

Physical Activity Policy

St Mary's Bryanston Square CE Primary School

1. Purpose of Physical Activity Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of physical activity opportunities during the school day and our approach to the positive promotion of physical activity.

2. Physical Activity Guidelines for Children

The Physical Activity guidelines for children and young people are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring the all children are as active as possible throughout childhood is important for current and future population health.

Physical activity guidelines for children and young people:

- Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week or 20 minutes per day for disabled children. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types of intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity

For more information on the UK Physical Activity Guidelines for Children and Young People please refer to: <https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

Schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

In 2019, the Government published a School Sport and Activity Action plan which sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school. The PE and Sport Premium helps primary schools to achieve this, providing funding to make additional and sustainable improvements to the quality of PE, physical activity and sport offered.

For more information on the School Sport and Physical Activity Action Plan please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/848082/School_sport_and_activity_action_plan.pdf

For more information about the PE and sport premium for primary schools please refer to: <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

For details of how we have spent our PE and Sport Premium Funding to make additional and sustainable improvements to the PE, sport and physical activity we offer please refer to: <https://www.stmbs.org.uk/pe-and-sport-premium/>

3. Curriculum Provision

Physical Education is compulsory at all key stages. The National Curriculum programmes of study outline what should be taught at each key stage. Local authority maintained schools are required to follow the National Curriculum; academies and free schools do not have to follow it but are required to provide a broad and balanced curriculum that promotes the physical development of pupils.

A high quality physical education curriculum inspires all pupils in KS1 and KS2 to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. In addition, schools must provide swimming instruction either in KS1 or KS2.

For more information on the National Curriculum for Physical Education in KS1 and 2 please refer to: <https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>

To meet the Healthy Schools London criteria for the Bronze award schools must provide a minimum of 90 minutes of PE for each pupil across the school week.

At St Mary's Bryanston Square CE Primary School, the PE offer is as follows:

- PE is taught twice a week by class teachers
- Teachers are supported by the PE lead and external specialists
- Lessons are planned and adapted from the Complete PE Scheme of Work
- Swimming is taught off-site by specialist swimming instructors to one year group for one academic year in KS2
- Formative assessment takes place in every lesson, based on observations
- Summative assessment is recorded on Complete PE at the end of each topic as a RAG rating

4. Extra-Curricular Provision

To ensure that children and young people are able to meet the physical activity guidelines schools should also look outside of PE lessons to provide physical activity opportunities. By making physical activity an integral part of pupils' daily routines, schools can increase the amount of time children spend being active, boosting their physical, mental wellbeing, character and resilience.

We provide the following opportunities for physical activity throughout the school day:

1. Before school: Children are encouraged to walk, scoot or cycle to school
2. Break and lunch times: A range of physical activities are available such as scooters, hockey, basketball and tennis.

3. In class: Movement breaks and the Daily Mile
4. After school: subsidised clubs, including gymnastics, dance and multi-skills
5. School trips & competitions organised by Active Westminster
6. Communicating with families about holiday clubs and sports opportunities in the local area
7. Connecting children with local sports clubs
8. Promoting Active Travel including STARS awards
9. Participating in weekend events like Vitality Westminster Mile and TCS London Mini Marathon

5. Resources

Access to, and integration in the school day of, open space, forests, parks, and playgrounds are positively associated with physical activity levels. Access to loose and fixed equipment, along with non-traditional play materials also support physical activity among children and young people. There is also evidence of greater benefits of people being active outside, such as benefits to mental and emotional wellbeing.

St Mary's benefits from the following resources:

- On site the school hall, gymnastics apparatus, playground, Edible Garden, woodland area and multi-purpose studio are used for physical activities
- Equipment is stored in the PE cupboard in the hall or in the PE shed in the playground
- Equipment is audited each year by the PE lead
- The PE and Sports Premium Grant is used to purchase specialist equipment for PE lessons, as well as for additional equipment at playtimes
- The playground is divided into zones at play time and the woodland area is open to encourage children to engage in active play.

6. Equal Opportunities and pupil voice

There is growing evidence to show that certain groups such as girls, children with disabilities and those from minority ethnic groups and low socio-economic status families have lower levels of physical activity than their counterparts and that this contributes to health inequalities related to lower levels of physical activity.

Giving pupils a voice and enhancing their ownership of physical activity delivery can ensure that activities are appropriately tailored to their needs and can support participation. In addition, encouraging children and young people to act as role models can have an aspirational impact and encourage younger age groups to follow a similar path.

Offering a variety of physical activity opportunities for children and young people to take part in, including free play can increase participation in physical activity. In addition, a focus on games and the fun elements of participation, as well as the more traditional sports or competitive activities, can help to encourage participation, particularly among inactive children and young people.

At St Mary's, we ensure physical activity is inclusive by:

- Providing a range of equipment to adapt physical activity to the appropriate level
- Adapting lessons and activities based on additional needs
- Participating in the 'Panathlon' – an inclusive local sports competition
- Funding after-school clubs to broaden access
- Carrying out pupil voice surveys and focus groups to widen engagement
- Offering a range of activities in PE lessons and at playtimes to encourage children to find physical activity they enjoy
- Older children being encouraged to act as 'sports leaders' for younger children
- Selected Year 6 children participating in the 'Champions of the Future' Westminster Gifted and Talented Programme

7. Staff training, development and activity

Evidence supports the need for an appropriately trained, skilled and knowledgeable workforce. Ensuring staff have the confidence and competence to offer high quality experiences of both physical education and physical activity across the school day can contribute towards higher levels of physical activity by children and young people.

In addition, staff act as role models and can inspire children to participate in sport and enjoy it. The UK Physical Activity guidelines for adults recommend that:

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still
- Adults should do activities to develop or maintain strength in the major muscle groups. Muscle strengthening activities should be done at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes of moderate intensity activity; or 75 minutes of vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

For more information on the Physical Activity Guidelines for adults please refer to:

<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

St Mary's offers the following for all staff:

- Staff meetings providing CPD for both high-quality teaching of PE and for supporting physical activity and active play
- Coaching and mentoring from the PE lead for class teachers teaching PE
- Deploying a number of adults in the playground at break times to model and facilitate active play
- Hiring qualified sports coaches, such as in tag rugby and cricket, to work alongside teachers to enhance and extend current opportunities
- Access to Active Westminster gym and sports club discounts
- Encouraging active travel to and from school

8. Community partners and links

There are a wide range of partner organisations and support available in the local community to support the provision of physical activity.

We have partnered with a number of external organisations to promote a love of sport, develop the whole child and provide CPD for teachers. We work with Lords Cricket Ground, our local cricket club, which provides high-quality coaching and CPD for teachers; and Project Touchline – an organisation focusing on values-first sport and promoting our school's Christian values through tag rugby.

9. Holiday Provision

To prevent a drop in physical activity levels across the school holidays, there are a range of ways in which schools can support children to remain engaged and active over this period.

Outside of term times, we support children to be physically active by signposting them to a range of community groups and organisations (such as sports clubs and our local church) who run active provision for children and young people during the holidays.

10. Monitoring and Evaluation

- This policy will be monitored and evaluated by the PE lead and SLT.
- This policy will be published on our school website for all to access and shared with staff internally.

11. Policy Review

Policy Implementation Date: March 2025

Last Reviewed: November 2025

Next Review Date: October 2026

Signed: Katherine Hardie

Date: 3.11.25