

Houghton Regis Primary School
Active School Policy Statement

Philosophy

The involvement of children and adults in a variety of activities provides them with the opportunity for self-discipline, commitment, health and fitness, personal and social development. Undertaking physical activity can have a direct affect upon raising standards of academic achievement.

Being active is a crucial element of health for all ages. By building children's interest in sports and an active lifestyle early life we will positively encourage good habits for later life.

Aims

We aim:

- To provide all children with a positive and enjoyable introduction to sport and the opportunity to continue their interests through a wide range of physical activity.
- To encourage activity across and beyond the curriculum for all ages.
- To encourage all learners to adopt an active lifestyle and a positive approach to their health and wellbeing.
- To achieve equal opportunities and access for all.

Extra-curricular school activities

The school environment and ethos will promote an active, healthy lifestyle for all.

In addition to the PE curriculum followed and identified links to other subject areas will be offered each year:

- Playground friends – activities provided during school lunch break-times.
- Afternoon playtime activity trollies – to promote active play in KS1
- School meal service – will promote a healthy lifestyle and healthy eating.
- School tuck shop – will promote healthy eating
- Government Fruit Scheme – will promote eating of fruit at break times for Nursery/Recep and KS1.
- School Water Bottles – can be purchased to promote drinking of water.
- School Nurse – to promote a healthy lifestyle to the children and parents.
- Brain Gym – to promote thinking and learning.
- School Parliment – to encourage pupil participation in identifying new and additional school activities.
- A range of extended school activities – will promote physical fitness and endurance.
- Before/After school club – will offer healthy food, encourage an active life-style and provide a walking bus to/from the club.
- Inter-school competitions and tournaments – will promoted active participation in physical activities.
- Bikeability and Scooterbility as part of our Healthy Travelplan will be promoted in partnership with Sustrans.

Extended School Activities

Teachers and adult volunteers who have the relevant skills and training necessary to act as club leaders will run a variety of school clubs. All adults will be CRB checked before participating in any activity.

Each child must complete an application form for health and safety purposes. Additional school insurance is taken out to cover all adults and pupils involved in after school activities. Registers will be kept of attendance. A trained first-aider will be on site whilst the activities are taking place. Monitoring information is collected by the school and evaluated by the PE Co-ordinator.

Community

Children will be encouraged to participate in local clubs and activities. The Tilsworth Golf Centre offers reduced price lessons for our pupils and their parents every Saturday. The Dunstable Rugby Club runs recruitment sessions at the club. Tennis lessons are provided from a private tennis coach in the school hall, throughout the year. Basketball is offered from 'Hot Shots' and takes place in the school hall for Years 3 and above. .

March, 2016