

Physical Activity Policy

Approved by:

Parayhouse School
Governors

Date: 13/6/24

Next review due by:

July 2027

RATIONALE

At Parayhouse School, we recognize our responsibility towards helping students and staff to establish and maintain a healthy lifestyle. We are aware of the role regular physical activity plays in maintaining and improving physical health, mental health and overall well-being. We strive to maximize opportunities for our students and staff to be physically active and to promote physical activity. This policy outlines the organisation, teaching and management of physical activity at our school.

Physical Activity Policy Coordinator

The school's Physical Activity and Strategy Coordinator is Daniel Cayford, with support from the Senior Leadership Team (SLT).

AIMS OF THE PHYSICAL ACTIVITY STRATEGY

- ✓ To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of students, staff and visitors
- ✓ To provide and promote indoor and outdoor opportunities for children to be physically active throughout the day
- ✓ To provide opportunities for children to meet the physical activity national guidelines on a day-to-day basis through a range of different games, sports and activities
- ✓ To improve the self-esteem and confidence of the students through participation in physical activity
- ✓ To ensure the students are aware of the link between physical activity and healthy eating for a healthy lifestyle
- ✓ To promote the celebration of sporting events
- ✓ To promote inclusion and ensure all our students regardless of their learning or medical needs can access some physical activity
- ✓ To improve the quality and breadth of PE and Sport
- ✓ To enable students and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
- ✓ Provide opportunities for staff to have training on physical activity and provide them with the tools to increase participation in physical activity in the school

EQUAL OPPORTUNITIES

All physical activity opportunities offered at Parayhouse School are designed to be inclusive and to cater for everybody no matter what gender, race, disability, age and religion they are. For more information, please refer to the school's Equal Opportunities policy.

RESOURCE PROVISION

We have 1 school hall which can be used for smaller groups or activities requiring less space, such as yoga and dance.

We have 2 outdoor spaces, as well as a large shared green space which can be easily accessed by our students and is regularly used for physical activity.

We have a range of general sports equipment and specific sports equipment that the school uses during PE lessons.

An annual audit of all physical education equipment is conducted by the school's Head of PE in order to prioritize any necessary expenditure for the year.

Equipment for PE activities can be found in the outside shed or school hall.

In addition, students currently attend swimming lessons at Fulham Pools swimming pool, and tennis and squash lessons at the Queens club and Bishops park.

PE AND SPORTS FUNDING

The government is providing an extra £150 million of annual funding with the aim to improve the Physical Education (PE) and Sports programs offered by primary schools. It is provided jointly by various governmental departments, including Education, Health and Culture, and Media and Sport.

Parayhouse School uses the funding to further improve the quality and breadth of our PE and sports provision. We thereby support any student or groups of students who are vulnerable or who we have identified as a priority to have access to additional physical and mental activities.

We aim for all students to develop healthy lifestyles and reach the performance levels that they are capable of.

P.E Curriculum-

In 2022, we invested our P.E and sports grant in the real P.E curriculum package, which supports schools to deliver an outstanding PE curriculum and make an impact for every child. It is a child centred approach that supports us to transform how we teach P.E to include, challenge and support all our students.

The real P.E package includes:

- On demand learning- enabling staff to develop and refresh their knowledge
- Real P.E platform – which includes schemes of work that include video support, teaching tips, interactive features and other tools to support planning and teaching.
- Teaching & learning framework- support for teachers on 'how ' they teach P.E
- Supporting resources, videos, blogs, curriculum support documents, impact

The school has a Head of PE and a number of support staff who make up the P.E team, to deliver Physical Education across the school.

All staff responsible for planning physical activity are encouraged to attend courses to continue developing their skills and knowledge. This is then shared with all staff attending sports lessons. Staff have currently completed the following training:

External and internal CPD delivered through the real P.E program.

Educare course in Safeguarding in Sports

Staff also attend all relevant Panathlon insets and training

Yoga is delivered by an external coach.

Whilst swimming lessons are delivered by trained coaches at the centre, our staff support our students in the pool to manage individual needs and behaviours.

ACTIVE TIME

Each class receives the following active time per week:

- A minimum of 1 hour PE
- a daily, 20 minute Fitness break
- a daily 30 minute Play break

In addition, some of our students access Occupational Therapy support.

Some of our classes undertake physical warm-ups for the day every morning to ensure readiness for learning. Furthermore, some students may access boxing sessions on an ad hoc basis to help them manage their emotional well-being as well as encourage fitness.

Students go swimming once a week for a half term each year (approx 6 weeks). Classes take it in turns to attend, however occasionally a student may attend additional swimming sessions if it is of benefit for a specific need or medical condition.

LUNCHTIME ACTIVITIES

Our students go into the playground for free-play following their lunch. Staff on duty will encourage physical activity through play equipment, such as for example the basketball hoops or dancing.

OCCUPATIONAL THERAPY

Occupational Therapy is delivered in group and individual sessions depending on the specific needs of the students.

Occupational Therapy is delivered during PE lessons for the least able students, who are unable to participate in the larger group sessions. These sessions allow these students to work on their individual gross motor skills such as core strength, dynamic and static balance.

PLANNING

The school uses the real P.E program, which is often adapted to meet the individual needs of our students. Real PE helps every student to access P.E , games and activities, in an engaging way.

Physical activity provision within our school is developmentally appropriate, and a variety of teaching and learning approaches and organizational management are adopted to ensure that all students reach their potential.

Whilst retaining its unique contribution to a student's movement education, physical education also has considerable potential to contribute to much wider areas of learning. Therefore, it is important that physical education is integrated into the school's planning for the development of students' communication, numeracy, and PSHE and ICT skills.

ASSESSMENT

Progress at Parayhouse School can be tracked through, the real P.E package and we work closely with our area trainer to ensure that we can show the impact. Our more able students help to plan and deliver P.E activities for our more complex students alongside the PE team. As part of their work experience.

EXTRA CURRICULAR PROVISION

Competition

Students take place in a range of intra-school and inter-school competitions, including:

- Panathlon Sports including Football and Multi-Sports

Wider School Events

Given the complex range of needs of our students, staff work hard to tailor Sports Day events to ensure full inclusivity and multiple opportunities to succeed.

ACTIVE TRAVEL

Please refer to the School Travel Plan for details of how we promote travel to school:

<https://stars.tfl.gov.uk>

ENGAGEMENT WITH PARENTS AND CARERS

Where relevant, on an ad hoc basis, Parayhouse School provides resources for parents/ carers explaining the importance of physical activity, the development of the appropriate skills and attitudes and ways to encourage their children to achieve them.

The P.E team run parent workshops where we can share ideas and activities from the real program, so they can do these with their children at home on weekends and during school holidays.

Our Family Support Manager is also available to give advice and support to parents on an individual basis where physical activity or development is a cause for concern.

Our Occupational Therapist liaises directly with families where necessary regarding her work with students and how this can be supported at home.

Parents/ carers get the chance to discuss their child's performance in PE at parents meetings which take place 3 times per year.

STAFF ACTIVITY

Our staff aspire to be positive role models for our students. We aim to take part in physical activity whenever possible, for example taking part in races with our students at Sports day. Furthermore, staff often play games with students at playtime and demonstrate physical activity during PE lessons.

HEALTH & SAFETY

Please refer to the school's Health and Safety policy and risk assessment file.

Risk assessments are carried out regularly, and members of staff continually assess the safety of our playground activities.

All DfE guidelines for physical education and games are followed (e.g. supervision, behaviour, clothing, jewelry, and use of equipment)

Use of any external personnel including sports coaches and volunteers will be in line with the school's Safeguarding policy, and DBS / staffing checks are carried out.

MONITORING & EVALUATION

The school's Head of PE (with the support of the Assessment Coordinator) is responsible for providing clear leadership in developing and monitoring physical activity within school. Teaching staff deliver the real PE curriculum within the school and take responsibility for all sports based extra-curricular activities and competitions. They also monitor levels of participation and make appropriate adjustments. They consult with students and staff to identify barriers to participation and to ensure there is broad range of activities provided for all students to participate in.