

LANGLEY SCHOOL **PHYSICAL ACTIVITY POLICY**

Aim

At Langley School we aim to increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity. This is in line with the **Every Child Matters** agenda and its 5 outcomes of Staying Safe, Being Healthy, Enjoy and Achieve, Economic Awareness and Positive Contribution.

Objectives of Physical Activity Policy

- Provision of a Physical Education co-ordinator with a clear job description outlining subject responsibilities.
- Physical Education provision that meets the National Curriculum requirements.
- Making a significant contribution towards the intended 5 hour offer of physical activity provision
- PE lessons and lunchtime activities will be structured to meet the full range of special needs of our children. Support will be sought from specialists, Physiotherapist and PE advisors and specialist school coordinators.
- Commitment to adequately funded physical activity developments – including staff training and provision of equipment.
- Safe and effective exercise procedures, including warm ups and cool downs.
- Raising the profile of physical activity throughout the school and encouraging cross-curricular links
- Involving appropriately qualified professionals to contribute to our provision – e.g. Aston Villa and Birmingham City Football clubs community project, dancers and outdoor pursuits coaches.
- Organisation of specific events – including physical activities for staff

Facilities for Physical Activity

The school has playing fields and a site of approximately 4½ acres. There are numerous outdoor activity areas including two playgrounds and two smaller enclosed play areas. One for children requiring a smaller and quieter place to play and another for the Lower School Department pupils – both have soft surfaces. In addition to this we have a large playing field.

There are swings, climbing frames, slide, trim trail and grassy knolls. A large stock of cycles, scooters and other wheeled toys are enjoyed on dry days. These are housed in a purpose-built toy shed. Indoors there is a good-sized multi-use hall with some pull out climbing/gym equipment. Fairfax and New Hall Primary Schools' swimming pools are used regularly. Children go out to Sutton Park, Tamworth castle grounds, Rectory Park and other venues that encourage physical play.

Safety

It is essential that:

- A systematic approach to risk assessment is adopted by the PE coordinator and findings recorded and shared with others.
- Staff make the children aware of safety issues.
- Staff have access to appropriate training.
- Specialist firms are employed to check the condition and safety of equipment annually.

- Staff are aware of particular conditions (e.g. asthma, cystic fibrosis, being overweight) and how to plan and/or adapt exercises/activities to minimise risk for young people with these conditions.

In addition all staff teaching PE should ensure:

- Basic rules regarding clothing, footwear, jewellery etc within the physical activity setting are highlighted and adhered to.
- Basic rules regarding behaviour within the physical activity setting are adhered to e.g. stopping immediately in response to a given command and never using a piece of equipment without being told to do so.
- They are either first aid trained themselves or know who the qualified first aiders are.

Lunchtime Activities

Because of the demands on the use of the hall and timetabled time, physical activities will be encouraged at lunchtime. Clubs such as dance, football and Wii will be offered at lunchtimes. Some children have been trained as 'Sports Leaders' to enable them to lead lunchtime activities..

Extended Schools Activities

Transport issues always impact on out of hours activities in special schools. As part of the Arthur Terry/Four Oaks Cluster Extended Schools Network we have an entitlement to funding to support enhanced opportunities for our children. Current provision includes an after school 'Family Learning Dance club.

Every Child Matters

The focus on physical activity contributes in many ways to all five areas of Every Child Matters. Obviously, "be healthy" is directly affected. Additionally be happy, and economic contributions will also be affected by physical activity.

Research has proved that physical activity can directly and indirectly lead to: improved attendance, improved engagement in learning and hence improved standards and better behaviour.

Evaluation

This policy will be regularly reviewed and outcomes will be assessed. The introduction of new policies need to be monitored and results reviewed. Things may change in the light of pilot activities, funding and government initiatives.

Alan Reid
 April 2006
 Agreed May 2006
 Fiona Woolford
 July 2009
 Agreed May 2012