

**Physical Activity (PA) policy**

**Summer 2025**

We are committed to promoting the health and wellbeing of all our pupils and staff through Physical Activity. This policy outlines the organisation, promotion, teaching and management of Physical Activity in the school.

PA contributes to both good physical and mental development. It has a wide range of physical and emotional benefits, from developing muscle and bone strength, increasing concentration and educational performance and learning, to boosting mood and reducing the risk of many lifestyle related diseases. Developing regular PA behaviours in childhood is crucial as we know that children who are active are more likely to become active adults and continue to reap the benefits of an active lifestyle throughout their lives.

**Ethos & Environment**

We strive to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes through other school policies, the curriculum, informal time, extra-curricular, the environment and wider community.

**PA Specific Aims & Objectives**

***The overall aim of us having an active school is that PA is a whole school practice and ethos that underpins all aspects of school life and that PA is carried out for the benefit of the health and well-being of all pupils, staff and visitors.***

**Objectives:**

* to enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes;
* to provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day;
* to increase physical activity levels of pupils in line with national targets and guidelines.

**Equal Opportunities**

All PA opportunities we offer are designed to be inclusive, and cater for all interests and ability levels.

**Facilities**

We have a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music system. For the teaching of games, there is a large playground, with markings and each class has their own set of equipment.

An annual audit of all physical education equipment is conducted by the PE lead in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the shed, and planning resources can be found in the PE lead area on the shared school drive. We are currently introducing the scheme Get Set 4 PE across the school and implement movement and wellbeing sessions.

EYFS-

* games resources
* trikes
* balance bikes
* scooters
* pedal bikes

**Staff Responsibility & Development**

PE Coordinator: Sue Ingham and Alaina Ajaz

All staff are encouraged to attend relevant courses and other forms of professional development in relation to PA. The PA coordinator keeps staff abreast of developments and ideas as to how PA can be incorporated into normal school life.

Our partnership with SHAPES ensures the school is up to date with latest developments in PA & PE and we also have various opportunities for training led by them, including a specialist physical education teacher working with staff each week.

**Curriculum Provision**

Physical activity takes place across the curriculum through its unique contribution to a pupil’s movement education, Physical Activity also has considerable potential to contribute to much wider areas of learning. In EYFS ‘active learning’ is a characteristic of effective learning. It is considered important that Physical Activity is integrated into the school’s planning for the development of pupils’ communication, numeracy, PSHE and ICT skills. As policies are reviewed Physical Activity will be added in where relevant.

**Organisation within curriculum** –

Encourage staff to use BBC Super Movers in English and Maths or at other times of the day.

**Extra-Curricular Provision**

**Break & Lunch Times**

We have markings on the playground in order to stimulate children at playtimes. Children are encouraged to throw and catch at play, and other equipment is provided to encourage musical play. The staff help monitor the equipment and at times provide leadership for other pupils by leading certain games and events. Children are encouraged to use most of the school grounds to be active and are taught to do so independently. Each class also has their own play equipment for break and lunch time which they are responsible for. After School Club also has many opportunities to keep active on the playground.

**Extra-curricular clubs**

We to encourage all pupils to take part in a range of clubs, and involve them in deciding the clubs we offer. Registers of clubs are kept to identify those who do not take part. Our clubs focus on enjoyment and activity alongside skill development. On occasions they are run as preparation for certain events of competitions.

Our clubs include: football, Change 4 Life club, cross country, cricket club, games club, Girls football

**Competition**

Pupils take place in a range of intra-school and inter-school competitions including events organised through SHAPES. Some pupils in KS1&2 have the opportunity during the school year to represent the school. Such as, Sports Hall Athletics, SEND Panathlon, SEN Curling, Football team, Lacrosse,

**School trips**

The school offers a number of outdoor education experiences throughout the year.

These include Year 5 and 6 Residential, Chill Factor, Under 8’s Football competition

**Active Travel**

We use the Living Streets Travel Tracker to encourage children to come to school in a physically active way i.e. by walking, scooter or bike.

**Community Partners / Links**

The school is part of the Stockport SHAPES Alliance. We have established links with a number of local clubs including links with Stockport Cricket, Davenport Tennis Club, Stockport Lacrosse, Stockport County, Sale Sharks, Stockport Harriers. We encourage parents to get involved by sharing SHAPES challenges termly.

**Staff Activity**

Our staff aspire to be positive role models for our children. We aim to take part in PA whenever possible. Staff often play games with children at playtime and demonstrate PA during PE lessons and other subjects as appropriate. Throughout the day in EYFS is adult led and child led play.

**Health & Safety**

When taking part in any form of PA there can be some form of risk, please refer to the school’s health and safety policy and risk assessments. Use of any external staff, including sports coaches and volunteers will be in line with the school’s policy on DBS / staffing checks.

**Monitoring & Evaluation**

The PA policy lead will have lead responsibility for the monitoring of Physical Activity in the school and will be supported to do this by the School Leadership Team. A range of measures will be used to evaluate impact of the policy in line with the objectives including participation data collected as part of the PESSPA requirement.

**Links / References**

* [Difference between PE, PA & Sport Document](https://drive.google.com/file/d/1c7SGUbs1KKj8CZopJ-VHu0D02KVvniyL/view?usp=sharing)
* [Creating Active Schools (CAS)](https://www.creatingactiveschools.org/) - CAS is a research based whole school behaviour change approach to increasing and improving physical activity in schools.
* [CAS video introduction](https://drive.google.com/file/d/1a2cbDuhDvjp-0Q3Rfzq8Xe--_X1YIr7W/view)
* [Active School Planner](https://www.activeschoolplanner.org/index.php) [UK](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf)
* [Chief Medical Officers’ Physical Activity Guidelines](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf)
* [Public Health England: What Works Well in Schools to Increase Physical Activity](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876242/Guidance_to_increase_physical_activity_among_children_and_young_people_in_schools_and_colleges.pdf)
* [Public Health England: Everybody Active, Every Day](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/374914/Framework_13.pdf)
* [World Health Organisation: Promoting Physical Activity through Schools: A Toolkit](https://apps.who.int/iris/bitstream/handle/10665/350836/9789240035928-eng.pdf?sequence=1&isAllowed=y)
* [Sport England - Benefit of Physical Activity in Schools example](https://www.sportengland.org/news/physical-activity-can-help-children-catch-missed-work)
* [The Daily Mile](https://thedailymile.co.uk/)
* [Development Matters](https://assets.publishing.service.gov.uk/media/64e6002a20ae890014f26cbc/DfE_Development_Matters_Report_Sep2023.pdf) (EY Curriculum Guidance, September 2023)
* [Birth to 5 Matters](https://birthto5matters.org.uk/)
* [Early Years Foundation Stage (EYFS) January 2024 for Schools Group & School based Providers](https://assets.publishing.service.gov.uk/media/656f23550f12ef07a53e024e/EYFS_statutory_framework_for_group_and_school_based_providers.pdf)
* [Physical activity guidelines for children (under 5 years)](https://www.nhs.uk/live-well/exercise/exercise-guidelines/physical-activity-guidelines-children-under-five-years/#:~:text=Pre%2Dschoolers%20should%20spend%20at,to%2Dvigorous%20intensity%20physical%20activity.)
* [A parents’ guide to the EYFS ‘What to Expect in the EYFS’](https://foundationyears.org.uk/files/2021/09/What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf)
* [Healthy child programme - GOV.UK](https://www.gov.uk/government/collections/healthy-child-programme)
* [Early Years Foundation stage (EYFS) statutory framework - GOV.UK](https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2)
* [Early Years and childcare: guidance for providers - GOV.UK](https://www.gov.uk/government/collections/early-years-and-childcare-guidance-for-providers)
* [Greater Manchester Moving](https://www.gmmoving.co.uk/commitments/people-families-and-communities/active-children-and-young-people/early-years)
* [Play England](http://www.playengland.org.uk/)
* [Health Exercise and Nutrition for the Really Young (HENRY)](http://www.henry.org.uk/homepage/)
* [Childhood Obesity Plan](https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action)
* [Healthy Stockport](https://www.healthystockport.co.uk/)
* [National Institute for Health and Care Excellence - Guidelines for Physical Activity for children & young people](https://www.nice.org.uk/guidance/ph17)
* [Stockport Council Active Communities strategy](https://consultation.stockport.gov.uk/policy-performance-and-reform/stockport-active-communities-strategy-2022-2030/#:~:text=The%20Active%20Communities%20Strategy%20was,for%20the%20people%20of%20Stockport.)
* [EYFS statutory Framework education programmes and Physical Development Area of Learning](https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2)
* [National Curriculum- physical education programmes of study](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study)

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To be reviewed summer 2026