

Alderley Edge Community Primary School

Physical Activity Policy

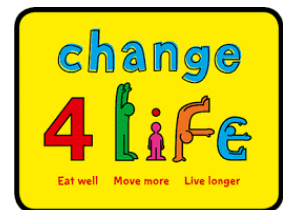


Aims

- Try to get the best out of everyone
- Get fitter and healthier
- For everyone to enjoy physical activity
- Make sure everyone is included no matter what their ability
- Develop good sportsmanship and a positive attitude towards physical activity
- For everyone to understand why physical activity is important for our whole life
- Everyone is kind and supports each other
- Keep the Platinum Award for school sport

What AECPS will do

- For everyone to have 2 P.E. lessons a week (each one an hour)
- Try and put in extra times each day to do more physical exercise
- Have School Games Makers
- School Games Makers want to help everyone enjoy physical activity and take part in the weekly pledge
- School Games Makers will help to run Change 4 Life group and encourage them to be more active
- Provide a variety of different after school clubs for all years
- Have a sports week in the summer term
- For lots of children to have the opportunity to enter festivals and competitions
- Maximise the use of the school equipment and allow all children to have access



What children can do for themselves

- Join in fully all PE sessions and physical activities
- Do the daily challenge
- Join a school after school club
- Join a sports club out of school
- Encourage everyone and support others



For more information talk to your class teacher.

AECPS
Making a Difference