

PHYSICAL ACTIVITY

This policy was approved by Governors on 12th March 2026 and will be reviewed in the Spring Term 2027.

Aim of Policy

We have a responsibility to help students and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Promoting a physically active lifestyle among young people is important because:

- through its effects on mental health, physical activity can help increase students' capacity for learning;
- physical activity has substantial health benefits for children and adolescents, 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 foundations for being regularly active throughout life.

Therefore, this policy promotes practices within the school to reinforce our vision and to remove or discourage practices that negate them.

Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'. Provision for this will be met in many ways, including PE lessons, extra-curricular activities (including competition), cross-curricular lessons, Daily Mile and specially themed days

1. School Ethos

As part of our 'family' vision, every student shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain physical fitness, regularly participate in physical activity, understand the short and long-term benefits of physical activity, and value and enjoy physical activity as an ongoing part of a healthy lifestyle. Our curriculum drivers of 'curiosity', 'collaboration' and 'resilience' will be used to drive children's knowledge and understanding of what it means to have a healthy lifestyle and what they can do to develop, maintain and improve this. In addition, all staff are encouraged to participate in, and model, physical activity as a valuable part of daily life. In line with our well-being policy, physical activity will be actively included in to the weekly planning, providing an opportunity for active lessons, in addition to PE.

2. Physical Education Lessons (see PE policy)

There is a sequential scheme of work for physical education that involves:

- a skills-based approach;
- moderate to vigorous physical activity on a regular basis
- teaches knowledge, motor skills, self-management skills, and positive attitudes;
- promotes activities and sports that students enjoy and can pursue throughout their lives;
- is taught by well-prepared and well-supported staff and
- is coordinated with the PSHE and SMSC curriculum.

Every student in each year shall participate in regular physical education for the entire school year. Students in the Foundation Stage shall participate in physical education for at least 120 minutes during each school week and students in KS1 and 2 shall also participate for at least 120 minutes per week.

The scheme of work (Get Set 4 PE) makes effective use of school and community resources and serves the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness levels. Children in Year 3 swim at a nearby pool for five or six 60 minute sessions each year. It is expected that all children will be able to swim the required 25m by the end of KS2. Non-swimmers are taken for term 6 with any children in Year 6 having priority.

3. Outdoor and Adventurous Activities

The children in Year 6 have the opportunity to extend their skills when they go on the PGL residential course at the beginning of the school year. This allows them to develop social skills as well as physical skills. Children participate in various field trips throughout the year and the school grounds are used for orienteering. We also have a trim trail which is used by all the children to help them learn about coordination, balance and strength. For 2026 we are constructing our own 'Forest School' area which we will be incorporating into the curriculum hopefully for the Summer Term 2026.

4. Active Lessons (with an aim of at least 2 a week, in addition to PE)

At Navenby we understand the importance for physical activity in supporting the well-being of our pupils. All staff look for opportunities to plan active lessons where possible and appropriate, for example; delivering literacy speaking and listening through drama, numeracy through Maths of the Day and *gonoodle*, etc. Activities planned to enable the children to receive up to the recommended 60 mins of physical activity a day.

5. Extra Curricular / Out of School Hours Learning (OSHL) Physical Activity

This school offers a physical activity programme that features a broad range of activities meeting the following criteria:

- Students have a diverse choice of activities in which they can participate.
- Every student has an opportunity to participate regardless of physical ability;
- Examples of physical activity that students have taken part in - *out of school hours* - will be promoted and celebrated.

All activities are supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required. Any Adults Other Than Teachers (AOTTS) who run clubs have a series of forms to complete which relate to safeguarding and personal qualifications. Information regarding school routines/procedures is explained to these individuals when the club first starts.

6. Travelling To and From School

The school encourages active methods of travelling. There is a 'safety' zone outside school which reduces traffic at critical hours and we are constantly seeking advice from the local police in how to make it even safer outside school. Four Year 5 pupils enrolled as Junior Road Safety Officers and they work with the School Road Safety Partnership to come up with ideas about safety outside school. There is also a secure cycle storage and scooter park on the school site.

7. Before School, Break and Lunch Time Activity

Our break times provide opportunities for physical activity, which help students stay alert and attentive in class and provide other educational and social benefits. The school has playgrounds, playground markings, toys and equipment available for free play. Lunchtime helpers / Sports Crew engage pupils in physical activity at lunchtime which reduces boredom and disagreements and the time it takes to sort such issues out. The Sports Crew organise activities for those that want it at break time and help pupils in dispute work out their problems through discussion. Break times complement, and are not a substitute for, physical education classes.

Staff will make every effort not to deny a student's participation in break time or other physical activity as a form of discipline or punishment. There may be exceptional circumstances where this is not possible.

8. Subject Leader

The subject leader for PE is also the Physical Activity (PA) coordinator. They shall provide the drive and enthusiasm for promoting PA and act as a positive role model. They will monitor the policy as part of the school's assessment and monitoring procedures. The co-ordinator will monitor levels of participation and activity inside and outside the curriculum and make appropriate adjustments. They will consult with pupils and staff to identify barriers to participation and ensure, where possible, that a broad range of extra-curricular activities that promote physical activity are provided for all pupils to participate in. Monitoring (which could be lesson observation, scrutiny of planning, pupil interviews, resources audit) takes place annually with recommendations for improvement shared with staff and the Governing Body through the GB lead for PE (Mrs Fenwick).

9. Involvement with Parents/Carers

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions. Swimming is a great way for families to enjoy fun and exercise together. It is also an activity that people can enjoy at any age, and hopefully children will develop into lifelong swimmers as a way of keeping fit and having fun.
- Parents are invited to the school's annual Sports Games Day and Sports Day events. They are also encouraged to support our sports teams when competing against other schools.
- FONS organise fundraising opportunities to raise money for the school to purchase relevant resources.

10. Involvement with School Sports Partnership and Other Community Resources

The school works with recreation agencies/sports development and other community organisations to coordinate and enhance opportunities available to students. We are working in partnership with Carre's Outreach using the PE Premium Money to fund this. Through this, we have a Sports Coordinator (Mrs Sutton) who comes into school to work with children as part of PE lessons. This provides the opportunity for staff to be upskilled and to provide wider opportunities for active physical participation for our pupils.

The school is part of the Lincolnshire Central School Sports Partnership Programme and participates in events, training, school competitions etc organised by the Partnership. Any further training is available through the Sports Partnership as well as through Performance Management. The PE lead attends the Sleaford and District Association sports meetings and the school actively engages in many of the sporting events organised by this committee.

11. Celebrating Physical Achievements

We regularly celebrate physical achievements as well as academic performance through our STARS and class assemblies. We believe these assemblies are very important as they raise the children/young people's confidence and self-esteem, which in turn may encourage them to continue being active. It also inspires others to do likewise. Examples of activities that the students have taken part in, out of school hours, will be showcased and celebrated within school.

This policy will be reviewed on an annual basis along with the PE policy.

Review Date: Spring Term 2027

Signed:

Chair of Governors _____ Mr J Kirby

Headteacher: _____ Mr C Elliott