



# Physical Literacy Policy

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Christ Church Primary School believes that in order to lead a long and healthy life, a good grounding in physical literacy is vital. We believe that physical literacy is more than just PE and that our pupils should engage in regular physical activity outside of mandatory PE lessons.

We are committed to developing the physical literacy of pupils by:

- Encouraging and nurturing a lifelong enjoyment of and participation in sports and physical activity.
- Helping pupils develop healthy habits.
- Promoting and developing a healthy, active lifestyle amongst pupils.
- Teaching the knowledge and understanding pupils require to make active and healthy choices day-to-day.
- Providing opportunities to engage in moderate to vigorous physical activity for one hour per day, five days per week.

## **Key roles and responsibilities**

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- 1.1. The Governing Body has overall responsibility for the implementation of the physical literacy policy and procedures.
- 1.2. The Governing Body has overall responsibility for ensuring that the physical literacy policy, as written, does not discriminate on any grounds, including but not limited to: ethnicity/national origin, culture, religion, gender, disability or sexual orientation.
- 1.3. The Governing Body has responsibility for handling complaints regarding this policy as outlined in the school's complaints policy.
- 1.4. The Headteacher will be responsible for the day-to-day implementation and management of the physical literacy policy and procedures .
- 1.5. Staff, including teachers, support staff and volunteers, will be responsible for following the physical literacy policy and for ensuring pupils do so also. They will also be responsible for ensuring the policy is implemented fairly and consistently.



- 1.6. Staff, including teachers, support staff and volunteers, will demonstrate a healthy and active lifestyle.
- 1.7. Parents and carers will be expected to promote a healthy and active lifestyle.

## **2. Definitions**

- 2.1. Christ church School defines “physical literacy” as:
  - 2.1.1. The ability to perform a range of fundamental movement skills including:
    - Hand-eye co-ordination – i.e. throwing and catching.
    - Locomotive skills – i.e. hopping and balancing.
    - Agility skills - i.e. skipping and running.
  - 2.1.2. The development of healthy habits and a healthy active lifestyle.

## **3. Training of staff**

- 3.1. We recognise that early intervention can improve health and wellbeing. As such, teachers will receive training in identifying pupils potentially at risk of developing unhealthy habits and/or ongoing weight problems.
- 3.2. Teachers and support staff will receive training on the physical literacy policy as part of their new starter induction.
- 3.3. Teachers and support staff will receive regular and ongoing training as part of their development.

## **4. Pupil expectations**

- 4.1. Pupils will be expected to embrace developing healthy habits and making healthy lifestyle choices.

## **5. Curriculum Based Physical Education**

- 5.1. Pupils will engage in curriculum based Physical Education 2 hours per week.
- 5.2. Pupils will be assessed on specific movements and abilities as part of their physical literacy in years: 1, 3 and 5
- 5.3. Parents/carers will send a signed note if a pupil is unable to take part in their PE lesson.
- 5.4. Pupils will be taught to swim in Key Stage 2 as mandated by the 2014 National Curriculum.



## 6. Other activities

6.1. Pupils will have the opportunity to join one or more of the following lunchtime/after school/weekend clubs/teams as part of their ongoing physical literacy development:

- Football
- Netball
- Rugby
- Athletics
- Cross-country
- Basketball

6.1. Pupils will be encouraged to spend their breaks between lessons and at lunch time engaged in physical activities outside, weather permitting.

## 7. Healthy Eating

7.1. From September 2014, every child in years one and two will receive a free healthy school meal.

7.2. Christ Church School follows the Government's guidelines on school meal nutritional standards.

7.3. Our Meal policy can be found on our website/

**Appendix 1 – Physical Literacy Skills Form.**

Name: \_\_\_\_\_ Year **1**  
 Physical Literacy Skills Assessment Form  
 I Can...

<b>Stand on one leg</b>		<b>Catch a large ball</b>	
<b>Jump</b>		<b>Catch a small ball</b>	
• <b>1 to 1 (hop)</b>		<b>Kick a football</b>	
• <b>1 to 1 (leap)</b>		<b>Pass a football</b>	
• <b>1 to 2</b>		<b>Pass/throw a large ball</b>	
• <b>2 to 2 (high)</b>		<b>Pass/throw a small ball</b>	
• <b>2 to 2 (long)</b>		<b>Hit a ball with a bat</b>	
<b>Skip</b>		<b>Hit a ball with a racquet</b>	
<b>Dodge</b>		<b>Bounce a ball</b>	
<b>Side Gallop</b>		<b>Dribble a ball</b>	
<b>Side Step</b>		<b>Add your own</b>	
<b>Swim</b>		<b>Add your own</b>	
<b>Climb</b>		<b>Add your own</b>	
<b>Swing</b>		<b>Add your own</b>	
<b>Catch</b>		<b>Add your own</b>	
<b>Throw</b>		<b>Add your own</b>	
<b>Pass</b>		<b>Add your own</b>	

## Appendix 2 – Physical Activity Monitoring Form.

Name: \_\_\_\_\_

Physical Activity Chart – What have I done today?

Day	Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Day	Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Day	Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	