



## PHYSICAL ACTIVITY POLICY

<b>Policy Number:</b>	<b>100</b>
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<b>Date by which this Policy is to be reviewed:</b>	<b>April 2028</b>
<b>Dissemination of the Policy:</b>	<b>All Staff, Governors, Parents/Carers via Website</b>

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## 1. Introduction

This Physical Activity Policy sets out our commitment to promoting an active and healthy lifestyle for all students. We recognize the significant benefits of regular physical activity in supporting physical and mental well-being, academic performance, and overall development.

## 2. Aims

- To promote a whole-school approach to physical activity.
- To ensure that all students engage in regular, enjoyable, and inclusive physical activity opportunities.
- To foster lifelong positive attitudes toward physical activity.
- To integrate physical activity into daily school life and the wider community.

## 3. Physical Education (PE) Curriculum

- **Curriculum Delivery:** All students will participate in a high-quality, broad, and balanced PE curriculum in line with national standards.
- **Inclusion:** PE lessons will be accessible and adapted to cater to students of all abilities, including those with additional needs.
- **Skill Development:** Lessons will focus on developing physical literacy, teamwork, and confidence in various activities and sports.

## 4. Extracurricular Physical Activity

- A variety of after-school sports clubs and activities will be provided to encourage additional participation.
- Opportunities will be available for both competitive and non-competitive activities to suit different interests and skill levels.
- Students will be encouraged to take leadership roles in organising and promoting physical activities.

## 5. Active School Environment

- Students will be encouraged to engage in active travel (walking, cycling) to and from school.
- Daily physical activity will be integrated into lessons and break times where possible.

## 6. Staff Involvement and Training

- Staff will be supported with professional development opportunities related to physical activity and PE.
- Teachers will be encouraged to integrate movement into lessons where applicable.



## **7. Partnerships and Community Links**

- The school will collaborate with local sports clubs, organizations, and health initiatives to enhance physical activity opportunities.
- Parents and carers will be encouraged to support and engage in their child's physical activity participation.

## **8. Monitoring and Evaluation**

- The impact of the policy will be reviewed annually by the Senior Leadership Team, PE department, and student representatives.
- Student participation levels and feedback will be monitored to ensure continuous improvement.

## **9. Conclusion**

This policy reflects our commitment to fostering a culture of active, healthy living within our school community. Through a whole-school approach, we aim to inspire all students to adopt and maintain a physically active lifestyle.