

Down Ampney C of E
Primary School
Promoting Physical Activity
Policy

Reviewed June 2025

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Statement of intent

Down Ampney C of E Primary School understands that we have a responsibility to help pupils establish and maintain lifelong habits of being physically active.

Regular physical activity is one of the most important things pupils can do to maintain and improve their physical health, mental health and overall wellbeing. Promoting a physically active lifestyle among young people is important because:

- Physical activity can help increase pupils' capacity for learning.
- Physical activity has substantial health benefits for pupils, 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.

Every pupil will be taught to 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.

This policy promotes practices within the school to reinforce our vision and to discourage practices that negate them.

1. Legal framework

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

- DfE (2013) 'National curriculum in England: PE programmes of study'

This policy operates in conjunction with but not limited to, the following school policies:

- Behaviour Policy
- Intimate Care Policy
- Staff Code of Conduct

2. Roles and responsibilities

The headteacher will be responsible for:

- Enabling pupils, staff and parents to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- Providing and promoting opportunities for pupils to be physically active throughout and beyond the setting.
- Increasing the physical activity levels of pupils in line with national targets.
- Ensuring all necessary risk assessments have been undertaken.
- Ensuring that teaching standards are maintained and the effectiveness of this is monitored.

The PE coordinator will be responsible for:

- The overall implementation of this policy.
- Liaising with staff members to develop an effective PE timetable.
- Producing a flexible and appropriate scheme of work.
- Monitoring the teaching of PE at the school and ensuring that high standards are consistently maintained.
- Attending any necessary training, in order to help inform future developments of the subject at the school.
- Keeping up-to-date with any changes in the subject area.
- Ensuring that the school provides extra-curricular opportunities to pupils, further developing the skills learnt during their PE lessons.
- Providing the headteacher with an annual summary report regarding the teaching of PE at the school.

PE teachers will be responsible for:

- Participating in any necessary training or CPD.
- Keeping up-to-date with changes within the subject area.
- Acting in accordance with the Staff Code of Conduct.
- Communicating high expectations, enthusiasm and passion about PE to pupils while challenging their thinking and acting as a good role model.

- Having a high level of confidence and expertise both in terms of their specialist knowledge and their understanding of effective learning in PE.
- Planning for opportunities for pupils to develop and demonstrate their initiative and independence.

3. The curriculum.

Wherever possible, the PE curriculum will provide opportunities to establish links with other curriculum areas.

English

- Pupils are encouraged to describe what they have done and to discuss how they might improve.

Mathematics

- Pupils further develop their counting skills by keeping score during team games.
- Pupils are encouraged to measure and record what they do accurately, for instance, how far they can throw a ball.

PSHE

- The benefits of exercise and healthy eating are explained to pupils.
- Pupils are encouraged to make informed choices about their lifestyle.
- The opportunity to act as team leader or part of a team is provided.
- Pupils' self-esteem is promoted.

Spiritual, moral, social and cultural development

- Pupils learn to express their feelings in a healthy way.
- Team and group activities develop pupils' social skills and help them to cooperate with other people outside of their friendship group.
- Pupils are encouraged to respect other pupils' levels of ability.

4. Extra-curricular activities

The school will provide pupils with the opportunity to participate in a range of extra-curricular activities in order to further develop their skills.

Extra-curricular opportunities will be provided to pupils with the aim of allowing them to put into practice the skills they have developed in lessons, as well as foster a sense of cooperation among pupils, whilst introducing a competitive element to team games.

There will be a variety of PE-related extra-curricular activities available for pupils to participate in outside of school hours.

External sports coaches will lead activities and clubs, where appropriate.

Parents will be made aware of the extra-curricular activities on offer at the school via the school newsletter and website.

The school participates in regular sporting events against other schools – pupils and parents will be made aware of these fixtures with due notice. Participation and success of extra-curricular events, such as sporting competitions, will be celebrated.

All teaching staff will actively encourage pupils to be physically active outside of school.

5. Equal opportunities

Teaching staff will work closely with the PE coordinator to ensure that planned activities for lessons are accessible to all pupils, including pupils with SEND.

All lessons will meet the specific needs of individuals, as well as of groups of pupils, including those with SEND and those who have EAL.

Teaching staff will liaise with the SENCO, where necessary, in order to meet the needs of pupils.

7. Encouraging physical activity

Pupils will be encouraged to engage in moderate to vigorous intensity physical activity for at least 60 minutes each day across the week, this will include all forms of activity such as PE, active travel, after-school activities, play and sports.

In addition to PE, there will be a range of opportunities for sport and physical activity throughout the school day and walking and cycling to school is actively encouraged where possible.

Lunch and break times will provide opportunities for physical activity. Break and lunchtime supervisors will encourage pupils to engage in physical activity at lunchtime.

Break times will complement PE classes and staff will make every effort not to deny a pupil's participation in break time or other forms of physical activity as a form of discipline.

The school will allocate specific time to focus on promoting healthy lifestyles, which will include physical activity taster activities where pupils can try new activities not currently offered by the school.

The school will regularly hold achievement assemblies to celebrate physical achievements as well as academic performance to raise pupils' confidence and self-esteem. Certificates will be provided to pupils who are trying their best at a new activity or who have achieved their personal best.

8. Cooperation with parents

Parents will be provided with information about physical activities and sporting competitions organised by the school and opportunities in the local area.

The school will involve parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school.

9. External providers

Trained coaches and staff will be employed to support physical activity outside of the curriculum and this expertise will support staff members professional development.

9. Monitoring and review

This policy is reviewed annually by the headteacher and the PE coordinator.