



**xxxx Infant School
Draft**

A Whole School Policy for Physical Activity

Implementation November 2006

Review 2009

This policy was drafted by	Xxxxxx	PSHCE co-ordinator
	Xxxxxx	Parent/governor
	Xxxxxx	Head teacher
	xxxxxx	Healthy Schools adviser

for consultation with all staff in the school, children and parents.

Aim:

- To help children learn life long skills in physical activity as part of a healthy lifestyle
- to help children understand the impact of a lack of physical activity on their health and self image.

Objectives:

- to provide clear leadership and management to develop and monitor its physical activity policy
- to ensure a minimum 2 hours of structured physical activity each week to all of its pupils in or outside the school curriculum
- to provide opportunities for all pupils to participate in a broad range of extra curricular activities that promote physical activity
- to consult with pupils about the physical activity opportunities offered by the school, identifies barriers to participation and seeks to remove them
- to involve the Schools Sports Coordinator in planning and auditing resources and the provision of activities
- to encourage pupils, parents/carers and staff to walk or cycle to school under safe conditions, utilising the school travel plan
- to give parents/carers the opportunity to be involved in the planning and delivery of physical activity opportunities and helps them to understand the benefits of physical activity for themselves and their children
- to ensure that there is appropriate training provided for those involved in providing physical activities
- to encourage all staff to undertake physical activity

Review and monitoring

- The PSHE co-ordinator and staff are responsible for monitoring and evaluation. Assessment and monitoring takes place in a number of ways e.g , through teacher assessment of pupils' development of fitness, skills, agility and attitudes in physical activity, the success of school and class events, feedback from school council discussions and parents' consultation.