



# Norwich Road Academy

## Physical Activity Policy

Date of policy	November 2024
Member of staff responsible	H. Archibald
Review Date	November 2026

## **Physical Activity Policy**

### **Introduction**

Norwich Road Academy is committed to promoting the health and wellbeing of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Norwich Road Academy.

### **Ethos and Environment**

Norwich Road Academy strives to maximize 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.

### **Physical activity policy co-ordinator**

The school physical activity policy and strategy co-ordinator is Miss Hannah Archibald.

### **Physical activity aims & objectives**

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

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
3. To increase physical activity levels of pupils in line with national targets.

### **Equal opportunities**

All physical activity opportunities offered at Norwich Road Academy are designed to be inclusive and cater for different ability levels. For more information, please refer to the Equal Opportunities and Gifted and Talented policy.

### **Resource provision**

Norwich Road Academy has a school hall, which is equipped with portable and fixed apparatus for gymnastics. For the teaching of games, there is a large playground, with markings and a large field.

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 shed, and planning resources can be found in the PE Co-ordinator's area.

### **Curriculum provision organisation**

The PE programme is taught by class teachers, a Premier Education coach and Mrs Jeanes who has a certificate in 'Supporting the delivery of Physical Education, School Sport and Physical Activity'. Swimming is taught by specialised swimming instructors.

Each child will receive the following active PE time per week:

EYFS: 60 minutes x 1 lesson and continuous provision including active play activities throughout the day.

KS1 and KS2: 60-minute lesson x 1, 30-minute lesson x1, Daily Mile x 10 minutes per day.

Year 4 attend swimming lessons for 30 minutes a week throughout the autumn term and

Year 3 attend swimming lessons for 30 minutes a week throughout the summer term.

### **Planning:**

As a school, we follow Get Set 4 PE as our scheme of learning. The scheme of work offers comprehensive lesson plans from Reception to Year 6 for all of the topics taught in school. It is intended that the plans are adapted by the teacher in order to suit the needs of their class.

In both key stages we teach gymnastics, dance, games, athletics with the addition of outdoor adventure activities in key stage 2. In EYFS, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

### **Cross curricular links**

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, maths, PSHE and computing skills.

### **Assessment**

Teachers use the end of topic expectations from the Get Set 4 PE and their information from their distance marking grids to help them assess whether children are working towards, at or above the expected standard for their age group.

## **Extra-curricular provision**

### **Break times / lunch times**

We have markings on both of our playgrounds in order to stimulate children at playtimes. Children are encouraged to be active at playtime, and often engage with the equipment that has been provided. Year 6 Play Leaders are on duty at lunchtime daily to facilitate physical activities for other children to join in with.

Mrs Jeanes leads a lunchtime club 4 times a week for KS2 and Mr Flood (Premier Education coach) leads a lunchtime club once a week for KS2.

### **After school clubs**

We aim to encourage all pupils to take part in a range of clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify which groups of children we need to target to encourage further participation. Football club is on offer to upper KS all year round. Other clubs are chosen to prepare for competitions and to give children the experience of different sports that we do not cover in the curriculum. These include hockey, dodgeball, ultimate frisbee, gymnastics, fencing, archery, table tennis and many more.

### **Competition**

Pupils take place in a range of intra-school and inter-school competitions organised through the Thetford Cluster team. We also participate in some local School Sport Partnership events. We are also signed up to the competition package through Premier Education; this ensures **every child** in our school takes part in a competition twice a year.

### **School trips**

The school offers a number of outdoor education experiences throughout the year including balance bike training for EYFS, Bikeability for Year 5. In Reception, the children visit High Lodge and experience walking around the forest. Our older children have a variety of school trips including a visit to Hunstanton for a coastal walk, a visit to a Nature reserve and walks within our local community.

### **Active travel**

Please refer to the School Travel Plan for details of how we promote travel to school.

### **Community partners / links**

The school is part of the Breckland School Sports Partnership. We have also established links

with a number of the local schools in Thetford.

### **Staff activity**

Our staff aspire to be positive role models for our children. They take an on an active role at sports day, demonstrate physical activity during PE lessons, join in with the Daily Mile and model wearing the correct PE kit.

### **Health and safety**

Please refer to the school's health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on DBS / staffing checks.

### **Monitoring and evaluation**

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate impact of the policy in line with the above mentioned objectives including participation data collected as part of the PESSCL requirement.

This policy will be reviewed by staff and governors at least every 2 years.