



## **PHYSICAL ACTIVITY POLICY**

**SPRING 2023**

# **REACH for your future**

**Respect Enterprise Ambition Confidence Happiness**

At William Tyndale Primary School we create an attractive, stimulating, and safe learning environment, designed to realise every child's potential. We value a broad and creative curriculum which develops enthusiastic and confident children, who enjoy and are inspired by their learning.

***Our goal for Physical Education and School Sport is that our children are inspired to lead active, healthy lives by developing:***

- o physical literacy skills across a broad range of sports and activities;***
- o an understanding of the body, its capabilities and the importance of a healthy, active lifestyle; and***
- o sportsmanship, strategic engagement and enjoyment within competitive sports***

**Physical Activity at William Tyndale occurs through:**

1. Our Physical Education Curriculum
2. Active Learning across the Curriculum
3. Targeted SEND Provision
4. Extra-Curricular Clubs
5. Annual Events
6. Structured Lunch-time Activities
7. Travel to and from School
8. Engagement in Local Competitions

## **1. Our Physical Education Curriculum**

All classes have 2 hours of Physical Education (PE) timetabled weekly.

In EYFS and Key Stage 1, we aim to provide the children with a solid foundation in physical literacy, with a focus on Fundamental Movement Skills (running, jumping, throwing, catching).

In Key Stage 2, the children revisit and build on these physical literacy skills within a wide range of contexts while developing an understanding of the strategic elements of games.

Across all phases, children are taught to recognise and appreciate the effects and benefits of exercise and are encouraged to develop and apply their [Skills Builder](#) skills within a competitive context.

We have a knowledge and skills progression document which is regularly reviewed. Our curriculum planning and assessment are supplemented by the [CompletePE](#) portal.

PE lessons are not missed for any reason, unless a class is engaging in one-off workshops or trips.

Children may only be excused from PE lessons with written parental permission in the case of illness or injury. In these cases, children will be provided with an independent task linked to the lesson's learning.

## **2. Active Learning across the Curriculum**

We understand that movement breaks and active learning can support progress in all subject areas. Within lessons across the curriculum, teachers will consider the needs of children and plan active brain breaks or learning activities to maximise pupil engagement.

All classes from Years 1-6 also have timetabled movement breaks within the school day, on a minimum of three days during the week (optional on days when PE is timetabled). This consists of [the Daily Mile](#) or an equivalent 10-15 minute indoor/outdoor movement break.

### **3. Targeted SEND Provision**

Additional movement breaks are included within the SEND provision from targeted pupils where necessary. This may include Sensory Circuits, additional timetabled breaks, sport-based behaviour rewards or movement breaks to support wellbeing and focus when needed.

### **4. Extra-Curricular Clubs**

At our Breakfast Club and After-School Kids Club, children have the opportunity to engage in a range of indoor and outdoor physical activities. Before and after school clubs are available to all children from Year 1-6, including:

- Football
- Hockey
- Tennis
- Gymnastics
- Tag-Rugby
- Ballet
- Street Dance
- Dodgeball
- Multi-Skills

Club spaces can be offered in advance of sign-up for any of the following reasons:

- Children are not meeting the Physical Education expectations for the age group and could benefit from additional provision
- Children are known to have limited opportunities for physical activity outside school
- Children have a particular skill or interest in a sport

These places are offered at the discretion of the child's teacher, the PE subject leader, and the SENCo/Pastoral team.

Outside targeted provision, all clubs are open to all children (dependent on age) on a first come, first serve basis - with the exception of the school's Key Stage 2 boys' and girls' football teams. For these teams, trials take place at the start of the year and children are selected for the team by the PE subject leader and football coach. These trials are open to all children from year 4-6.

## **5. Annual Events**

Every child has the opportunity to engage in our annual Sports Days in June/July. We host our EYFS and KS1 Sports days on our own astro-turf sports pitch and our KS2 Sports Day is hosted at Highbury Fields.

We celebrate National School Sports Week, each year, with workshops provided for each year group in a sport not offered as part of our own Physical Education Curriculum. Workshops in the past have included Folk Dance, Skateboarding and Fencing.

All children in Year 6 have the opportunity to attend a residential week long outdoor education course ([PGL](#)).

## **6. Structured Lunchtime Activities**

Our playground includes a range of permanent fixtures for all children, including climbing frames and other challenging structures, as well as our astro-turf sports pitch, designed to promote exercise through play.

We employ trained sports coaches for Years 2-6 to lead games on the pitch at lunch times. In addition, our lunch-time supervisors and 1:1 staff are trained in leading active playground games to support children with structured play.

We have a wide range of playground equipment, including a small budget for equipment provided to our Green Group (student council).

Our Playground Leader Programme, led by children in Upper Key Stage 2, supports the play of children through EYFS, KS1 and Lower KS2. These young leaders support staff to initiate structured games, as well as provide guidance on compromise to effect healthy and positive playtime relationships amongst the children.

## **7. Travel to and from School**

The School Travel Plan encourages active methods of traveling. We engage in national annual events (e.g. [Cycle to School Week](#), [Walk to School Week](#)) and have secure cycle storage on site.

## **8. Engagement in Local Competitions**

Competition is embedded within the PE curriculum. We also take part in Islington's [Physical Education and School Sport and Physical Activity \(PESSPA\)](#) inter-school competitions and events calendar; and our football teams take part in the Islington Primary Schools after-school football League. Throughout the year, Year 6 tournament participation is monitored to ensure that every child has received the opportunity to take part in a minimum of one inter-school tournament or event before leaving the school. Children lower down the school are selected for events based on various factors such as skill, enthusiasm and sportsmanship displayed in PE sessions and extra-curricular activities.

## **Policy Review and Development**

This policy was made in consultation with subject leaders, senior leadership team and the playground supervisor. The policy will be reviewed annually and made available to the whole school community through the school's website.