



Physical Activity Policy

Aim of Policy

We have a responsibility to help pupils and staff establish and maintain lifelong habits of being physically active. According to the Chief Medical Officer (Department of Health, 2004), regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. 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. Therefore this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

Definition of Physical Activity

World Health Organisation (2022) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health.

Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play, and can be done at any level of skill and for enjoyment by everybody.

Provision of Physical Activity in School

Physical activity in school is provided through the following;

1. School ethos
2. Physical Education Lessons
3. Travelling to and from school
4. Active lessons
5. The Daily Mile
6. Extra-curricular physical activity
7. Before School, Break and lunchtime activity
8. Involvement with parents/carers
9. Involvement with School Sports Partnership and other community resources

1.School Ethos

Every student shall be physically educated- that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain fitness, regularly participate in physical activity, understand the short and long-term benefits of such activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle. We will also encourage families to remain physically active with their children and will promote activities and events within the local community which will do this. In addition, older pupils are encouraged to take responsibility for their own health and the health and fitness of the younger pupils by becoming a Sports Leader.

2. Physical Education Lessons

There is a sequential scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis; teaches physical competence and confidence, sport and movement skills, and knowledge about the health behaviours needed to establish and maintain lifelong physical activity and health (WHO,2022). Physical education provides children with the opportunities to gain competence in a broad, balanced range of physical activities so that they can enjoy being active.

3. Travelling To and From School

The school encourages active methods for travelling to school, such as walking and cycling. We encourage walking to school week and also have a bike store for bike safety whilst the children are in school.

4. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; delivering speaking and listening through drama etc. We also encourage the use of 'Go noodle' to break up learning time with short breaks of physical activity for around 3-5 minutes.

5. The Daily Mile

We have developed and integrated the 'daily mile' incentive into school as it helps to promote physical health and well-being by allowing children to be more active and less sedentary. From completing the daily mile the children feel happier, calmer and more awake which leaves them feeling positive towards physical activity. When returning to the classroom children are more alert and are able to focus and concentrate more.

6. Extra Curricular Physical Activity

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

Students have a diverse choice of activities in which they can participate.

Competitive, non-competitive, structured, un-structured, and including some physical activity options e.g. gardening or drama.

Every student has an opportunity to participate regardless of physical ability;

All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required e.g. serious accident.

7. Before and after School Club, Break and Lunch Time Activity

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

The school has playgrounds with playground markings which the pupils use on a regular basis. Lunchtime supervisors engage pupils in physical activity at lunchtime to encourage all children to get involved in physical activity. FODs have recently bought the trim trail which the children can access at break and lunch times which again promotes physical activity in all children.

Break times shall complement, not substitute for, physical education classes. Sports leaders in school will also run activities during lunch times for the children to take part in- encouraging enjoyment and fun over competition. The children will also be given the opportunity to discuss which activities they would like to do during school council meetings.

BASC also encourage children to participate in a range of activities after school which will promote the children to be physically active through the use of equipment available and accessing the school grounds and field when possible.

9. Involvement with Parents/Carers

This school involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example: Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions. Swimming is a great way for families to enjoy fun and exercise together. It is also an activity that people can enjoy at any age, and hopefully children will develop into lifelong swimmers as a way of keeping fit and having fun.

Parents are invited to our Health and Sports Week and are able to participate in activities with the children.

Parents have been consulted on physical activity opportunities in school.

Parents are invited to the Schools Annual Sports Day and the Fun Sports Day.

The PTA (FODs) organise fundraising opportunities to raise money for the school which often involves physical activity for families.

10. Involvement with School Sports Partnership and Other Community Resources

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students and staff for physical activity, joint school and community recreation activities.

The school has achieved the School Games Mark Award and regularly liaises with the DLP trust schools to further enhance the provision of community activities. We have an affiliation with City in the Community and through their programme our children have accessed their healthy lifestyles programme- where children learn about healthy foods and why they are important. Their mental

health and well-being programme- which discusses taboo topics but also helps the children see how physical activity can help improve mental health.

Equal Opportunities

Physical activity needs to serve the interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation.

CPD Opportunities

The Physical Education Co-ordinator receives regular training from the LEA and the School Sports Partnership.

Training needs are identified and agreed within Performance Development Reviews with the Head teacher. Training opportunities with relevance for the whole school are circulated to the rest of the school staff during inset days/staff meetings.

The Physical Education Co-ordinator is up to date with current initiatives and has close links with the LEAs Education Officer for PE and the School Sports Partnership.

School has the National Healthy School Status and this policy forms part of this award.

This school works hard to achieve recognised status for physical activity and school sports through the School Games Mark Award.

September 2022

To be reviewed: September 2025