

Meadowfield Primary



## **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 for life. 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.

*Children at Meadowfield will take part in 2 hours of structured 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 in school is high and good quality lessons are being delivered. The coverage of sports and activities across school is vast and exciting. Children take part in regular OAA sessions as well as swimming in Year 4, skateboarding in Yr 5 and 6 and hip-hop dance throughout the year groups. Staff are provided with high level planning support through PE planning and Enrich websites, to support a consistent and skilled approach through school.*

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 to prioritise any necessary expenditure for the year. 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; Hellohiphop, LS-ten Skatepark, Leeds Gymnastics, PE planning and Enrich orienteering. All of these relationships offer staff the opportunity for professional development by working alongside specialists. Staff will work with different specialists 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: 60 minutes x 2 lessons (1 indoor and 1 outdoor)

Year 3 and 4: 60 minutes x 2 lessons (1 indoor and 1 outdoor)

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

Year 5 and 6: 60 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.

Teachers have access to PE planning to support planning across all activities. Skateboarding and gymnastics will be supported by specialists.

### **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***

Children are supported and encouraged to engage in meaningful games and physical activities during their unstructured playtimes. They are aided by experienced staff during these times and play equipment is provided.

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

Meadowfield Football Foundation was established in 2023, creating a space for children from Reception through to year 6 to participate in coached football sessions. Around 1/3 of children took part in this after school provision and we will continue this into the new academic year.

### ***Competition***

Meadowfield have signed up to several sports competitions for 23/24 including football and multisport. These will be supported by experienced staff and hosted by local partners.

### ***School trips***

School trips have resumed and during Health and wellbeing week, all children in school will be provided with the opportunity to take part in a trip. The theme of the week will be 'Challenge yourself' and trips will include; high ropes, sailing and outdoor experiences. We will also be running our annual Yr 6 trip to Nell Bank, which includes lots of OAA activities.

## **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; LS-ten Skatepark, Leeds Gymnastics and hello hip hop.

## **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.

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 2024. PE CPD development for staff and HLTA will also form part of this action/impact report.

Policy date: 2023

Signed: Laurie Bevan-Jackson