

## **School Sport and Funding Policy**

### **1. Policy Statement**

We use our Sports funding to enable children to be given every opportunity to increase their physical activity. Physical activity is wider than physical education and includes a range of opportunities that the school can provide through play, teaching approaches, school trips, residential visits etc. We have a responsibility to help pupils establish and maintain lifelong habits of being physically active. We recognise that promoting a physically active lifestyle among young people is important because:

- through its effects on mental health, physical activity can help increase pupils' capacity for learning
- physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight, and blood pressure
- positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

### **2. Aims**

At Tatham Fells CE (VC) Primary School, we aim to:

- encourage pupils to enjoy physical activity;
- present new opportunities to children;
- promote physical activity as a way of life;
- make positive choices.

### **3. Provision of Physical Activity in School**

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education Lessons
3. Active lessons
4. Extra-curricular physical activity
5. Travelling to and from school
6. Before School, Break and lunchtime activity
7. Accessible and adequate facilities
8. Staff opportunities
9. Involvement with parents/carers
10. Involvement with School Sports Partnership and other community resources
11. Healthy Lifestyles themed day/week
12. Achievement Assemblies

### **4. Before School, Break and Lunch Time Activity**

Our before school club and break times provide opportunities for physical activity, which help pupils stay alert and attentive in class and provides other educational and social benefits.

The school has a playground, playground markings, toys and equipment available for free play. Mid-day supervisors engage pupils in physical activity at lunchtime (skipping, team games etc), which promote physical activity. Pupil Sport Leaders organise activities for groups of pupils. Break times shall complement, not substitute, physical education classes. Our physical activity

trail (installed Summer 2011) has greatly enhanced opportunities for pupils to engage in physical challenges.

### **5. Extra Curricular Physical Activity**

This school offers a physical activity programme that features a broad range of activities meeting the following criteria:

- Pupils have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options eg gardening or drama.
- Every pupil has an opportunity to participate regardless of physical ability;
- Pupils have the opportunity to be involved in the planning and organisation of the after school programme.

### **6. Inter School Sports**

The school works with other schools in the Lune Valley Cluster to provide a wide range of sporting tournaments so that children get the opportunity to compete with children from similar sized local schools.

### **Healthy Lifestyles Themed Day/Week**

Specific time is allocated each school year to focus on promoting healthy lifestyles, which includes physical activity taster activities where children can try new activities not currently offered by school. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources, such as Sports Development are involved in activities during this week.

### **7. Celebrating Physical Achievements**

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the children's confidence and self-esteem, which in turn may encourage them to continue being active.

### **8. Equal Opportunities**

All teaching and non teaching staff are responsible for ensuring that all pupils, irrespective of gender, ability, ethnic origin and social circumstances have access to the whole curriculum and opportunities to make the greatest progress possible in all areas of the curriculum.

All children are also given the opportunity to develop skills, knowledge and understanding to the very best of their ability. Wherever possible, all children can participate in the whole PE Curriculum. For children who are physically challenged, some modifications may be necessary to this area of the curriculum. Please refer to the whole school policy for SEN/Disability equality policy.

### **9. Monitoring and Evaluation**

An annual sports action plan will be written in line with the aims of this policy to ensure children are given access to as many forms of physical activity as possible to encourage sporting excellence and physical activity.

The Physical activity co-ordinator will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. We consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra curricular activities that promote physical activity are provided for all pupils to participate in.

## **10. Policy Development and Review**

This policy document was produced in consultation with the entire school community, including pupils, parents, school staff, Governors, LA representatives, school nurse and local Healthy School Programme.

This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus.

It will be reviewed on an annual basis.

### **Tatham Fells CE (VC) Primary School**

#### **School Sport and Funding Activity**

Signed (Headteacher):

Signed (Governing Body representative):

Date: January 2017

This policy was reviewed alongside our PE and School Sport action plan linked to the PE Premium funding.

Review date: September 2020