

Physical Activity Policy



RIVERSIDE BRIDGE SCHOOL
INSPIRE, EMPOWER, ACHIEVE



Partnership Learning

Approved by: Ms Leila Amri
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1. Introduction

Nationally there is a growing problem with obesity and unhealthy lifestyles. There is strong consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

Riverside Bridge School is committed to promoting the health and well-being of all pupils and staff through physical activity. The aspiration in developing this policy is to influence the whole school community to establish and maintain lifelong physical activity habits.

Riverside Bridge School strives to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

The school's Healthy Living lead is Mr R. Flowers Assistant Headteacher and the school's PE Lead is Mr J. Emmanuel

2. Aims of the Policy

- ☞ To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils, staff and visitors.
- ☞ To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- ☞ To provide and promote opportunities for all pupils and staff to be physically active throughout and beyond the school day.
- ☞ To increase physical activity levels of pupils in line with national targets, working towards a minimum of two hours high quality physical education, within the curriculum, and offering additional hours through extra-curricular activities and competitions.
- ☞ To promote the benefits of physical activity to the whole school community.
- ☞ To improve the self-esteem and confidence of the pupils through participation in physical activity.
- ☞ To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- ☞ To organise specific events that promote and raise the profile of physical activity and celebrate sporting events.
- ☞ To provide pupils with the best possible physical activity experience regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern
- ☞ To maintain a high profile for physical activity in all aspects of school life by continuously improving the quality and breadth of PE and Sport provision.
- ☞ To provide safe and stimulating areas in which children can play and be active.
- ☞ To ensure safe and effective exercise procedures are in place whatever the sports activity and environment.

3. Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living.

4. Roles and Responsibilities

The school has responsibility to ensure that every pupil is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

All staff play a major role and are encouraged to become involved in the school physical activity programme to motivate pupils to be more active and be a role model.

All staff responsible for physical activity should ensure that basic rules regarding behaviour are established and adhered to.

Rules regarding clothing, footwear, jewellery etc. are encouraged during physical activities.

Safe and effective exercise procedures are adopted in all physical activities, including warm-ups and cool downs.

5.Delivery of Physical Activity

The promotion of physical activity is delivered through:

- ☞ Physical Education lessons led by our PE specialist teachers;
- ☞ cross curricular links in our curriculum - Literacy, PE, Cooking and Nutrition, PSHE, Mathematics and Science;
- ☞ extra-curricular clubs run through our after-school activities;
- ☞ playtime activities.

5.01 Teaching and Learning

We want our pupils to become physically confident and independent in a way which supports their health and fitness. Through sports participation, we also enable our pupils to build character and embed values such as fairness and respect. From learning how to develop fundamental motor skills to become increasingly more confident and competent, we offer our pupils a broad range of opportunities such as swimming lessons to extend their water-based skills, agility, balance and coordination individually or within a team setting. Our pupils are able to take part in competitive and co-operative physical activities in a range of challenging situations and context such as Borough Panathlon competitions, snow tubing, horse riding and OAA at the Stubbers outdoor activity centre.

Our pupils are given opportunities to achieve qualifications in PE which have been designed to address the needs of learners with special educational needs and disabilities. Through the WJEC Healthy Living and Fitness Award, our pupils learn ways in which they can contribute to a healthy lifestyle and are encouraged to demonstrate activities which will improve their own lifestyle. They learn to become active contributors when working with others on group activities and to be able to review their own progress and skills development and how to identify and work towards goals appropriately. Opportunities to take part in individual sports, team sports, inter and intra school competitions and the use of community facilities, such as swimming pools, gyms and local astro turfs are available to the pupils taking part in the course. They are provided with the opportunities to develop decision making skills which will enable them to make appropriate choices in their own lives and to develop an understanding of the link between food and health. They are also able to acquire a knowledge and understanding of safety and hygiene when preparing, cooking and serving food.



AC 2.3 Follow basic safety rules when taking part in different sporting activities

[Green Circle] has been able to follow the basic rules when competing in a bowling competition and inter-house football tournaments.

AC 3.1 Make use of a community sports facility


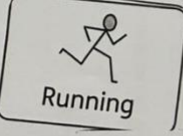







20/11/23

Preparing for Sporting Activities
AC2.1 Perform a warm up/cool down.
Stretching exercises
Aerobic activities

Stick the activities in the correct phase of a warm up for PE.

Name: [redacted]
Date: 21/11/23
Level of support: SUS mainly with Phase 3

LO: To identify different activities used in each phases of a warm up.

Phase 1: Pulse raiser	Phase 2: Stretching	Phase 3: Skill related
 Skipping ✓  Running ✓  Star jumps ✓	 ✓  ✓  ✓	 ✓  ✓  ✓

Asdan Personal Progress course is offered to our Key Stage 4 pupils. This course has been developed for learners with a wide range of learning needs and abilities and provide meaningful outcomes through a person-centred approach that prepares learners for adult life. The Entry 1 qualification in Personal Progress is approved by Ofqual qualifications and made up of units in the following areas: Literacy, Numeracy and ICT; Employment; Independent Living; Good Health, Community Inclusion as well. The school also promotes physical activity within their AQA Award program i.e. accreditation towards gaining different sports and sporting skills awards.

AC 1.1 Recognise appropriate clothing and footwear to suit different sporting activities

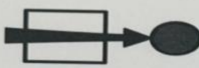
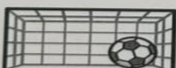
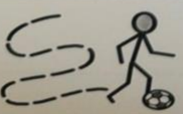
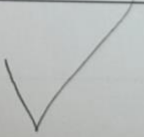


[redacted] has selected and worn the correct clothes when competing in the inter-house football tournament.

AC4.1: Identify own strengths when participating in a chosen activity.

Names: [redacted] Date: 19/11/2024

tick
 what
 you
 did well
 in
 Futsal
 today?

 Passing	
 Shooting	
 controlling	

5.02 Additional learning opportunities

All pupils are provided with opportunities to be physically active through cross-curricular time via a wide range of activities including both individual and team/group and non-competitive and competitive. Most notably events such as National Fitness Day, World Cup Football/Rugby Fever and our House System are whole school projects that all pupils and staff are actively encouraged to take part in.

The annually held winter and summer sports days highlight the emphasis upon participation and enjoyment, with opportunities open to all pupils, regardless of ability to show off their ability and skills gained across the curriculum.

Unstructured Playtime

Our school has a playground with playground markings and play equipment for free play. Staff engage and encourage pupils in physical activity at playtime. Each class has their own playground equipment including a variety of sports and active play items for playtimes purchased this year by the PE department. In addition, pupils are encouraged to use the Trim Trail and the Biking Area, with new bikes purchased and maintained annually to increase availability at playtime.

Extra-Curricular Physical Activity

We aim to encourage all pupils to take part in a range of extra-curricular activities and involve them in deciding the activities we put on offer. Registers of extra-curricular clubs are kept identifying those who do not take part in (extra) regular exercise. In our after-school club timetable pupils have a diverse choice of activities in which they can participate. The PE department run 3 clubs per week in school, with a diverse range of sports and activities being offered. P.E. Clubs are focused on different sports each half-term offering competitive, non-competitive, structured extra-curricular opportunities for all. Combining with science, art and cooking and nutrition clubs on offer, the P.E. ideals of living a healthy and active lifestyle is becoming fundamentally embedded in the school's ethos.

All activities are supervised by school members of staff who may or may not be teachers. School staff supported by SLT will always be available in case support is required -e.g. an accident.

In 2023/24 Riverside Bridge School successfully won funding from London OSF for over £15,000 worth of new equipment including trampolines, outdoor table tennis tables, outdoor football and basketball goals to improve our extra-curricular provisions on both Campus and Thames Road sites.

Competitions

Specific events are organised throughout the year to promote physical activity and raise its profile across the whole school community:

- ☞ Whole school summer sports day;
- ☞ Whole school winter sports day;
- ☞ Intra-school Panathlons;
- ☞ Intra-school boccia competitions;
- ☞ Intra-school swim gala;
- ☞ Inter-school football, rounders, boccia, athletics and basketball tournaments.

School sporting trips

Our pupils enjoy many educational visits to the local area or to place of interest in London or further afield such as London Aquatic Centre, West Ham's London Stadium, Horse Riding, Stubbers Outdoor Adventure Centre both for day and residential visits, Hemel Hempstead Snow Centre, plus our annual residential trip to Trewern in Wales for our KS4 pupils, the ideal place to stay for our young people whether they want to walk in the mountains of the Brecon Beacons National Park, explore rivers by canoe, or simply enjoy a local walk.

Bikeability

Pupils are offered 'Bikeability' Training. Train several pupils in gaining their Level 1 Bikeability every year.



5.03 Staff Activities

Riverside Bridge School encourages all staff to take an active part in physical activities.

Staff lead additional timetabled healthy living lessons as part of Learning and Development, such as yoga, dance and HIIT workout for the pupils.

Staff have the opportunity to build on their CPD and can attend to Dance led by the Royal Opera House, Movement & Exercise courses to ensure pupils are given a wider range of activities within the school. All staff have had the opportunity to be trained in the delivery of OAA through our partner Enrich Education, who have held CPD in how to offer OAA at Riverside Bridge School through the use of ICT and map reading skills.



As part of their Well-Being Programme, staff can join a boxercise, team-based games classes and yoga or HIIT classes. This runs weekly and is delivered by our newly appointed sports coach.

6.Resource Provision

Riverside Bridge School has a PE room, which is equipped with a range of activities focusing on sensory integration (i.e. balance beams and climbing apparatus) to following more sport specific with reference to the National Curriculum and the school's 'Flow' curriculum framework (i.e. invasion games, net and wall, striking and fielding).

For the teaching of games, there is a fully equipped Sports Hall with basketball hoops, a full-sized badminton court, indoor futsal/handball goals, table tennis tables and 2 full size trampolines. In addition, Riverside Bridge School has a large playground with 4 outdoor basketball hoops, 2 outdoor table tennis tables and 4 outdoor football goals, combined with a variety of markings and activities to take part in. The campus also has a large field and astro turf on site, of which the Riverside Bridge School staff and pupils may access at different times of the year.

An annual audit of all physical education equipment is conducted by the PE lead in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the sport hall store cupboard, planning and resources can be found in the staff shared area.

Riverside Bridge School receives every year a PE and Sport Premium, which is a grant given to schools by the Government every year. It must be used to fund additional and sustainable improvements to the provision of PE and sport, for the benefit of primary-aged pupils, to encourage the development of healthy, active lifestyles.

In 2020/21, this grant has been used to increase pupils' activity levels at playtime and experience a range of sports outside the curriculum including experience events.

In 2021/2022, due to the restrictions COVID placed on external sporting opportunities, this grant was used to boost the sports experiences for all pupils over the academic year. It was also used to subsidise all pupils' access to swimming lessons.

In 2022/2023 the Sports premium grant was used to boost the sports experiences for all pupils over the academic year through experiences such as Horse Riding and Rock climbing. It was also used to subsidise all pupils' access to swimming lessons.

In 2023/2024 the Sports premium grant was again used to boost the sports experiences for all pupils over the academic year through experiences such as Horse Riding, Snow Tubing, Stubbers Outdoor Adventure Centre trips and trampolining. It was also used to subsidise all pupils' access to swimming lessons.

In 2024/2025 Riverside Bridge School will be investing in development of the outdoor area. The introduction of outdoor gym equipment, sports facilities and active play equipment will be key in improving the delivery of outdoor PE and the breadth of sports pupils will be able to access at Riverside Bridge School. The grant again will also be used to subsidise all pupils' access to swimming lessons.

7. Health and Safety Guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of P.E. lessons, inter school competitions, playground activities, off-site sports trips, events and competitions (refer to the school's Health and Safety Policy and Risk Assessment file).

The school refers to guidance given in the AfPE Safe Practice in Physical Education Publication.

<https://www.afpe.org.uk/>

All guidelines for physical education and games are followed i.e. supervision, behaviour, clothing and use of equipment.

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>

All coaches/professionals from outside organisations we work with must hold suitable qualifications and will be CRB checked.

8. Promoting Physical Activity to the Whole Community

The extra-curricular activities schedule is advertised on the school website and parents/carers are sent details of physical activity clubs their children may attend.

Details of physical activities in the wider community are sent home - especially activities taking place during the school holidays through LBBB provisions.

Riverside Bridge School regularly participates in local annual programme of festivals and competitions, which promote physical activity i.e. Xtend Panathlon and boccia tournaments.

9. Monitoring and Evaluation

The school PE Lead is responsible for providing clear leadership and management in developing and monitoring physical activity within school. He works closely with all members of staff. He monitors levels of participation and makes appropriate adjustments. He consults with pupils and staff to identify barriers to participation and to ensure there is a broad range of activities are provided for all pupils to participate in.

Regular monitoring and evaluating of the policy will be undertaken with pupils, staff, parent/carers, governors and external partners. The number of out of school hours learning opportunities and the number of pupils attending will be part of this monitoring process.

The curriculum and out-of-school hours learning programmes are monitored on an ongoing basis through self-evaluation and are reviewed annually.

Aspects that are monitored include:

- ☞ pupils, staff and parents/carers' knowledge of and attitude towards physical activity;
- ☞ pupils' progress in physical activity;
- ☞ the range of physical activity opportunities offered to all pupils, staff and parents/carers and the levels of participation;
- ☞ the percentage of pupils participating in 2 hours per week of high-quality PE or school sport within and beyond the curriculum;
- ☞ the number of links to clubs/activities within the community and pupil participation in these;
- ☞ the number of pupils walking or cycling from/to home;
- ☞ the number of pupils who achieve an hour of physical activity each day;
- ☞ the number of professional development courses attended by staff;
- ☞ how and when pupils, staff and parents/carers have been consulted.

The methods of evaluation include:

- ☞ assessing pupils' achievements;

- ☞ reviewing the “Growth” curriculum;
- ☞ reviewing programmes of activities on offer;
- ☞ reviewing registers of activities;
- ☞ staff and pupil discussions;
- ☞ minutes of School Council meetings;
- ☞ questionnaires and/or surveys of pupils, parents/carers and staff.

10. Achieving Healthy School Status

The focus of this policy in improving the health and well-being of pupils, staff and the school community will help us to achieve and maintain the highest possible Healthy School Status.

- The Bronze Award was achieved in June 2021 and being reapplied in 2024-25..
- The Silver Award was achieved in June 2022.
- The Gold Award was achieved in June 2023.
- The School Games Gold Award was achieved in June 2023.

