

# PE Policy

## Hawthorn Primary School



**Approved by:** FGB

**Date:** 13<sup>th</sup> December 2018

**Last reviewed on:** September 2015

**Next review due by:** December 2019



# **Hawthorn Primary School**

## **PE Policy**



### **Aim**

To ensure that all aspects of physical activity in school are promoted for the health and well being of pupils, staff and visitors.

### **Rationale**

- Hawthorn Primary School has held the Healthy School award since 2004, it is a health promoting environment and as such takes physical activity very seriously.
- In 2005 Hawthorn achieved the national target that all pupils to have a minimum of 2 hours moderate intensity high quality PE and sport both within and outside the curriculum.
- Hawthorn Primary School ensures all it's outcomes including the right to be healthy as a priority in it's day to day work.
- Physical activity affects the ability of children to learn effectively.
- It is essential for the school to reflect in practice the taught curriculum on physical activity and health.

### **Objectives**

- To provide consistent messages in school about physical activity both within and outside the taught curriculum.
- To increase the physical activity levels of pupils in line with national targets.
- To contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.
- To improve self esteem and confidence among pupils and provide opportunities for them to work together.
- To provide the opportunity for pupils to develop valuable life time skills.
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- To ensure physical activity provision in school reflects the cultural and medical needs of pupils.
- To contribute to out of hours learning for pupils.

## **Guidelines**

- A member of staff with responsibility for extended school provision (TLR 2) ensures the development of out of school physical activities.
- PE is taught each week, above the national average. Two hours per week.
- Most children walk to school so this is not an issue.
- At Break and lunch times physical activities are run by teaching assistants, teachers and pupils trained as Craze of the Week monitors. Equipment is available for these activities.
- The school grounds provide an excellent environment conducive to physical activity and this is continually being improved.
- Pupils in Key Stage 2, from Year 4 have the opportunity to undertake cycling proficiency tests annually.
- It is part of the School Council's role to establish what pupils would like in the way of physical activity.
- Parents are encouraged to take part in physical activity, e.g. Organised events.
- Outside agencies with a focus for sport come into Hawthorn on a regular basis. E.g. Matchfit, Falcons rugby, North East dance.

## **Hawthorn Primary School Travel Plan.**

The school travel plan promotes bike familiarity and independence of our Year 6 children as they move onto secondary school. Also to promote the benefits of daily exercise to all our children. Data is provided and an action plan in place. Consultation includes staff, governors, parents, the school council and children. **\*Please refer to our Travel Plan for further information.**

## **Implementation and Monitoring**

- This policy will be continually updated as the school takes advantage of new initiatives.
- The PE coordinator will continue to monitor physical activity throughout the school and provide increasing opportunities for pupils to learn new skills.
- The governing body will monitor on a regular basis how the pupils are achieving their national target of activity.

## **Conclusion**

*It is essential that the whole school community is encouraged to adopt a healthy life style for the pupils to have the best life chances possible.*

**Physical Activity Policy – Teaching and Learning**

**PE Lead**