

St. Paul's C of E Primary School

Documentation Information and Control

Physical Activity Policy

Current Status: Reviewed July 2022

Review date: July 2024

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 St Paul's School was established in 1862 to serve Almighty God and the community by providing, within a biblical Christian ethos, a broad, balanced, and engaging education and learning experience.
- 1.2 St Paul's School is an inclusive school in which, through the provision of a broad, balanced, and engaging curriculum and within a caring and supportive environment, each pupil is motivated to develop and flourish as he or she acquires skills for life and a love of learning.
- 1.3 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.
- 1.4 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 shall 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.