



All Souls CE Primary School

Foley Street, London, W1W 7JJ • Tel: 0207 186 0151 • www.allsoulsprimary.co.uk

Experiencing life in all its fullness, we grow to be the best that we can be. (Based on Biblical Reference John 10:10)

Physical Activity Policy

Date: September 2025

Review Date: September 2026

Lead Person: Tracey Cooley

Committee: LA

Introduction:

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school, we recognise the importance of being fit and agile and the effect it has on a child's health and wellbeing, and their ability to learn effectively and achieve in school.

As a healthy school, we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle.

Information about our PE curriculum, extra-curricular activities and how we use our School Sports Premium Funding can be found on our website.

Aims of the Policy:

- To show how we promote a fit and healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation, games and after school clubs.
- To give guidance to staff about their role in promoting physical activity.
- To give information to parents and carers about what is taught and how they can support the policy to show how the school meets national guidelines for physical activity, including PE and sport.

Our approach to promoting Physical Activity:

The brain goes through a crucial development period in the first years of life and this can have a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life. In order to do this, we:

- Provide all pupils with the best possible physical activity opportunities and experiences, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity.
- Provide adequate opportunity to support children to reach their 180 daily active minutes in the Early Years and Foundation Stage.
- Provide a planned programme of at least two hours of high quality PE per week in the curriculum for all pupils in Key Stage 1 and 2.
- Provide a range of opportunities for all pupils to participate in intra- and inter-school sporting competitions and experience a range of sports.
- Provide a supportive environment for enjoyable participation in a wide variety of physical activities.
- Provide appropriate resources and facilities.
- Enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity.
- Provide specific activities for groups that may need more support to be physically active e.g. pupils who are the least active, children who are overweight or very overweight, children that do not participate in extra-curricular activities.

Responsibility for Physical Activity:

Miss Cooley (Health & Safety and PE lead) has overall responsibility for PE, sport and physical activity and the development, monitoring and review of the provision of physical activity. Their role includes:

- Developing the PE curriculum and ensuring high quality teaching and learning.
- Ensuring annual health and safety checks of all PE equipment are carried out.
- Supporting and training staff.
- Liaising with external agencies to support the curriculum.
- Developing, monitoring and reviewing the policy.
- Monitoring the impact and spend of the School Sports Premium Funding.
- Coordinating intra- and inter school sporting competitions.

Staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

External Providers:

We involve trained coaches and staff to support PE and physical activity within and outside the curriculum, and ensure that the expertise supports the professional development for staff. We make use of the support from Marylebone Cricket Club, Active Westminster, Run Kids Run, TCS London Marathon, Project Touchline and the YMCA, including access to borough and regional competitions and sports coaches.

Health and Safety:

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.
- Staff know about the safe practices involved in moving and using apparatus.
- Pupils wear PE kits, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves and leggings may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm).
- Pupils remove shoes when participating in indoor activities, such as gymnastics and dance.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/space that PE and school sport takes place in.
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity.

We undertake an annual risk assessment of the school premises and PE equipment. Risk assessments are also carried out for school sporting trips.

Curriculum:

PE

All children, from Year 1 to Year 6, have a minimum of 90 minutes of PE a week. Early Years Foundation Stage have Physical Education build into their indoor and outdoor adult lead activities. The curriculum covers the programme of study for PE in the National Curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' are assessed to ensure progress is made and end of Key Stage expectations are met by all children. Summative assessments are then reported to parents on an annual basis. The importance of Physical activity for a healthy lifestyle is included in Science and PSHE. Types of physical activity and sports, which are taught:

- Ball games.
- Dance.
- Cricket.
- Basketball.

- Group skills.
- Team games.
- Athletics.
- Balance and coordination.
- Invasion games.
- Outdoor and adventurous activity challenges.
- Hockey.
- Weekly Mile (jogging).
- Swimming.

Participation in PE:

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided, and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, evaluation, coaching, umpiring and refereeing.
- Pupils are expected to come to school wearing their PE kit and be involved in all lessons.
- Information from parents must be received if a child is excluded for any short or long-term health reason.

Facilities available for Physical Activity:

On-site facilities include:

- Bottom and middle halls.
- KS1 and KS2 playgrounds - used during the day for play times, lunch times and PE, both in and out of school hours.
- Early Years Foundation Stage share the KS1 playground, which has a climbing frame and slide.
- Riding House Hall - external to the school building.
- Marshall Street swimming pool is used for Year 3, Year 4 and Year 5 pupils during the school day.

Clothing to be worn during Physical Activity (before, during and after school):

We ask that all pupils change for PE and wear appropriate clothing that includes:

For Winter:

Navy blue joggers, a white t-shirt and black plimsolls/trainers.

For Summer:

Navy blue shorts, a white t-shirt and black plimsolls/trainers.

For swimming:

Swimming costume/trunks, goggles, swimming cap and a towel.

Other Physical Activity Opportunities:

In addition to PE lessons taught by class teachers, there are a range of opportunities for sport and physical activity throughout the school day, including activities such as physical activity movement breaks during lessons. Year 1 - Year 6 participate in a weekly 30 min lunchtime fitness session, which is run by a YMCA coach - at the beginning of the school year, pupils take part in a YMCA fitness test, which is then carried out again at the end of the school year. Lunchtime fitness sessions focus on areas of weakness that have been highlighted through this testing. Participation in the YMCA fitness programme is an obligatory part of our PE curriculum and ensures that children are accessing weekly aerobic exercise and developing and improving this fitness over time.

At present, we have a weekly multi-sport lunchtime club for all KS1 and KS2 pupils and weekly football and multi-skill after school clubs.

The school is a member of Active Westminster and pupils participate in a range of intra-school sporting competitions with other schools across Westminster such as running, basketball and football.

Once a year, we participate in a whole school event set up by Run Kids Run. Pupils and families are invited to take part in a 1km or 2km run around Kings Cross, alongside other schools, to raise money for the school (Run Kids Run also donate up to £5000 to the school).

Active Travel:

We encourage pupils and parents to walk, cycle or scoot to school. Safe storage facilities for bikes and scooters are provided to further promote active travel. We have a travel plan, which is reviewed on an annual basis to identify where improvement planning can be undertaken. Where appropriate, we will walk to venues for school trips or events to promote active travel. We provide road safety training in Early Years Foundation Stage, Key Stage 1 and 2 and cycle proficiency training for Years 3, 4 and 5.

Active Playtimes:

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Support staff are trained to deliver structured physical activity during playtime and lunchtime. Year 6 pupils are trained as Young Sports Leaders, at the beginning of the school year, and are timetabled to support physical activity in the KS1 playground at lunchtimes - they are also trained in First Aid.

Sports Day:

We organise an annual EYFS, KS1 and KS2 Sports Day event at the end of the summer term, which includes competitive and non-competitive activities to encourage all pupils to participate. Pupils are grouped according to colours and participate in organised events such as the long jump and javelin throwing. All children then take part in running races. Parents and carers are actively involved in the day.

Involving Parents and Carers:

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions, organised by the school, and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

Monitoring and Evaluation of Physical Activity:

The PE lead and SLT staff member, with responsibility for monitoring, is responsible for the overall monitoring of the quality of physical activity provision. Our School Improvement Plan includes physical activity. We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved.

Physical Education is monitored and evaluated through:

- Learning Walks.
- Annual PE subject review.
- Monitoring of equipment.
- Feedback from staff.
- Feedback from governor curriculum group.
- Pupil achievement in swimming.
- Pupil achievement in sporting competitions.
- Fitness Testing.

When external providers are used to deliver physical activity, we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

Celebrating Achievement and Success:

We understand the importance of celebrating achievement and success in PE, sport and physical activity and have a range of strategies in order to ensure pupils feel valued and proud of their achievements. Year 6 pupils are awarded in Collective Worship for passing their First Aid and Young Sports Leader course. Year 3, 4 and 5 are awarded in Collective Worship for passing their Bikeability course. Year 3, 4 and 5 are awarded in Collective Worship for being able to swim a certain distance in swimming. All pupils are awarded in Collective Worship for taking part in our annual Sports Day events.

Equal Opportunities and Inclusion:

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions, we will adapt activities to suit their individual needs. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level. Pupils who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent/carer.

Training and Support for Staff:

We ensure relevant staff access high quality professional development on PE, sport and physical activity to keep them updated on key related issues, and ensure they are confident to teach the full breadth of the curriculum. We participate in training run by Westminster and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.
