



St. Martin's Primary School Physical Activity Policy

St Martin's Primary School believes that:

'...emotional health and well being is fundamental for success.'

Definition

Physical activity is any activity which results in energy expenditure above resting levels.

Rationale and Objectives

To encourage each child to develop a life-long interest and enjoyment of physical activity.

The benefits include:

1. Improved levels of physical fitness and health(in combination with a good diet)
2. Developing social skills including qualities of leadership, organisation, good sportsmanship and teamwork.
3. Learning and developing a range of physical skills which can be built upon throughout their schooling and into adulthood.
4. Developing an understanding of the importance of a healthy lifestyle in relation to diet and exercise.
5. Developing self-confidence by participating to the best of their ability and knowing what and how to improve.
6. Participating in healthy competition within lessons and in inter-school activities.
7. Increasing levels of concentration and increased alertness.
8. Responding safely in a range of situations and recognising their limitations.

Facilities and equipment

Two large green fields

An indoor, integral swimming pool

An All Weather Area(AWA)

A large indoor hall

Well stocked PE cupboards, tidied regularly by monitors(House Captains)

Outdoor play equipment for the playground, locked in boxes

Curriculum - including equal opportunities and inclusion

The school has re-arranged the timetable to ensure three sessions of PE per week for Juniors(Two hours) Infants currently receive one hour and twenty minutes per week. School Improvement Plan 2007/8: 'The implementation has run smoothly.... the third session of PE each week being the most welcome change.'

Boys and girls have equal opportunities to participate in all curriculum activities. Children with disabilities are catered for within lessons and the curriculum amended accordingly.

Sports days are all-inclusive and ensure activities for all, plus a more traditional, competitive element for the more able children. All members of year six play house matches in netball (girls) and football (boys) annually. There are regular inter-school competitions in netball, football, athletics, swimming and cricket held during school hours. Year six complete the 'Cycling Proficiency' test as part of their curriculum. Those without bikes may borrow one.

Year 5 children participate in a three day trip to France, where walking and ice-skating are two of the highlights.

Year 6 children attend an end of year summer camp, where walking, sailing and other physical activities are prominent.

In addition, we promote physical activity within the other curriculum areas like 'healthy eating' in science and during PSHE lessons.

OSHL (Formerly: extra-curricular activities)

There are many opportunities to participate in out of school hours sport for boys and girls, mainly from year 4 upwards.

Recent clubs include: netball, football, cricket, rugby, dance, 'smash' club, KS1 play etc. In June, the PTA run a very successful 'PE morning of excellence' where children from year 4 to year 6 from across the island participate in a choice of 10 different sporting activities run by island coaches at our school.

Celebrating Success

Children are regularly presented with medals, certificates, trophies etc in Monday or Friday whole-school assemblies for achievements in all areas and their successes are celebrated by all.

Break Times

There are various zoned areas of the playground to encourage a variety of physical activities. The climbing apparatus is time-tabled for infants, lower juniors and upper junior. The AWA is time-tabled for the upper juniors. The fields are time-tabled in dry weather. The juniors and infants are 'staggered' for eating/ playing to reduce numbers in the playground at lunchtime. There are year six 'buddies' allocated to the infants to encourage safe and appropriate play. There is a good variety of safe and up-to date equipment available for use at break-times. Wednesdays are 'ball-free' to encourage more diverse forms of physical activity.

Community Links

There is close liaison with the Sport Development Officer and various opportunities are provided. Recent curriculum sessions have covered hockey, badminton, squash and cricket. Visitors are police-checked as a matter of course prior to any contact with the children.

Sports Leadership students regularly help out at after school clubs in rugby, football and cricket. Parents come in to assist with swimming and cycling teaching and supervision.

The school's police liaison officer is involved in the testing of the pupils for their cycling proficiency award.

There are close links with the local leisure centre (Beau Sejour) and other community groups - for example hockey, rugby, fencing and badminton. Beau Sejour offer a sports morning for all pupils in year 4 annually as well as occasional 'taster sessions'. The school's excellent sports facilities are regularly used by outside agencies like minis football, exercise classes, Royal Navy footballers etc. Parents are encouraged to attend the sports days and swimming galas in the summer. There is also a good level of support for inter-school matches.

Staff Opportunities and Training

Staff are encouraged to attend relevant PE inset as appropriate. There are currently 16 staff qualified to deliver swimming sessions, completing training every two years and passing assessments. The staff supports events like the 'Swimarathon', charity running events, summer netball leagues and weekly runs with the Headteacher.

Local and National Initiatives

The school supports 'Walk to School Week' and completed surveys to encourage less use of the motor car. The school is holding a 'Work-out -Week' in April to get the whole school involved in participating in physical activity, before, during and after school during that week.

Active Travel

There is no school bus at St Martin's. The car parks around the school are inadequate and children are encouraged to walk to school if at all possible. Once the children have passed their cycling proficiency test in year six, they are encouraged to cycle.

Safety

The pool door is locked and the key is stored in the secretary's office. Staff are familiar with safety guidelines and, in particular, the NOP and EAP of the school pool. Reminders are given in assembly about safe and appropriate use of playground equipment.

Monitoring and Evaluation

It is the role of the PE co-ordinator to monitor the implementation of this policy, in consultation with the headteacher, other staff, the children through the 'School Council' and the parents through feedback via the school website, the PTA and monthly newsletters.

Steve Hutchison (PE Co-ordinator)

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