



Physical Activity Policy

2024-2025

Approved by:	Suzanne Gibbons	Date: 9.9.2024
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Statement of Intent

Tranmoor Primary school, and all members of staff, are committed to promoting the health and wellbeing of our pupils through embedding Physical Activity (PA) throughout our school day.

We understand the significant impact and role that physical activity plays in both the physical and mental wellbeing of our pupils and how much they enjoy their time at school while they are with us.

We acknowledge the key role that we play in providing PA opportunities that will give our pupils the best start in life (Public Health England, 2014). Providing opportunities for our pupils to be physically active for at least 30 minutes a day (PA action plan, 2023) is a non-negotiable that has a positive impact on the learning readiness of pupils and teachers in our classrooms and subsequently their achievement. The reciprocal nature of the relationship between our school values of 'keep active' and 'keep learning' make them both stronger and help drive the school forward in meeting our key priorities across both academic and personal development.

Our strategy for achieving this includes using the pioneering 'Creating Active Schools Framework' to support the adoption of a blend of physically active learning opportunities across the curriculum, active breaks during the school day (ensuring no child is sedentary for longer than 45 minutes) and a varied extra-curricular offering spread before, across and after school (SSPA Action plan, 2023) that caters for the interests and motivations of our pupils and staff. Taking this approach ensures that ALL pupils receive daily opportunities to be physically active which becomes part of the everyday normal and a natural habit for all involved. Through this approach we hope that our pupils continue to value and enjoy physically active lifestyles when they leave our school.

What is 'Creating Active Schools'?



"Creating Active Schools (CAS) is a research-based whole-school behavior change approach to increasing and improving physical activity in schools.

CAS is an idea borne out of necessity. When addressing the pandemic of our children's increasing levels of sedentary behaviour, the education system has been putting sticky plasters over the holes, hoping that intervention after intervention will solve the problem. Despite the best intentions of Government and schools, it hasn't.

From the spark of an idea in 2018 to the unique school improvement tool you see here now, Creating Active Schools has been developed by sector experts and current practitioners to change perceptions and behaviours around physical activity in schools.

In a continuous cycle of improvement and refinement, CAS incorporates robust new research and uses insight from teachers and school leaders to increase and improve the physical activity offer in schools." Source: www.creatingactiveschools.org/about-us (2024)

Physical activity can include Physical Education, but it is not Physical Education in isolation; it is about creating frequent opportunities for children to be active at regular intervals throughout the day.

What does the research show?

"There is evidence confirming that school-based physical activity (PA) interventions increase students' PA levels. In fact, the scientific literature suggests that the brain learns better when active methodologies (active role of students) are implemented instead of passive methodologies or traditional lessons."

Active School Breaks and Students' Attention: A Systematic Review with Meta-Analysis (2021)

What makes Tranmoor an active school?

Tranmoor Primary School is an **active school**: we adopt the 'Creating Active Schools' approach, in order to ensure that physical activity is embedded within the culture and ethos of our school.

We strive to ensure that our children do not remain inactive for more than 45 minutes and aim to provide our children with the opportunity to be active in order to achieve their 60 active minutes in a day.

This is done in a variety of ways to ensure that it enhances our curriculum delivery, providing our children with regular physical activity in order to help them to focus and learn more effectively.

What does physical activity look like?

Physical activity is fluid and flexible, done in the best way to support our children.

Here are some of the opportunities that we provide across school:

Opportunities within the school day:

Teaching and learning:

Classroom-based:

- 1) Physical Education
- 2) active games (fizz buzz, 21, round the houses, times table tennis, charades, taboo)
- 3) role play/drama
- 4) freeze frames
- 5) treasure hunts
- 6) dance (separate from PE and linked to topics/themes)
- 7) practical lessons (limiting how much work is done in books)
- 8) brain breaks (taking a moment to re-engage with a task by doing something active)
- 9) Kagan activities (these promote oracy and collaboration as well as activity)
- 10) active answering (using actions, bodies, standing, moving)
- 11) Maths Meetings
- 12) mindful minutes
- 13) morning meetings (One Life)
- 14) transition times (moving to/from the carpet, walking to/from the hall)
- 15) active assemblies/singing practice
- 16) active registers
- 17) active indoor playtimes (providing resources so that children can still be active when the weather is bad)

Outdoor:

- 1) Forest Schools (children are provided with regular opportunities to engage with this)
- 2) fieldwork
- 3) outdoor learning (learning walks, areas to enhance learning)
- 4) the mile - KS1 and KS2 have mile trails to follow
- 5) active playtimes (organised using a timetable to ensure that the children have a wealth of options)
- 6) themed weeks (learning is based around/promotes sport/activity)

Beyond the School Day:

- 1) regular opportunities to attend sporting competitions (supported through our close work with the 'School Games Award', for which we were Gold for 2022-2023 and 2023-2024)
- 2) a range of afterschool clubs
- 3) extra opportunities for singing

How do we ensure consistency and that physical activity is being done across school?

Some physical activity (such as the morning meetings that we do through the 'One Life' programme, fieldwork (geography), investigations (science) and maths meetings (mathematics)) form part of our curriculum and is an expectation to be done as part of our routines across school.

Children are organised into areas at break times in KS2 and provided with a range of resources in Early Years and KS1 in order to ensure that they are as active as possible.

We use a 'virtual floor book' in order to showcase and evidence the physical activity that is happening across school. Physical activity forms a part of our School Improvement Plan (through our curriculum design) and therefore features on action plans in order to ensure that it is priority for all. Finally, regular monitoring and learning walks, by all subject leaders, across school helps to ensure that PA is being delivered consistently.

We plan in opportunities for children to review how active they have been and for staff to share good practice.

How are the children involved?

Aside from being active and enjoying the opportunities to move throughout the day, we have Sports Ambassadors and Student Council members who are a part of the decision-making process for decisions that are made across school. They have helped with supporting during themed weeks, come up with new ideas for playground areas and helped with decision-making when it has come to buying and using new resources. They are also crucial in obtaining views from the children across school in order to help us make better decisions about how we can be more active, and make learning more fun.

We Pupil voice in order to help use to determine strengths and areas for development across school. We promote an awareness of physical activity, aim to respond to the children's feedback, work to develop physical literacy and ways of engaging in the classroom.

How do we involve parents, guardians and governors?

We aim to share as much information as we can about the active opportunities that we have created in school through Class Dojo at appropriate points of the year, including our Friday message on Dojo. Further to this, we aim to take feedback regarding physical activity and want to help to promote the '60 active minutes' out of school as well as in. We also want to showcase the things that are happening in school by inviting parents and guardians in at the end of each half term in order to get a sense of what the children have been learning about.

During term time, we aim to share at least one post on the school story with a link to physical activity (whether it be promoting a club, opportunity, resources, camp).

Our CAS lead involves governors by updating on the implementation and impact of the approach, where appropriate, at meetings and through the PE governor.