

The Priory Primary Academy Trust
Physical Activity Policy



January 2012
Reviewed annually by the governing body

Introduction

At the Priory Primary Academy Trust we encourage all our pupils and staff to have a healthy mind and body and to maintain a positive attitude towards life.

Physical activity is essential for good health and contributes to positive well-being. Many of the leading causes of disease and disability in our society – such as coronary heart disease, strokes, obesity, type 2 diabetes, hypertension (high blood pressure), colorectal cancer, stress, anxiety, osteoarthritis, osteoporosis and low back pain – are associated with physical inactivity. The Academy is an important setting in which adults and children can increase their levels of activity to benefit their health and protect against illness.

The policy was developed in consultation with children, staff, parents, Governors and local health representatives. It uses guidance from the British Heart Foundation's Think Fit initiative.

For children, physical activity may include walking or cycling to and from the Academy, playing in the playground before and during and after school as well as participation in sport and formal exercise.

For adults, physical activity may include walking around the School, taking part in playground games or taking part in games lessons. Physical activity helps people to manage stress, back pain, weight and medical conditions. Physically active employees also report less illness and recover more quickly from the illnesses they do get. The Academy is keen to promote and respect work life balance and all teachers receive a generous level of non-contact time.

The School appoints a staff member who possesses overall responsibility for physical activity within the School.

Aim of the policy

The Priory Primary Academy Trust aims to promote and encourage staff and children's participation in regular physical activity. We consider that the Academy's environment and resources play a particularly important role in promoting and enhancing an active curriculum and a healthy ethos.

We hope that greater engagement in physical activity for adults and children results in greater enjoyment of Academy life, improved concentration and mental alertness and improved cooperation and rapport with friends and colleagues.

Goals

In the area of physical activity, the Academy's principle objective is to raise awareness of the benefits and it does this in a variety of ways:

Curriculum

There are many opportunities throughout the curriculum to educate children on the benefits of physical activity, e.g. in Science and **Personal, Social Education** (PHSE) children learn about the positive effects of exercise on the human body. In Physical Education (PE), children have direct experience of the positive impact of physical activity.

Teachers may use Brain Gym exercise as an active warm up to lessons and report that children appear more alert as a result.

Play times

Staff members actively encourage children to take part in energetic games before and during school. An example of this is staff taking part in skipping activities. The Academy has increased its provision of equipment to promote physical activity and has purchased targets for bean bag practice and various small items of equipment to encourage balance and coordination.

Enrichment activities

The School provides a programme of enrichment activities which often have an emphasis on physical activity. Examples of these include a skipping workshop and a circus skills day.

Extra-curricular activities

The Academy provides a variety of extra-curricular opportunities including roller skating, tag rugby, cricket, football and tennis and the School has very good relationships with local organisations such as Manydown Tennis Club and Ludwig Leisure. The Academy ensures that there is a balance of extra-curricular activities not only in type but also between those which are free and those for which there is a small charge. As a general rule, clubs provided by staff and parents are free whilst those provided by local companies incur a small charge. There are extra-curricular activities for all age groups.

Activities for parents and staff

The Academy plays host to a netball club for parents and there is an annual staff versus children rounders match. At Parents' Association events such as the Summer Fair, both adults and children are encouraged to be active with such activities as rounders and races.

Promotions outside term time

In the holidays, the Academy promotes various local schemes such as tennis and football camps and distributes leaflets and displays advertising posters.

Training

The older children have been trained under the "Huff and Puff" scheme on how to use a variety of small equipment to engage the younger children in physical activity. They organise regular sessions at lunch time play.

Staff are encouraged to attend appropriate training courses to further their knowledge. Recent courses have included for example Tri-Golf and Tag Rugby, as well as staff in service training day devoted to positive mental attitudes.

Useful liaisons

The Academy is part of the local Sports Partnership. This body provides invaluable skills training for staff as well and representatives from the partnership visit the Academy to deliver coaching sessions, for example in tag rugby and football. The School has liaised with the farmer who farms the fields adjacent to the School and a footpath has been constructed across his land to enable children living in the nearby village of Monk Sherborne to walk to school.

Resources

The following are available:

- a bicycle storage rack is available for staff and children
- a challenging adventure trail is available for use during supervised PE lessons and play times
- an expansive field provides a place to play and is a wonderful facility for PE lessons, sports training, competitive matches and Sports Day
- two large playgrounds which are marked with games that encourage children to be active
- a large range of available equipment to promote activity such as footballs, skipping ropes, bean bags, hoola hoops, etc

Review and monitoring

The policy is monitored and reviewed biennially by the Governing Body.