

LITTLE KINGSHILL COMBINED SCHOOL

Physical Activity Policy



Issued: February 2018

Next Review: February 2020

Little Kingshill School Physical Activity Policy Statement

This statement should be read in conjunction with the following related school policies:- School Development Plan, School Travel Plan, Behaviour and Discipline, Educational Visits, Inclusion, Healthy Eating, Health and Safety, PSHE, Physical Education, Science and Teaching and Learning.

Our aim, through participation, enjoyment and fun, is to encourage and promote Physical Activity for all. We believe that all pupils and staff should be provided with opportunities to participate in a range of enjoyable physical activities as soon as they join this school, so they will be more likely to continue being physically active throughout the rest of their lives.

This policy statement on physical activity reinforces the school's commitment to promoting healthy lifestyles and healthy behaviours, which will support the health and well-being of its whole school community, leading to healthier living and learning.

Currently we offer our pupils opportunities to experience the following planned activities during their time at school:-

- ❑ high quality PE and School Sport for all
- ❑ good participation levels
- ❑ competitive sport, which teaches team work, discipline, self-respect and how to cope with winning and losing
- ❑ non-competitive forms of physical activity eg dance, which can contribute to good health and well being
- ❑ out of school clubs
- ❑ links with local clubs
- ❑ a stimulating playground environment
- ❑ active and enjoyable break playtimes/lunchtimes
- ❑ trips and visits
- ❑ activity weeks
- ❑ cycling and road safety skills
- ❑ brain gym/activity breaks
- ❑ planting and growing/gardening
- ❑ environmental areas
- ❑ outside classroom/s (see SDP)
- ❑ school performances
- ❑ walking and scooting to and from school
- ❑ activities run not only by staff, but by coaches, volunteers, parents and trained midday supervisors
- ❑ singing and playing musical instruments

Sophie Anstis is the named person with overall responsibility for Physical Activity at our school. This policy statement will be reviewed as required.