



Physical Activity Policy

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1. Rationale

Oakridge CP School is committed to promoting the physical health, mental health and overall wellbeing of its pupils and staff through physical activity. We recognise our responsibility to help pupils and staff establish and maintain a healthy lifestyle.

All pupils will benefit from regular physical activity and we feel that it is vital for us to offer a good range of opportunities for every pupil to participate in from an early age. We believe that there is a sport out there for everyone to thrive at and feel that offering a wide range of sports allows each child to find that passion.

By offering these activities and creating a Physical Education curriculum which supports this, we hope to establish lifelong physical habits which build their character and help to embed values and qualities such as determination, endurance, perseverance, fairness and respect.

Finally, we do not want to allow our small size to be an excuse for our children not excelling at sport. Our curriculum and wider provision will ensure that our pupils feel confident when playing alongside and competing against larger schools.

2. Aims and objectives

Aim: 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:

- To meet our pledge that children will take part in a wide range of sports during their time at Oakridge regardless of race, age, ability or any other potential barriers. This will include competitive sports, games and other co-operative physical activities,
- To help all children find a sport that they are passionate about.
- To help children become physically active and understand the importance of physical activity in promoting a healthy active life.
- Improve the self-esteem and confidence of the pupils through participation in physical activity.
- Maintain a high profile for physical activity in all aspects of school life.
- Increased pupil participation in physical activity both within and outside of curriculum time.
- Working towards a minimum of two hours high quality physical education, within the curriculum, and offering additional hours through extra-curricular clubs and competition.
- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- A designated member of staff (P.E. coordinator) will lead on the broader aspects of physical activity development with support of senior staff.
- Offer a broad and balanced activity programme, which is inclusive to all pupils.
- Ensure pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- Encouraging cross-curricular links throughout the day to help raise the awareness of physical activity.
- Organising specific events that promote and raise the profile of physical activity.
- To encourage participation in community sport and physically active recreation.
- Promote regular physical activities to all school staff.

4. Equal Opportunities

All physical activity opportunities offered at Oakridge CP School are designed to be inclusive and take into account the individual needs of all pupils. We encourage all pupils to participate in extra-curricular activities and monitor participation to ensure that all groups are equally represented. For more information please refer to the Equal Opportunities policy.

5. Resource Provision

Oakridge CP School has a school hall, which is equipped with portable and fixed apparatus for gymnastics. For the teaching of games, there is a large playground, with markings (including two tennis courts) and a large field, which, in summer, is marked with track and football markings.

Our children – from Reception upwards – access a local swimming pool for a block of swimming lessons each year.

An annual audit of all physical education equipment is conducted by the PE coordinator in order to prioritise any necessary expenditure for the year. Resources for games, PE lessons and outdoor activities can be found in the PE cupboard in the hall, the Garden room cupboard and both the Garden School and PE storage sheds outside. Planning resources can be found in the staff shared area.

6. Curriculum provision

The PE programme is taught by class teachers or organised providers, with the exception of swimming which is taught by specialised swimming instructors.

Each child will receive 2 hours of PE time a week following our bespoke PE curriculum. As our classes are mixed aged, our lesson planning is informed by a progression map that outlines what we expect children from each year group to be working on.

In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned regularly.

7. Playtime Activity

During playtimes, our pupils have access to a range of sports equipment. Staff lead playtime activities encouraging children to stay active. All of our year 5 and 6 pupils have been trained by an external provider to be playground leaders and lead activities that engage all groups of children.

Our playground has markings that stimulate children at playtimes. We also have a range of freestanding, adventurous outdoor play equipment that our pupils use whenever they wish, weather permitting.

We encourage our pupils to get outside in all weather and have a range of outdoor clothing including wellies so that weather rarely becomes a barrier to physical activity at our school.

8. Extra-curricular provision

We aim to provide a diverse weekly programme of activity clubs, which suits the needs of all pupils and involve them in deciding the clubs we put on offer. We are particularly proud of our free breakfast club that all children can attend which provides an active, healthy start to the day.

Our range of clubs offered includes competitive and non-competitive activities such as gymnastics, gardening, netball and whittling.

As a school we also offer a number of outdoor education experiences throughout the year either in-house or as trips. Our garden school curriculum fosters a love of learning outdoors. Our children take part in two adventurous residential trips during their time in KS2 as well as a number of visits such as beck scrambling

and canoeing. Nothing is left to chance in ensuring that every one of our pupils experiences a diverse range of extra-curricular provision.

9. Active travel

As a school we actively encourage children, wherever possible, to travel to school actively, either by walking or using equipment such as bikes or scooters. We track how our pupils travel to school. We also ensure every Year 5/6 pupil takes part in bikeability training during their time in upper key stage 2.

10. Community links

The school actively works alongside external sports providers in the community to advertise the options available to pupils. Examples of sports clubs we have engaged with over the past year include: Whitby Rugby Club, Whitby Town Cricket Club, The Yorkshire Cricket Board and Whitby Golf Club.

Pupils take place in a range of events including intra-school and inter-school competitions throughout the year provided by our School Games Partner.

11. Staff activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for example, joining in the Gonoodle workouts or Just Dance in the classroom.

Staff often play games with children at playtime and demonstrate physical activity during PE lessons. To enable this, staff can wear active wear in school.

12. Monitoring and evaluation

The physical activity policy co-ordinator and PE lead will have lead responsibility for the monitoring of physical activity in the school. A range of measures including pupil voice will be used to evaluate impact of the policy in line with the above-mentioned objectives.