

Heathcoat Primary School

Physical Activity Policy

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Head Teacher: Jayne Callard
PE Co-ordinator: Clare Soper

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Introduction

Sedentary living patterns and unhealthy dietary habits are becoming more prevalent in our society and there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

By participating in physical activity before, during and after school, students can gain a range of physical, social, emotional and intellectual benefits. Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games.

Therefore, physical activity is an important dimension in students' broad scope of development during their years of schooling.

It is important that children are given opportunities to participate in a range of enjoyable physical activities at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

Objectives

Heathcoat Primary School has developed this policy to provide school staff and the school community with guidelines on what is required to achieve maximum levels of student participation in physical activity.

OBJECTIVES

- To provide students the best possible physical activity experiences regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities.
- To provide equitable opportunities for all students to participate.
- To develop and apply skills in a cooperative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted students the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation.
- To encourage participation of the whole school community in supporting physically active experiences.

PRINCIPLES

Participation in physical activities at Heathcoat's is characterised by:

Maximising the educational opportunities of all students through an emphasis on access, diversity, equity and a supportive environment.

- * An emphasis on enjoyment and fun.
- * Use of appropriate modified sport, facilities and equipment.
- * A suitable level of physically active experiences and/or competition according to the age, maturity and ability levels.
- * A safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.
- *The recognition of participation, development and improvement.
- * The valuable contribution that can be made by members of the school community (teachers, parents, students) as role models and supporters of the benefits of physical activity.

SCOPE

This policy applies to all students attending Heathcoat Primary School, regardless of race, age, ability or location and to all members of the HPS (teachers, coaches, administrators, parents or guardians, volunteers).

ROLES AND RESPONSIBILITIES

Heathcoat Primary School has a responsibility to ensure that every student is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

Coaches and teachers play a major role and other members of the school community are also encouraged to become involved in the school physical activity program.

The following roles and responsibilities encompass areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, equipment and behaviour.

PARTICIPATION

Coaches, teachers and any other members of the school community involved in the school physical activity program need to:

- * encourage enjoyment;
- * cater for varying levels of ability by providing every student with a 'fair go';
- * provide equal encouragement to all students to allow them to acquire skills and develop confidence;
- * ensure the program is available to all students by catering for groups with special needs such as: students with disabilities/impairments;
- *students from non-English speaking backgrounds; and; athletes with exceptional talent.
- * prepare and conduct sessions based on sound coaching and teaching principles;
- * set realistic standards and objectives for students;
- * ensure a safe and productive environment;
- * ensure consequences of inappropriate behaviour are clearly understood and promoted;
- * encourage students to participate in games before, during and after school, and; act as a good role model of sporting behaviour.

Coaches, teachers and any other members of the school community who take on a coaching responsibility are also encouraged to:

- * become accredited with the National Coaching Accreditation Scheme (NCAS) through state sporting organisations; and keep up-to-date with coaching developments.

COMPETITION

At HPS provision is made for a healthy level of competition for all participants.

Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students.

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all students participating in the sport program are aware that, although everyone likes to win, participating is equally as important.

LINKS WITH COMMUNITY ORGANISATIONS

Coaches, teachers and any other members of the school community involved in the school physical activity program are encouraged to establish closer cooperative links with sport, recreation and community organisations by: liaising with community groups and encouraging the use of school facilities, both during and outside of school hours; and integrating their physical education and sport program with those of local sport and recreation organisations.

SAFETY

The provision of a healthy and safe environment for students and teachers in the school is essential. Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure the following safety issues are addressed and follow school policies where applicable. Coaches, teachers and any other members of the school community involved in the school physical activity program also need to:

- *Recognise the difference between student and adult physical and emotional characteristics;
- * understand the short and long-term medical conditions of students (this includes previous and existing illnesses and injuries);
- * Ensure that the equipment and facilities are safe and in good working order;
- * enforce the use of recommended protective equipment required for a particular game or sport;
- * provide access to appropriate first aid facilities and equipment.

COMMUNICATION WITH PARENTS/GUARDIANS

Coaches, teachers and any other members of the school community involved in the school physical activity program need to:

Inform parents or guardians of their child's involvement with the physical activity program and give them information about the program. This information should include:

- * Contact details of all teachers/coaches involved; and days, times and dates of all practices and competition games and recreational activities that involve their child.
- *provide parents or guardians with a progress report of their child's involvement in physical activity. The report should include:
 - * General comments made by the student's teacher; and, where appropriate specific comments by the physical education specialist on areas of identified need or ability.

Allocate time for parent-teacher interviews when the end-of-year reports are issued. A parent-teacher interview may be requested at any time during the course of the term by either the teacher or the parent

Notify parents or guardians and ask for their consent for any travel arrangements organised by the school for students participating in any physical activity including sporting events.

BEHAVIOUR

Students, Coaches, teachers and any other members of the school community involved in the school physical activity program need to:

- * Ensure students are aware that their behaviour is expected to be consistent with behaviour expected at school or home, before, during and after any sporting event or recreational activity.
- *Manage students who fail to comply with the above codes of behaviour as set out in the school's 'Behaviour Management' policy.

SPECTATORS

It is just as important for spectators to behave in an appropriate manner at any physical education or sporting event.

Coaches and teachers need to:

As appropriate provide guidelines/expectations of behaviour to spectators and parents and other members of the school community.

EQUIPMENT

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all equipment used is appropriate for the age group and be in good condition. Students who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

PE KIT

Children enjoy the feeling of being part of a team, and, where possible PE Kit should be provided (black shorts, white t-shirt or polo shirt). They should be clearly labeled with children's name. During the winter months children are allowed to wear tracksuit bottoms for outside sports only. We appreciate there are times when your child may have an injury or recovering from an illness therefore in this circumstance we request a letter from parents. Although your child may be excused from the physical element of the PE lesson they are still expected to make an active contribution in the role of coach assisting with warming their peers up, leading activities and analysing performance. So far as it is appropriate depending upon the individual.

For gymnastic and dance activities children will be required to change into shorts and t-shirts with bare feet. Only those with letter from parents stating their child has a verruca for example will be allowed to keep their plim soles on until medication has cleared the symptoms.

Coaches and teachers need to:

Inform parents and guardians whether uniforms will be provided by the school or whether they will need to be supplied by the student. If students cannot afford to purchase items of a particular uniform, an arrangement will be made between the school and family concerned.

This policy acknowledges that physical activity can occur in a variety of ways at school. Activity may be formal or informal, part of the school curriculum or extra-curricular. Physical activity may be categorised under the following ways:

HEALTH AND PHYSICAL EDUCATION

Health and Physical Education is a key learning area. It is an important dimension in a student's broad scope of development during their years of schooling.

The Health and Physical Education Years 1 to 6 Syllabus (p1) states that this key learning area "offers students opportunities to develop knowledge, processes, skills and attitudes necessary for making informed decisions about: promoting the health of individuals and communities; developing concepts and skills for physical activity; and enhancing personal development."

At HPS during Key Stage One we conduct health and physical education programme 'Leap into Life' for each class 30 minutes at least 4 days a week. Developing gross and fine motor skills in preparation for formal provision in Key stage Two. In Key Stage Two Children will participate in formal lessons 2 days per week.

Activities include:

Gymnastics, Dance, Games, Swimming, Outdoor and Adventurous Activities.

INTRA SCHOOL SPORT

Intra-school sport encompasses annual all-day or evening events such as athletics, cross-country, tag rugby, cricket, and swimming festival. Dates for these events will be set on the school calendar.

Other intra-school activities may be house-based lunchtime or sport afternoon competitions. It is encouraged that staff and community members be involved in these events.

At Heathcoat Primary School we offer:

Netball, Football, Tag Rugby, Basketball, Swimming, Athletics, Cricket, Rounders, Tennis and Outdoor Adventurous Activities including Orienteering and Indoor Climbing Clubs.

REPRESENTATIVE SPORT

Students have the opportunity to gain representative selection in a number of sports throughout the year.

SCHOOL SPORTS DAY

School "sport days" consist of students participating in various sports and representing their house. The students are encouraged to have fun and develop their skills.

ACROSS THE CURRICULUM

At Heathcoat's teachers are encouraged to incorporate physical activity across their teaching and learning program. Examples include:

- * using throwing and catching to investigate measurement and evaluation;
- * throwing a ball and measuring the distance of each throw and why a ball curves in the air;
- * using the mathematical process to mark out running tracks or school gardens.

PHYSICAL ACTIVITY AND LEADERSHIP

By participating in physical activity either through physical education, sport, or general play in the playground, students learn many leadership qualities (e.g. team work, cooperation and understanding), gaining accreditation towards the Young Leaders Award.

These opportunities are linked to the overall school program for students and are offered during: lunchtimes, school sport days, clubs, and tournaments.