly but children will take part in competitive sport within school, in place of cross school competition. The Meadowfield Marathon is an example of this where all classes are competing to complete a full Marathon on the school's running track.

School trips

Unfortunately, due to COVID restrictions we have been unable to execute any of our normal school trips, including residential.

Curriculum planning for 2022 has ensured that children in Years 4,5 and 6 will have a residential experience if it is safe to do so. Our residential aim to complement the OAA expectations, particularly for Y4 and Y6 but do not solely focus on the PE curriculum.

ACTIVE TRAVEL

We encourage all members of our community to travel to school in an 'active manner'. During Health and Well-being week, we encourage children to walk, scoot and cycle to school. We have safe provision in school for children to store bikes and scooters. Following this specific week we also hold 'Walk to School Weeks' and 'Bike to School Weeks'. Bike Club also promotes safe, active travel to school.

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 school's 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.

PE action plan will also be regularly reviewed in line with our curriculum policy and subject leader requirements. The action/impact report will be available in July 2021. PE CPD development for staff and HLTA will also form part of this action/impact report.

Policy date: 2021

Signed: Laurie Bevan-Jackson