

St. Mary of the Angels Catholic Primary School

Following Jesus in all we think, do and say



Physical Activity Policy

Policy approved by	Headteacher
Date of approval	May 2023
Date of next review	April 2025

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 aged 5-18 years:

- 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. 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>

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: http://www.stmaryangels.co.uk/school_information/pe_sports_premium/pe_sports_premium.html

For nurseries attached to primary schools, there are a different set of guidelines for children under the age of five. Physical Activity Guidelines for under 5s:

- Infants (less than 1 year):
 - Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity e.g. crawling

- For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better
- Toddlers (1-2 years):
 - Toddlers should spend at least 180 minutes per day in a variety of physical activities at any intensity, including active and outdoor play, spread through the day; more is better
- Pre-schoolers (3-4 years):
 - Pre-schoolers should spend at least 180 minutes per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate to vigorous activity.

For more information on the UK Physical Activity Guidelines for Under 5s 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.

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 promote the physical development of pupils.

A high quality physical education curriculum inspires all pupils in EYFS, 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.

For nurseries attached to primary schools, physical development is one of the three prime areas of learning and development. Physical development involves giving children opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity.

For more information about physical development and the early years foundation stage please refer to: <https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

PE is taught to all years by a qualified sports coach in partnership with QPR's Primary Stars Programme. Year 1 to 6 receive 2 hours of PE a week, with Nursery and Reception receiving 90 minutes.

Lead sports coaches from QPR and the school's PE lead regularly monitor PE lessons through joint lesson observations and the sports coach works closely with each class teacher to assess pupils attainment and progress in PE which is recorded on Target Tracker.

The PE curriculum is planned, reviewed and evaluated by the sports coach and our PE/Healthy Schools Lead teacher. We use the Primary Stars scheme of work for PE.

The school achieved the Gold School Games in 2019 and successfully retained this in 2023.

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.

Breakfast Club is available to all pupils from 7.45am and provides opportunities for active play indoors.

Lunchtime supervisors are trained in leading active playtimes and Year 6 Play Leaders and Sports Captains are positive role models for others in our school.

Pupils learn about healthy eating and the importance of physical activity in science and PSHE lessons.

After school Multi-sports clubs are available for pupils in KS1 and KS2.

Other activities to support pupil's physical development include outdoor learning at Forest School for all year groups and partnerships with Middlesex County Cricket Club, Westway and Everyone Active who provide swimming lessons for Key Stage 2 pupils. Year 5 & 6 also attend residential at Sayers Croft & Fairthorne Manor where they take part in a range of outdoor physical activities.

Pupils take part in a range of competitive and participation activities organised by Active Westminster and the school actively promotes the local Holiday and Food offer available to families eligible for pupil premium during the school holidays.

The school promotes active travel through encouraging pupils to walk, cycle or scoot to school and currently holds the silver STARS award.

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.

The Foundation Stage playground was recently refurbished to improve opportunities for physical and imaginative play and Nursery and reception pupils have free flow access to the outdoor area as well as formal playtimes.

The school benefits from having a bespoke 3G sport pitch with markings for a range of games which is used for KS2 playtime and lunchtimes and all outdoor PE lessons. We also have a separate KS1 playground. All playgrounds have a range of games and activities which are used for playtimes only and we benefit from a well resourced PE cupboard.

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 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.

Teaching assistants support the PE coach in PE lessons and ensure that activities are inclusive and cater for pupils of different abilities.

Foundation Stage benefit from many of the extra-curricular activities as the rest of the school including Forest School and active playtimes.

Year 6 pupils take on additional roles including play leaders and sports captains.

We ensure we make the most of opportunities offered to broaden our provision so pupils have the opportunity to explore a range of physical activities to help them identify those they can enjoy including wall ball and tennis lessons and cricket lessons from MCC coaches.

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 on 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>

All teaching support staff have access to a range of professional development opportunities to support them in creating environments that are conducive to active play and include all pupils. This includes working in partnership with our sports coach to enhance current opportunities.

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 including:

- Active Westminster
- Everyone Active (swimming lessons at Porchester Swimming Centre & annual sports days at Paddington Rec, supported by QPR coaches)
- MCC - cricket
- Westway Sports (football, tennis and wall ball)
- Forest School at Paddington Rec
- QPR Primary Stars (sports coach, after school multi-sports)

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.

The school signpost parents/carers to a range of community groups and organisations who run active provision for children and young people during the holidays via direct messaging and the school newsletter.

10. Monitoring and Evaluation

This policy will be reviewed by the PE/Healthy School Lead every two years or as required.

The PE/Healthy School Lead will monitor physical activity levels of children in school termly.

This policy will be shared with staff, parents/carers and pupils via the school website.