

St. Theresa's  
Catholic Primary School



**ST. THERESA'S CATHOLIC PRIMARY SCHOOL**

# **Physical Activity Policy**

"We learn together, we play together, we pray together, we grow together in the love of God"



### Validation grid

|                                                 |                                                                                                                                                       |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Title</b>                                    | Physical Activity Policy                                                                                                                              |
| <b>Author</b>                                   | James Troy                                                                                                                                            |
| <b>Target Audience</b>                          | Staff and parents                                                                                                                                     |
| <b>Stake holders consulted</b>                  |                                                                                                                                                       |
| <b>Curriculum / non curricular</b>              | Non curricular                                                                                                                                        |
| <b>Associated Policies / Documents</b>          | Behaviour Policy, Staff Code of Conduct, Equality Statement and Objectives including Equality Policy, Learning and Teaching Policy, Curriculum Policy |
| <b>New Policy or Review of existing policy.</b> | New                                                                                                                                                   |
| <b>Date of Submission</b>                       | April 2026                                                                                                                                            |
| <b>Date for Review</b>                          | April 2028                                                                                                                                            |

Headteacher

Barbara Costa

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Chair of Governors

Fiona Kerin

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### **1. Statement of Intent**

St. Theresa's Catholic Primary School understands that we have a responsibility to help pupils establish and maintain lifelong habits of being physically active.

Regular physical activity is one of the most important things pupils can do to maintain and improve their physical health, mental health and overall wellbeing. Promoting a physically active lifestyle among young people is important because:

Physical activity can help increase pupils' capacity for learning.

Physical activity has substantial health benefits for pupils, including favourable effects on endurance capacity, muscular strength, body weight and blood pressure.

Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Every pupil will be taught to develop the knowledge and skills necessary to perform a variety of physical activities, maintain fitness, regularly participate in physical activity, understand the short and long-term benefits of such activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle.

This policy promotes practices within the school to reinforce our vision and to discourage practices that negate them.

### **2. Legal framework**

This policy has due regard to all relevant legislation and guidance including, but not limited to, the following:

- DfE (2013) 'National curriculum in England: PE programmes of study'

### **3. Roles and responsibilities**

The Headteacher will be responsible for:

- Enabling pupils, staff and parents to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- Providing and promoting opportunities for pupils to be physically active throughout and beyond the setting.
- Increasing the physical activity levels of pupils in line with national targets.
- Ensuring all necessary risk assessments have been undertaken.
- Ensuring that teaching standards are maintained and the effectiveness of this is

monitored.

- Liaising with the PE subject leader to spend PE premium and measure impact.

The PE Subject Leader will be responsible for:

- The overall implementation of this policy.
- Liaising with the Headteacher to spend PE premium and measure impact.
- Producing a flexible and appropriate scheme of work.
- Creating an action plan at the start of each school year, identifying any areas of improvement within the subject which need to be addressed.
- Monitoring the teaching of PE at the school and ensuring that high standards are consistently maintained.
- Attending any necessary training, in order to help inform future developments of the subject at the school.
- Keeping up-to-date with any changes in the subject area.
- Ensuring that the school provides extra-curricular opportunities to pupils, further developing the skills learnt during their PE lessons.
- Providing the Senior Leadership team with feedback on the provision of PE at the school.

Teachers will be responsible for:

- Participating in any necessary training or CPD.
- Keeping up-to-date with changes within the subject area.
- Acting in accordance with the Staff Code of Conduct.
- Communicating high expectations, enthusiasm and passion about PE to pupils while challenging their thinking and acting as a good role model.
- Having a high level of confidence and expertise both in terms of their specialist knowledge and their understanding of effective learning in PE.
- Planning for opportunities for pupils to develop and demonstrate their initiative and independence.

#### **4. Curriculum Provision**

The PE programme is taught by class teachers and the coaches from Non-Stop Action. The coaches from Non-Stop action are funded to mentor staff and teach children PE.

Swimming is provided in Year 4 and is taught by specialist swimming instructors.

The school provides at least 2 hours of curricular physical education for Reception to Year 6.

All classes participate in the daily mile.

Facilities available for physical activity include:

- Playground
- Local swimming pool (Brookland Juniors)

## **5. Competition**

The children are able to try out for a range of inter-school sporting competitions throughout the school year; this includes:

- Football league (boys' team and girls' team)
- Netball
- Cricket
- Tag Rugby

## **6. Extra-curricular activities**

Physical activity is promoted during breaks and lunchtimes and after school; sports equipment is available during breaks and lunchtimes.

There is an annual whole school sports day.

There are a variety of physical related extra-curricular activities available for pupils to participate in outside of school hours, including the following:

1. Football After School Club
2. Multi Sport Club
3. Activities Breakfast club (free)
4. Lemon Jelly Dance after school club

External sports coaches will lead activities and clubs, where appropriate.

At the beginning of each term, parents will be made aware of the extra-curricular activities on offer at the school via the school newsletter and website.