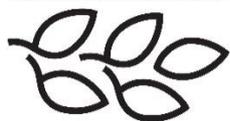


Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Physical Activity Policy

Greenmeadow Primary School



Introduction

As a school we recognise that learners spend around a third of their time here between the ages of four and sixteen. Physical activity provided in school can make a positive contribution towards giving children and young people opportunities to develop positive behaviours for life.

This policy will enable our school to link the positive effects that increased physical activity can bring to learner's physical, mental and emotional wellbeing.

At Greenmeadow Primary School we are committed to encouraging our learners to lead active and healthy lifestyles. We believe that healthy learners will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping young people, and their future health.

Links with other policies

This policy should be read in conjunction with the following school policies:

- Health and Wellbeing
- Nutrition

Rationale

A lack of physical activity is a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced [Healthy Weight: Healthy Wales](#), a long term strategy which outlines the vital role schools play as healthy settings to positively influence future life outcomes.

In addition, the recommendations set out in the [Chief Medical Officers report 2019](#) states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes per day across the week. They should also minimise the amount of time spent being sedentary for extended periods.

The [Wellbeing of Future Generations \(Wales\) Act](#) has at its core an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting increasing levels of physical activity will be a key component of achieving the ambitions within this Act. Increased physical activity, from the very earliest years, is essential to ensure healthy growth and development, as well as being linked to improved academic achievement.

Aim

The aim of this Physical Activity policy is to provide a 'whole school approach' to physical activity in Greenmeadow Primary School by equipping learners with the knowledge and skills to establish and maintain life-long active lifestyles. We at Greenmeadow Primary School aim to ensure that physical activity becomes integral to the overall value system of the school and a common thread of best practice that runs through the curriculum and the whole school community.

Objectives

- To ensure that all activities and services related to physical activity provided for learners throughout the school day are consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.
- To ensure that the school takes up opportunities to be involved in any local and national initiatives relating to physical activity.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.

We recognise that all learners have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC). The rights below underpin and shape our

UNCRC Article	An inclusive health and wellbeing curriculum that...
Article 6 The right to life and to grow up to be healthy	Develops knowledge and skills to identify and build on positive informed behaviours for a healthy lifestyle.
Article 13 The right to have information	Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious balanced diet and physical activity.
Article 31 The right to relax and play	Provides a range of fun and engaging opportunities to take part in physical activity and play.

health and wellbeing curriculum and school policy:

The Curriculum

Developing physical health and wellbeing has lifelong benefits and our Health and Wellbeing Curriculum will ensure that:

- Learning about physical activity enables learners to develop the [four purposes](#) of the Curriculum for Wales.
- Teachers will plan engaging and progressive lessons that cover a variety of sports and activities.
- To encourage teamwork, sportsmanship, and respect for others.

- Adaptative learning opportunities will be provided to cater to the needs of all learners, including those with ALN.
- Opportunities for outdoor and adventurous activities will be provided to enhance pupils' learning experiences.
- The PE curriculum will include a variety of physical activities, team sports, and games to develop pupils' physical abilities and communication skills.
- Learners are taught to understand the benefits of physical activity both short and long-term.
- The impact of sleep and physical activity on mental health and wellbeing is addressed within the teaching opportunities in the curriculum.
- Opportunities for cross curricular links are explored and developed.
- All teaching and learning resources reflect current local and national guidance.
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools.
- The school will offer a variety of extracurricular sports clubs to promote physical activity beyond curriculum time.

Physical activity

- There is a well-planned physical activity curriculum that makes good use of the following resources:
- Quality PE sessions will be provided per week for every learner, contributing to 60 minutes of physical activity a day (Chief Medical Officers Guidelines, 2019)
- The school offers opportunities for learners to engage in outdoor play and adventurous activity which provide challenge and opportunity to problem solve and work as a team.
- Daily active sessions take place, and these allow all learners to increase their physical activity in short active bursts, which enhance concentration.
- Grounding activities such as yoga and mindful movement practice will allow learners the opportunity to develop core strength and stability and calm the mind and breath, providing an opportunity for relaxation to improve overall wellbeing.
- Pupils will have opportunities to participate in inter-school competitions, sports days, and extracurricular clubs to further develop their skills.
- Specialist coaches may be invited to deliver lessons or workshops to enrich the PE curriculum.
- We will provide access to a wide range of sports equipment and facilities to support the delivery of PE lessons.
- CPD opportunities will be provided to support staff in delivering high-quality PE lessons and promoting physical literacy.
- Pupil progress in PE will be tracked and monitored through regular assessments.
- The school will collaborate with external sports organizations, community clubs, and parents to enhance students' experiences in PE.

Cross Curricular Activities

Our school recognises the significant impact of *physical activity* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Our school provides opportunities for cross curricular promotion of physical activities, such as active playtimes and outdoor learning (further examples in Appendix). We integrate PE with other subjects where relevant to provide a holistic learning experience.

Leadership and Communication.

The school will have clear leadership and management in place to oversee the implementation and development of the PE curriculum.

- A named member of staff will co-ordinate Physical Activity and be responsible for the co-ordination and management of the policy: Grant Westcott
- The Senior Management Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Physical activity Policy.
- Regular meetings will be held with senior leaders to discuss the progress and outcomes of PE provision.
- The policy will be reviewed biannually to take account of national and local initiatives and resources relating to physical activity.

Headteacher/senior leadership

- The Headteacher will support staff development in PE through training and resources to improve teaching quality.
- The school ethos and environment reflect the school policy.
- All staff promote physical activity in accordance with school guidance.
- There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the school's physical activity policy; to be active and active in learning.
- A planned and appropriate physical activity curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted through the formal and informal curriculum.
- Updates on school physical activity actions will be included in the Annual Report to parents.
- Engagement with national/local learner voice surveys that help inform the school include:
 - School Health Research Network
 - Travel to School Hands Up Survey (Public Health Wales)
 - Sport Wales School Sport Survey.
- Raise awareness of opportunities in the local community that promote physical activity or healthy lifestyles.

All teaching and non-teaching staff to ensure that they:

- Plan and deliver engaging, inclusive, and well-structured PE lessons in line with the school's curriculum aims.
- Provide timely feedback to learners on their progress and areas for development in PE.
- Safeguard the well-being of learners during PE lessons and extracurricular sporting events.
- Act as positive role-models to learners by participating in physical activity and related events, where possible.
- Ensure consistent messages are provided/mixed messages are avoided in relation to physical activity.
- Support implementation of the school policy.
- Deliver effective physical activity education as agreed in this Policy.
- Encourage participation in local and national initiatives.
- Promote active lifestyles in accordance with school guidance.
- Promote opportunities for learners to be physically active during the school day.
- Promote nutrition and active lifestyles in accordance with school guidance.
- Will not withhold opportunities for physical activity (e.g. active break time, physical education) as a sanction. (See Appendix 2)

Equality Statement

This school/setting recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between learners, parents, staff, governors/management committee members and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

Monitoring, evaluation and dissemination

- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body
- It will be ratified every two years but reviewed annually or earlier if necessary
- The School Council/relevant Learner voice group are actively involved with the implementation and review of this policy.
- Support local and national initiatives.
- Aspects of this Policy will be replicated in the School Prospectus, Hwb, shared areas on the school network and staff handbook.
- Parents may request a paper copy of the policy from the school.
- Student progress in PE will be monitored and evaluated regularly.
- PE lessons will be observed to ensure high standards of teaching and learning.

Family and Community Involvement

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity for all learners in relation to physical activity. We aim to involve all members of the school community in our commitment. This will be achieved by:

- Involving learners in promoting physical activity within the school community and have a role in decision making (planning and developing actions, policy development/review).
- Supporting community focused opportunities, including Food and Fun, to use the school grounds and facilities.
- Supporting the provision of out of school hours learning, for learners, parents/carers and wider community members.
- Parents will be kept informed about their child's participation in physical activities and encouraged to support a healthy, active lifestyle at home.
- Encourage parents to share their children's achievements in physical activities outside of school.
- Share students' progress and achievements in PE through newsletters or parent-teacher meetings.

The role of parents and carers

We ask that Parents/Carers endeavour to:

- Support the policy.
- Supply an appropriate PE kit as per school uniform policy.
- Support local and national initiatives.
-

The role and responsibilities of learners

We ask learners to:

- Respect themselves, peers, and staff during PE lessons.
- Participate actively in all aspects of the PE curriculum
- Support and encourage their peers, promoting a culture of inclusivity and teamwork.
- Develop their own routines to maintain physical activity.
- Wear clothing appropriate for the activity undertaken.
- Take opportunities to participate in learner surveys and learner voice groups.
- Consider becoming a role model for the promotion of physical activity throughout the school and local community, such as Playmaker (Primary), Sports Leader (Secondary).

The following members of the school community were consulted on the development of this policy:

- Senior Leadership team

- School Council
- Governors /Link Governor
- Healthy Schools Co-ordinator
- PE Co-ordinator/Health and Wellbeing Team

Policy Approved by.....Chair of Governors/Management Committee

Policy Implemented byHead teacher

Date of Review.....