



# **PARKLANDS INFANT AND NURSERY SCHOOL**

## **PHYSICAL ACTIVITY POLICY**

Approved by the Governing Body of Parklands Infant & Nursery School

Date: Tuesday 20<sup>th</sup> May 2025 (to be reviewed May 2028)

Signed: \_\_\_\_\_

Mrs S Evitts (Chair of Governors)



## **Parklands Infant and Nursery School**

### **Physical Activity Policy – May 2025**

#### **Section 1: Introduction to the Policy**

##### **Purpose**

The purpose of this policy is to describe our practice in Physical Activity throughout all areas of the curriculum.

##### **Aims**

At Parklands Infant & Nursery School we aim to establish an “active school” ethos and environment which will increase activity levels and promote health both within and outside the curriculum. We aim to encourage our pupils to enjoy physical activity and to promote physical activity as a way of life.

This policy supports our school mission statement of: “To begin a life-long love of learning, respect for diversity, and the confidence to achieve within a caring and safe through enjoyable and enriching experiences”.

It also supports our whole school ethos of developing the Parklands Person.



## **Consultation**

The policy was put together by Suzanne Hobbs in consultation with teaching staff, pupils and school governors.

## **Section 2: Procedures and Practice**

### **Roles and Responsibilities**

The Physical Education leader is responsible for providing an overview of Physical Activity across the school to inform staff planning and to offer advice in which the curriculum can be delivered in an effective and engaging way. The Physical Education leader also has a sound knowledge of the resources which are available within school and ensures that resources are replenished and updated as necessary. The Physical Education leader is responsible for the planning and implementation of any Physical Activity events and opportunities which are run in the school.

The governor for Physical Education is responsible for ensuring there is a good professional dialogue with the subject leader throughout the school year.

## **Section 3: Aspects**

### **HOW WE WILL ACHIEVE THESE AIMS**

**Physical Activity Co-ordinator:** The Physical Education subject leader is also the designated Physical Activity leader, with responsibility for leading all broader aspects of physical activity – with strong support from the headteacher.

**Raising the Profile of Physical Activity:** We will maintain a high profile for physical activity in all aspects of school life, e.g. notice boards will highlight opportunities for pupils and staff, and will celebrate success. In assemblies we will celebrate achievement and promote activity. We will take part in the LA Travel Plan, encouraging pupils to walk to and from school.

**Training:** We will provide appropriate ongoing training for staff. The Primary Link Teacher (PLT) will be released to attend training and will be given opportunities to work with staff. Mid-day supervisors will receive appropriate training and will be provided with appropriate resources.

**Play-time activity:** At playtimes and lunch times we will make a range of equipment available to all Infant pupils.

In our Nursery pupils will be encouraged to participate in physical activity during their sessions outside. They will also have a weekly scheduled hall slot so they can develop their gross motor skills using a range of PE equipment/apparatus.

Our team of Midday Supervisors are encouraged to promote and support activity, specifically playground games that are inclusive for all children. All members of staff working on the playground will be expected to promote physical activity.

**Curriculum:** We will ensure that all KS 1 pupils receive 2 hours curriculum time of Physical Education each week. At Parklands we will provide a Physical Education programme which is broad, balanced and fully inclusive, meeting the needs of all of our pupils, using the Teach Learn Grow PE Scheme. We will provide ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved. All PE lessons will include at least one period of time in which the children are "stretched" physically (ie become out of breath). PE lessons will include the National Curriculum health related exercise strand, so that pupils are aware of the need to exercise, that the body changes during exercise and know how to warm-up and cool-down. We will ensure that knowledge and understanding of fitness and health is integral to all PE lessons and where appropriate, has cross-curricular links to other subjects, such as Science, D & T, Literacy and Numeracy. Links will be provided to other aspects of health, for example, by promoting healthy eating.

We will strive to provide our children with the recommended 60 minutes of physical activity a day as set out by Government guidelines. This will be met through activities such as Jumpstart Johnny and active playtimes. Staff are also encouraged to think creatively when planning in order to include physical activity in other areas of the curriculum as much as possible.

**Inclusion:** We will offer a broad and balanced activity programme that is inclusive to all pupils. All children are given the opportunity to develop skills, knowledge and understanding to the very best of their ability. Any pupil or staff requiring special facilities or apparatus will be catered for.

**Out of School Hours Activity:** At Parklands we will provide a diverse weekly programme of out of school hours activity clubs. We will provide a programme which offers an equal balance of competitive and non-competitive activities.

**Erewash School Sport Partnership (ESSP) and Community Links:** Our PLT (Primary Link Teacher) will ensure that the school regularly participates in ESSP and other events which promote physical activity. We will take full advantage of our membership of the ESSP programme and ensure that the school employs a range of auxiliary qualified and experienced coaching staff and implements quality assurance through the PLT/ESSP programme. Our PLT will take responsibility for forging strong local community club links.

**Staff:** All staff teaching PE will be expected to change at least their footwear and to take an active part in PE lessons. Physical activities will be promoted by all school staff.

**Physical Activity and ICT:** ICT is used appropriately when it can have a positive impact on supporting learning and teaching related to physical activity at Parklands Infant and Nursery School. Use may include: watching video clips on the TLG-PE website, using the Internet for images and information; use of Interactive whiteboards for recording information and accessing the online TLG-PE assessment tool on an iPad during lessons.

## **Section 4: Conclusion**

### **Monitoring and Review**

The governor with responsibility for Physical Education is primarily responsible for monitoring the implementation of this policy. This will be through ongoing discussion with the subject leader. The governor will report on this to the curriculum committee. The work of the subject leader is also subject to review by the headteacher as part of our performance management arrangements.

### **Other Documents and Appendices**

The Physical Activity policy should be read in conjunction with our policies for curriculum, teaching and learning, assessment, the Physical Education Policy and the Apparatus Handling Policy.

### **Governor Approval and Review Dates**

The policy is to be reviewed every two years.