



# Physical Activity Policy

**June 2025**

**Approved by the Governing Body Strategy Group 19/06/25**

**This Policy is due for renewal in Term 6  
2027–28**

# **PHYSICAL ACTIVITY POLICY**

## **OF**

### **GODINTON PRIMARY SCHOOL**

#### **SECTION ONE – AIMS AND OBJECTIVES**

##### **1.1 Aims**

**To establish an “active school” ethos and environment which will increase activity levels and promote health within and outside the curriculum.**

This aim is based on Department of Health recommendations (2004) that:

- all children and young people should participate in at least 60 minutes of moderate intensity physical activity each day
- at least twice a week this should include activities to improve bone health, muscle strength and flexibility (e.g. gymnastics, skipping, jumping and climbing)
- all adults should aim to accumulate 30 minutes of moderate intensity activity on at least 5 days of the week to maintain a healthy heart

Our physical activity policy is an important part of our promotion of being a **Healthy School**.

Physical activity refers to all physical activity and movement. The scope of the policy covers PE lessons, playtimes and walking / cycling to school initiatives.

##### **1.2 Objectives**

The aims of the policy are to:

- The PE subject leader will take a particular lead and interest in physical activity in addition to the physical education curriculum.
- Maintain a high profile for physical activity in all aspects of school life.
- Ensure that all pupils have access to a minimum of two hours of teacher led curriculum PE each week (2 hours includes changing time) and that the benefits of an active lifestyle are integral to PE and have cross-curricular links.
- Encourage all pupils to participate in physical activity during playtimes.
- Provide pupils with further opportunities to be physically active through a broad and balanced Out of School Hours Learning programme that is inclusive for all.
- Work with key outside agencies and other schools, to help to promote physical activity and ensure that all children have access to appropriate community activities.

- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- Provide all staff with opportunities to be physically active.

## **SECTION TWO – PHYSICAL ACTIVITY SPECIALISTS**

The PE Specialist shall also be the designated Physical Activity Specialist, with responsibility for supporting all broader aspects of physical activity, with support from the Head teacher, Senior Leadership Team and School Leader.

They will keep records of:

- A calendar overview of the annual physical activity programme
- A timetable showing the weekly programme of activities
- A copy of the PE timetable
- OSHL programme registers
- A list of the tournaments, festivals and events attended by the school and names of pupils taking part in these
- A contact list of key partners which link to physical activity and health

They will apply for the School Sports Mark accreditation on an annual basis, and use this to identify areas for future development in order to progress through the Sports Mark Levels.

## **SECTION THREE – RAISING THE PROFILE OF PHYSICAL ACTIVITY**

3.1 The school will advertise and promote opportunities for all pupils and staff to participate in school and community activities. This will include displaying posters in the community notice board, photocopying and distributing flyers for community events, promoting opportunities via ParentMail, and discussion in the classroom and assemblies.

3.2 The school regularly celebrates achievement in physical activities and promotes activity in assemblies and on the dedicated sports notice board.

3.3 The school actively looks for enrichment opportunities that can be built into the school calendar to promote health and physical activity. This will include opportunities for visitors to come into school to work with staff and pupils.

3.4 The school offers annual participation in the cycling proficiency programme / Bikeability programme to pupils in Years 4, 5 or 6.

3.5 The school regularly promotes physical activity programmes to parents / carers and invite them to take part in and observe activities.

3.6 The school encourages children to participate in offsite activities in which physical activity is encouraged e.g. residential trip to Swattenden or Kingswood.

3.7 The school has a Sports Premium Funding working party who are responsible for overseeing the Sports' Premium action plan that is designed to promote physical activity across the school.

## **SECTION FOUR – CURRICULUM**

4.1 The school aims to ensure that all pupils receive two hours high quality curriculum time physical education each week.

4.2 The school provides a physical education programme that is broad, balanced and fully inclusive, suiting the needs of all pupils.

4.3 In addition to their weekly PE sessions, the class teachers will plan in one or two 'Fitness in Fifteen' sessions per week, which is Godinton's version of the daily mile. The aim is to get all children physically active for the fifteen minute period.

4.4 Where appropriate the school uses opportunities for physical activity during other parts of the school timetable in addition to curriculum PE. (e.g., 'a 'brain gym break' during lessons)

4.5 All staff are encouraged to provide opportunities to plan 'active lessons' where appropriate in curriculum areas other than PE.

4.6 The school provides links to other aspects of health, for example, by promoting healthy eating and providing access to water as part of other curriculum areas e.g. PSHE or science

4.7 The school has a swimming programme in place for pupils.

4.8 The school provides a range of suitable resources to support all aspects of physical activity.

4.9 The school has a designated outdoor area (both grass and hard surface) for physical activity in the Foundation Stage. The classroom layout in Foundation Stage also supports physical activity inside (i.e. a reduced number of tables and chairs). Activities supporting physical activity are built into both child initiated and teacher directed sessions.

## **SECTION FIVE – BREAKTIME AND LUNCH TIME ACTIVITY**

5.1 During morning breaktime, all children have the opportunity to be active on the playground.

5.2 At lunchtime, the school uses the **OPAL PLAY** initiative to create stimulating opportunities to enhance children's lunchtime play experiences. This includes more space to play in (both the playing field and playgrounds available to play in all year round), more resources to play with (e.g. scooters, den building, dancing, water play etc) and a risk-benefit approach, which allows our children to develop their ability to take risks safely. **OPAL PLAY** proactively increases children's physical activity over the lunch period as well as increasing resilience and creativity.

5.3 Year 5 and 6 pupils act as playground buddies, which may include overseeing equipment and supporting activities for younger children. They have training, which helps them develop a range of active games for younger children to participate in.

5.4 Outdoor lunchtime play team are able to promote and support playtime activity through the **OPAL PLAY** training they receive.

5.5 The school has a play policy which should be read in conjunction with this policy.

## **SECTION SIX – OUT OF HOURS LEARNING (including school sport)**

6.1 The school makes a range of equipment available to all pupils before school in our breakfast club.

6.2 The school makes a range of physical activities available to all pupils after school in our Night Owls club, this includes extensive use of the outdoor spaces and equipment.

6.3 The school provides a diverse weekly programme of **OSHL** activity clubs, which suit the needs of all pupils. This is developed in consultation with pupils. The range of activities offered is seasonal.

6.4 The school provides activities that offer an equal balance of competitive and non-competitive, individual and team activities.

6.5 The school encourages as many pupils as possible to attend a minimum of one **OSHL** activity each week (**KS1** and **KS2**) where these are available.

6.6 The school provides an annual programme of intra and inter school activities for all pupils including; a sports day

6.7 The school ensures that registers are kept for all **OSHL** including inter and intra school competition.

6.8 The school also arranges out of school learning activities led by qualified instructors or coaches.

6.9 Some of the school staff have coaching certificates in activities such as swimming, netball, cycling and dance.

6.10 The leasing of the school hall and field to outside agencies increases the opportunities for our children, their families and the wider community to participate in a range of physical activities, including (but not restricted to) dance, power hoop, tae-kwon-do and ladies netball.

## **SECTION SEVEN – COMMUNITY LINKS**

7.1 The school plays an effective role in School Games, Challenger Games, district events and county events that promote physical activity.

7.2 The school aims to forge strong local community club links by attending events and promoting opportunities for pupil involvement with these clubs.

7.3 The school works in partnership with local secondary schools and will occasionally visit them or use their resources to promote physical activity.

7.4 Gifted and talented children are encouraged to develop their skills through various activities that may from time to time be offered by the school. The school will facilitate allowing time off school for children who compete at National or County level tournaments.

## **SECTION EIGHT – TRAINING PROGRAMME**

8.1 The school supports the professional development of staff through training opportunities led by school staff and external trainers.

8.2 The school produces an action plan each year for the allocation of the Sports Funding provided by the government. This includes an allocation linked to training opportunities for staff.

## **SECTION NINE – STAFF ACTIVITY**

9.1 The school advertises and promotes local opportunities to be active on the staff notice board. (e.g. – walking and cycle routes; fitness centres etc.)

9.2 The school encourage all staff to change and take an active part in PE lessons. This is specifically referred to in the Staff Handbook.

9.3 School staff are encouraged to participate in the ‘Fitness In Fifteen’ sessions with the children. This includes non-classroom based staff as well as the teachers and teaching assistants of the classes involved.

## **SECTION TEN – EQUAL OPPORTUNITIES**

At Godinton Primary School, we are committed to ensuring equality of opportunity for all members of our school community irrespective of race, religion or belief, gender, gender reassignment, disability, sexual orientation, age, pregnancy or maternity, marriage and civil partnership or socio-economic background. We are determined to develop a culture of inclusion and diversity in which all those connected to the school feel proud of their identity and ability to participate fully in school life.

We tackle discrimination through the positive promotion of equality by challenging stereotypes and by creating an environment that champions respect for all. At Godinton Primary School, we believe that diversity is a strength that should be respected and celebrated by all those who learn, teach and visit us.

All school policies have an explicit aim of promoting equality and will be reviewed in terms of their contribution and effectiveness in achieving this aim.

**SECTION ELEVEN – CHILDREN IN CARE** As for all our pupils, Godinton Primary School is committed to helping every Child in Care to achieve the highest standards they can. Staff are aware that Children in Care can be at risk of underachieving at school because they have experienced disruption to their family life and education. Some may have low expectations, poor emotional and psychological health and a lack of family support. Godinton Primary School will support Children in Care with their participation in physical activity.

## **SECTION TWELVE – MONITORING AND REVIEW**

The implementation of this policy is monitored by the Headteacher. This policy is due for renewal every two years.