

Frank Barnes School for Deaf Children

Physical Activity and PE Policy



Frank Barnes
School for Deaf Children

1. Introduction

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school, we recognise the importance of being fit and agile and the effect it has on a child's health and wellbeing, their ability to learn effectively and achieve in school. As a healthy school, we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle. Information on our PE and curriculum and extra-curricular activities and how we use our Schools Sports Premium Funding can be found on our website.

We aim to increase enjoyment and participation in sport and physical activity for all pupils.

2. Aims of the policy

- To show how we promote fitness and a healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games.
- To give guidance to staff about their role in promoting physical activity.
- To show how the school meets national guidelines for physical activity, including PE and sport.
- To give information to parents and carers about what is taught and how they can support the policy.

3. Our approach to promoting physical activity

The brain goes through a crucial development period in the first years of life and this can have a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life.

- To provide pupils with the best possible physical activity opportunities and experiences for all pupils, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity.
- At Key Stages 1 and 2: To provide a planned programme of at least two hours of high-quality PE per week in the curriculum for all pupils.

- To provide a range of opportunities for all pupils to participate in intra- and inter-school sporting competitions and experience a range of sports.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities.
- To provide appropriate resources and facilities.
- To enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity.
- To identify specific groups with high need e.g. pupils who are the least active with suitable opportunities to be physically active throughout the school day.

4. Policy development

Our policy was developed by auditing our provision for PE, sport and physical activity and gathering the views of the school community, particularly pupils about activities they want to participate in, such as playground activities and lunch time clubs and what stops them from participating in physical activity.

We also consulted with:

- All pupils through the school council
- Staff during INSET
- Parents/Carers at a special meeting
- The curriculum group of the Governing Body
- School nurse
- PE and Sport consultant from Camden

Links to other policies

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Equality, Diversity and Inclusion, and Teaching and Learning.

5. Responsibility for physical activity

The PE and Sports Lead has overall responsibility for physical activity and the development, monitoring and review of the provision of physical activity. Their role includes: ensuring annual health and safety checks of all PE equipment are carried out; supporting and training staff; liaising with external agencies to support the curriculum; developing, monitoring and reviewing the policy; and coordination of intra- and inter school sporting competitions.

The PE and Sports Lead has responsibility for ensuring effective delivery and leadership and management of PE.

All staff should be aware of the policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

6. External providers

We involve trained coaches and staff to support PE and physical activity in and outside the curriculum and where relevant ensure that the expertise supports the professional development for staff. All visitors are expected to work within the framework of this policy and the Camden protocol for involving outside visitors. Teaching Assistants are expected to be present during the delivery of a session. The school uses the UK sports coaches in the schools' portal for guidance and Camden Active Schools for support where appropriate.

This policy is made available to visitors and we ask them to consider the following example questions in preparation for their visit:

- Does the visitor understand the school's physical activity policy?
- What will they offer that the teachers cannot?
- How will the visitor's sessions be integrated into the PE programme?
- What role will Teaching Assistants take during the session?
- How will the session be followed up?
- How will the sessions be evaluated, and pupil progress assessed?

We participate in Camden's Learning and Improvement Service programmes aimed at increasing physical activity participation e.g. Mini Health Champions and Race to Health.

7. Health and Safety

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the

element of risk to the absolute minimum within their control. We follow the advice contained in the AfPE (Association for PE) publication 'Safe Practice in Physical Education and Sport' 2024.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped, and the teacher is confident this strategy is effective.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves and leggings may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm).
- Pupils remove shoes when participating in indoor activities such as gymnastics.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.
- Equipment and apparatus are stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity.

We undertake a risk assessment of the school premises and equipment including PE equipment as necessary. Risk assessments are carried out for school sporting trips.

8. Curriculum

Staff should refer to PE and Sports guidance whenever needed. Information to help school staff increase access to PE, physical activity, extra-curricular school sport, including examples of good practice can be found on GOV.UK. Such as: the National Curriculum in England: PE Programmes of Study, and Enhancing physical education provision and improving access to sport and physical activity in school (DfE).

8.1 P.E.

The EYFS (Nursery and Reception) have at least 3 hours a day of physical activity. All children from Year 1 to Year 6 have up to two hours of PE a week during curriculum

time. The curriculum covers the programme of study for PE in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils are assessed to ensure progress is made and end of key stage expectations are met by all children. Summative assessments are then reported to parents on an annual basis. The importance of Physical Activity is included in Science, PSHE, and Computing curricula.

We offer a wide range of sports coaching to name a few: tennis, squash, gymnastics, yoga, boxing, archery and kayaking.

8.2 Participation in PE

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Pupils should change into suitable footwear. Parental notes should be received if a child is excluded for any short- or long-term health reason.

8.3 Facilities available for physical activity

On-site facilities include, e.g.

- Main hall and small hall—gymnastics mats, balance benches, agility tables.
- Playgrounds – to be used during the day for play times, lunch times and PE, both in and out of school hours.
- MUGA (Multi-Use Games Area) is used for sports and competitions, including Sports Day.
- The local swimming pool (Pancras Leisure Centre) is used for Year 1-6 pupils during the school day.
- The local Lewis Cubitt Park is used for Sports Days.

8.4 Clothing to be worn during physical activity

We ask that all pupils change for PE and wear appropriate clothing that includes white t-shirt, black shorts and plimsolls/trainers.

For Winter – pupils can wear tracksuits and tracksuit tops.

For Summer – pupils should wear a cap if PE is outside.

For swimming – full bathing suits (one-piece for girls, briefs/trunks for boys), swimming caps, and a towel.

On occasion, we will provide spare kit for pupils who forget their PE kit, but parents are expected to support their children with bringing in PE/swimming kit on a weekly basis.

9. Physical activity outside of the curriculum

In addition to PE, there are a range of opportunities for physical activity throughout the school day including activities such as brain break and physical activity warm-ups before, during and after lessons.

9.1 Active Travel to and from school

Whilst we acknowledge that most of our children do not live locally and require transport to get to/from school, we encourage pupils and parents that live locally to walk, cycle or scoot to school and we regularly promote walk to school or wheels to school events. Safe storage facilities for bikes and scooters are provided to further promote active travel. We have a travel plan which is reviewed regularly to identify where improvement planning can be undertaken. Where appropriate we will walk to venues for school trips or events to promote active travel. We provide road safety training in Key Stage 1 and 2 as part of the PSHE curriculum.

9.2 Active playtimes

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Support staff are trained to deliver structured physical activity during lunch and playtime. Pupils are trained as playground leaders and sports leaders annually to further support physically active playtimes.

Our playground is open for use outside of school hours for students in our partner school, King's Cross Academy, after-school clubs.

10. Sports Day

We organise an annual Sports Day event at the end of the summer term, which also includes a cultural element linked to major sporting event, e.g. Olympics, Commonwealth Games, Deaflympics, etc. Parents and carers are encouraged to attend and get involved in the day. We have a wide range of sporting competitions on the day to encourage participation from all pupils.

11. Involving parents and carers

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

The school website also highlights how progress in PE, physical activity and school sport can be supported through activities that pupils can do with their parents such as walking, swimming, park run, playing in the park, playing games with simple pieces of equipment such as bean bags or balloons.

We invite parents and carers to volunteer and get involved in sports days, intra- and inter school sporting competitions.

12. Monitoring and evaluation of physical activity

The PE subject leader or senior manager with responsibility for monitoring is responsible for the overall monitoring of the quality of physical activity provision. Our School Improvement Plan includes physical activity (a separate Sports Development School Improvement Plan).

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved. ICT is used to support observations and support planning to further improve work.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence
- Annual PE subject review
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Feedback from governor curriculum group
- Children questionnaires
- Parent and carer questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- PE surveys (organised by Camden LA)
- Pupil achievement in sporting competitions

When external providers are used to deliver physical activity, we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

13. Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer.

14. Training and support for staff

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.

15. Dissemination of the policy

The policy is available to parents and carers and pupils via the school prospectus and school website. Parents and carers and pupils new to the school are given a summary. The full policy is available to parents and carers and pupils on request.

Copies of the full policy, or reference to the policy, are in the Staff Handbook, the Governors' handbook and Policy file on the school network.

Any outside contributors involved in physical activity receive a copy prior to teaching.

16. Document Control

Date approved:	November 2024
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