

# **St. Paul's C of E Primary School**

Documentation Information and Control

## **Physical Activity Policy**

*Current Status:* Reviewed July 2020

*Review date:* Biennially

*Persons responsible for review:* The Governing Body in consultation with the Head Teacher

*Reference to other documents:*

# **St. Paul's C of E Primary School**

## **Physical Activity Policy**

### **1. Rationale**

- 1.1 Recognising its historic foundation, St Paul's Church of England Primary School, Newcastle upon Tyne, exists
- (1) to glorify Almighty God, and
  - (2) to serve the community by providing, within the context of biblical belief and practice, an excellent education.
- 1.2 We shall enable each pupil, as an individual created by God with a physical body as well as a rational mind, to develop as a well rounded individual with the necessary skills, knowledge and understanding to develop and maintain a healthy lifestyle which will reduce the risk of developing health problems and improve the capacity to concentrate and learn.
- 1.3 We shall work as a whole school community to develop a shared understanding of how regular physical activity contributes positively to a healthy lifestyle.

### **2. Purpose**

We shall:

- (1) offer a curriculum which provides opportunities for pupils to learn about, understand, experience and develop a positive attitude to physical activity;
- (2) strive to increase the physical activity of pupils in line with national targets;
- (3) deliver clear and consistent messages about physical activities that contribute positively to an individual's health and well-being; and we shall

- (4) ensure that physical activities in school reflect the ethical, cultural and medical needs of both staff and pupils.

### **3. Guidelines**

- 3.1 The School shall promote activities at both break and lunch times, utilising existing facilities and equipment (*e.g.* the playground games painted on the school yards, the outdoor play and learning areas, and sports equipment made available during school hours in the yards).
- 3.2 The School shall provide extra-curricular activities, including cricket, dance, football and Key Stage 1 multi-skills.
- 3.3 The School encourage parents / carers and pupils to adopt whenever possible an appropriate means of travelling to and from school that encourages physical activity (*e.g.* cycling or walking - a cycle rack is provided).
- 3.6 The School shall monitor its provision of equipment for and the promotion of healthy physical activity to ensure that the purposes of this policy are attained and maintained.

### **4. Review**

The governors shall review this policy every two years.