



Physical Activity Policy

Date: 2023

Lead: Headteacher/DSL

Next Review: 2026

Aims

As a Healthy School we want to promote the health and wellbeing of the whole school community through increasing awareness and enjoyment of and participation in physical activities. We are aware of our role, alongside parents and carers, in supporting children to meet the national physical activity guidelines:

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. Those 60 minutes include 30 minutes within school and 30 minutes of physical activity outside of school.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week. This can include activities such as dancing, running, swimming, climbing, playing modified ball games, gymnastics and other associated actions such as jumping and landing that occur as part of such activities.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

[Physical activity for children and young people: 5 to 18 years \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/67222/physical-activity-guidelines-for-children-and-young-people-5-to-18-years.pdf)

Physical activity and the school community

- All those leading physical activity sessions adopt a caring and supportive approach.
- The school identifies pupils who do not participate in physical activity and those who need extra support to participate and implement strategies to encourage and support pupils to be more active
- There are a range of sport and playground equipment available to pupils to encourage them remain active throughout the day.
- Pupils' participation in physical activity is celebrated through presentations in collective worship and in newsletters.
- All pupils from Reception to Year 6 have opportunities to participate in additional dance sessions led by a dance teacher.
- Whenever possible school staff are encouraged to actively participate in sports and playground activities alongside the children.
- Parents are invited to sports events and are encouraged to volunteer to lead after school clubs for children.

Governors

- Governors are fully aware of the PE and Sport Premium Grant spend and ratify documentation

External providers

- The school works closely with an external organisation to deliver high quality PE provision and after school clubs in a range of sports.
- The school works with the Islington PESSPA team to keep up-to-date on developments, provide training for staff and to participate in sports events.
- The school has Healthy Schools Status.

PE in school

We believe that physical education can provide unique opportunities for pupils to enjoy physical activity, develop physical skills, learn about healthy lifestyles and develop personal qualities such as self-confidence, cooperation, resilience, perseverance, communication and fair play.

- KS1 and KS2 pupils access at least two hours of physical education every week.
- The PE programme is broad and balanced, complies with statutory requirements is accessible to all and aims to meet the needs and interests of all pupils
- PE is taught by a qualified PE teacher or coach.
- Swimming is a key part of our curriculum and pupils in Year 3 to Years 6 participate in a 2-week block of swimming sessions led by swimming teachers each year.
- PE is assessed half-termly against curriculum objectives and progress is reported to parents annually.

Health and Safety

The school recognises that physical activity involves pupils in activities which by their very nature, contain an element of risk. Staff manage this risk by:

- *being familiar with safe practices for moving and using apparatus*
- *having clear rules and procedures around use of equipment for all pupils*
- *being aware of pupils who have special needs with regards to physical activity, e.g. asthma*
- *ensuring pupils wear appropriate clothing for the activity, remove any jewellery and tie long hair back.*
- *being aware of the correct procedures for the development of the teaching of specific skills*
- *ensuring that apparatus and equipment are stored safely at the end of each lesson*
- *encouraging pupils to always consider their own safety and the safety of others*

It is a general requirement that schools undertake an annual risk assessment of the school premises and equipment.

Supporting physical activity in all aspects of school life

Out of school hours learning

- After school sports clubs and dance are offered every term for pupils in Reception to Year 6. These are led by teachers, sports coaches and dance teachers.

Active travel

- Pupils (and their parents / carers) are encouraged to walk, cycle or scoot to school and we take part in borough initiatives such as Beat the Street.
- Cycle and scoot racks and bike locks are available for pupils, staff and visitors.
- Free cycle training (Bikeability) is available for pupils in from Years 3 and we encourage all children to participate.
- We participate in road safety workshops for KS1 pupils and transition workshops for KS1 pupils.
- The school has achieved the STARS Gold Award.

Competitions

- We consider the Islington competition calendar and plan to work towards participation in annual inter-school events.
- We work with other Islington Deanery Schools and participate in joint school sports activities such as additional sports days.

Equal opportunities and inclusion

All pupils in the school, including those with special needs, are entitled to a comprehensive programme of physical activity which:

- considers their individual needs and interests
- provides them with opportunities to pursue activity beyond the school day

The school assists pupils with specific disabilities/health conditions and provides effective learning opportunities where appropriate. Activities are adapted to suit individual requirements as appropriate; this may include modifying a task, offering a parallel or separate activity. The school is sensitive to the needs and skills of the individual and physical activity provision is inclusive of all abilities and pupils whether the pupils are physically gifted or challenged.

We consider the impact of gender on the inclusion of all children in physical activity. We offer a range of sports and activities to appeal to all children (including those that are traditionally viewed as boys' or girls' sports). We teach PE in mixed sex. For further information on gender in PESSPA, see the PESSPA section of the draft Islington gender policy, pages 8-9 - [Gender inclusion support and training for all Islington schools \(sharepoint.com\)](#)