



# *Barrowby Church of England Primary School*

## **Physical Activity Policy**

### **1. Rationale**

At Barrowby Primary School, we believe that every child has a right to be safe and healthy. We recognise that we play an important role in supporting and promoting the attitudes, practices and understanding which encourage the child to make informed decisions, enabling them to establish and maintain lifelong physical activity habits. In line with the national target, Barrowby school ensures a minimum of two hours structured activity per week in the curriculum and the promoting of teaching active lessons using the school's extensive outdoor environment and providing extra-curricular activity clubs to pupils across the different year groups.

### **2. Aims**

- To enable the whole school community to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- To improve the self-esteem and confidence of the pupils through participation in physical activity.
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To increase pupils' knowledge, understanding, experience and attitudes towards physical activity.

### **3. Objectives**

- To provide consistent messages in school about physical activity, both within and outside the taught curriculum in line with national targets.
- To develop the pupil's understanding of the effects of exercise on the body.
- To provide a wide range of physical activity experiences for pupils in extra-curricular clubs.
- To provide all pupils with equal opportunities to participate and to achieve in different activities throughout and beyond the school day. All activities are designed to be inclusive and cater for different ability levels.
- To promote an understanding of safe practice and develop a sense of responsibility towards their own safety and well-being and that of others.

#### **4. Delivery**

The promotion of the physical health and well-being of our children is delivered through:

- Cross curricular links in our curriculum - EYFS (Communication and Language, Physical Development, Personal, Social and Emotional Development, Literacy, Mathematics, Understanding the World and Expressive Arts and Design). P.E, PSHE, and Science.
- P.E. policy and guidelines are followed with planned lessons for physical provision in curriculum time.
- Through the partnership with charity Inspire + the school has adopted schemes of work to support delivery of PE in the curriculum, including Val Sabin for Games and Rawmarsh for Gymnastics. All schemes of work can be found imbedded into the school's PE Curriculum Map.
- The school also uses online resource Create Development Jasmine for RealPE lessons ([jasmineactive.com](http://jasmineactive.com)) encouraging the progression of skills through the teaching of the key abilities; creative, cognitive, health and fitness, physical, social and personal.
- Consulting with pupils about activities they would like to experience. Barrowby School will endeavor to offer these within school where possible and provide details of other facilities, clubs and organisations outside school.
- Our large adventure play area, scooters and balance bikes, the Trim Trail on the field and playground gym equipment are used on a rota system at break and lunch time.
- Using outside agencies to promote the profile of physical activity and its benefits; Park and Stride, Bike Ability and Inspire +.
- Advertising the enjoyment of physical activity – children receiving awards for football, swimming, gymnastics, karate, netball and talking about their experiences within our celebration assemblies.
- Advertising sporting opportunities, participation and results as part of the weekly school newsletter.

#### **5. Resource Provision**

- Barrowby has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music center to support the teaching of dance, we also have a portable Bluetooth enabled speaker for outdoor music needs, e.g. maypole dancing, moving to music, mental health and wellbeing (relaxing music).
- For the teaching of games, there is a large playground, a small playground, both with markings, and a large field marked with season appropriate markings e.g. running track lanes in the Summer term, Football pitch in Autumn.
- The outdoor environment also has a fixed Adventure Playground with climbing frames, slides and balance beams.

- Barrowby also has a 'trim trail' obstacle course providing leap frog posts, balance beams, different sized hurdles, and climbing wall posts.
- The Head Teacher with the PE coordinator prioritises any necessary resource expenditure for the year.
- Resources for games, dance and gymnastics can be found in the indoor PE cupboard and resources for outdoor games can be found in one of the two outdoor sheds.
- Resources for active lunch and break times can be found in both outdoor sheds e.g. scooters, balance bikes and trikes, skipping ropes.

## **6. Equal Opportunities**

- We encourage all pupils to participate in extra-curricular activities, whatever their levels of ability by offering a range of extra-curricular clubs and tournaments.
- Due regard will be given to consideration of gender, race and ethnic minority groups.
- Children with special educational needs will be given the same opportunities to join clubs with any necessary adjustments made.

## **7. Assessment, Tracking and Recording and Monitoring**

- Registers for clubs are kept to indicate the numbers of children participating in physical activities.
- Levels of participation will be monitored through our 'Physical Activity Participation Tracker' e.g. with regard to gender and overall levels of interest.
- Children are tracked in P.E. termly. Using measures of attainment and progress against age related expectations in four areas; physical, personal, cognitive and health.
- The PE lead and Head Teacher will monitor physical activity in school. A range of measures will be used to evaluate the impact of the policy in line with objectives mentioned in this policy, lesson visits and data collected as part of the PESSCL requirement (Physical Education, School Sport and Club Links).

## **8. Health and Safety**

- County guidelines are used for P.E. lessons and the use of outside activities e.g. the adventure playground.
- Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities. Please refer to the school's health and safety policy and risk assessment file.
- Any use of external personnel including sports coaches and volunteers will be in line with the school's policy on CRB/staffing checks.
- P.E. and P.S.H.C.E. leaders inform practice within the school.

- Teachers, teaching assistants and sports coaches follow the school guidelines for physical activity, for example; supervision, behaviour, clothing and the use of equipment.
- Safe and effective exercise procedures take place in all physical activities including warm ups and cool downs.

## **9. Staffing**

- P.E. and P.S.H.E. managers attend training and cascade to staff within school.
- Staff are offered training through CPD. Our partnership with charity Inspire + has widened the school's relationships with outside agencies. As a result, local coaches often come into school and work alongside teachers.
- Coaches from other organisations must hold suitable qualifications.
- Our staff aspire to be positive role models for our children. We aim to take part in physical activity, whenever possible, e.g. dance a thon, mile running challenge. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

## **10. Extra – curricular physical activity**

- All physical activity clubs are open to pupils of all abilities although some may only be open to certain year groups.
- They will take place during break and lunch times and vary in length from 15-30 minutes.
- Some clubs may be led by coaches from other organizations, with suitable supervision, this is occasionally after school 3:30-4:30pm.
- Activities may vary according to season.
- Physical activity which takes place during active break and at lunch times include; skipping, adventure playground, scooter, bikes and trikes and a wide variety of playground games.
- Targeted play is provided to selected children to support physical, personal, cognitive and/or health reasons.
- All children will be encouraged to be involved in special events such as walk to school week and sponsored physical activity events (Skipathon).
- We aim to encourage all pupils to take part in a range of clubs, and involve them in deciding the clubs we put on offer, through the children's leadership group 'The Sports Committee'.
- Breakfast and Afterschool club, paid child care by parent/carers, also provide healthy eating and a range of physical activities.
- Competition: Pupils take place in a range of intra-school and inter-school competitions organized through the School Sport Partnership, the PE lead and children's leadership group the Sports Committee. These include; One Mile Challenge, Christmas Potted Sports, Swimming Challenge, Football, High 5 Netball, Tag-Rugby, Rounders, Timed Trim Trail Obstacle Course, etc.

- The school offers a number of outdoor education experiences throughout the year including PGL/Kingswood for Y4, Belvoir Cricket Day for Y3.

## **11. Promoting Physical Activity to the whole community**

- Parents will be sent details of physical activity clubs their children may attend every term.
- Details of physical activity in the wider community will be made available for parents and staff through the school's weekly newsletter.
- Staff and parents are consulted and involved about the delivery of physical activity and other healthy schools' issues through regular questionnaires.
- The Sports Committee promote sporting activities and their own challenges they have organised. They also introduce sporting ambassadors, organised through partnership with Inspire+, and any other sporting activities/experts organised by PE lead.

This policy should be read in conjunction with:

- P.E. policy
- P.S.C.H.E. and citizenship policy
- Early Years policy
- Science policy

## **12. Physical Activity Policy Review**

This policy is reviewed by the Head teacher, staff and Governors in accordance with Barrowby School's Policy and Review Cycle for approval by the Full Governing Body, every 3 years.

Last reviewed: September 2025

Next review: September 2028