



Physical Activity Policy

Our Shared Vision

Striving for excellence in everything we do

High Quality
Education for
ALL

Effective
home/school
and community
partnerships

Equality Mission Statement

We are committed to ensuring equality of educational opportunity and support for all pupils, parents, carers, staff and visitors irrespective of age, sex, race, disability, religion or belief, sexual orientation, pregnancy, gender reassignment, and socio-economic background. We aim to provide a fully inclusive school in which every person feels proud of their identity and is able to participate fully within the school community. We believe that a diverse school community is a strength which should be respected and celebrated by all those who learn, teach and visit here.

Approved by: QED Committee	Date: 1.5.25
Signature (Chair of Committee): H Hamid	Signature (Headteacher): M Ziane

Last reviewed on: 1.5.25	Next review date: May 2026
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This policy covers many of the articles from the UN Conventions on the Rights of the Child. These include;

- **Article 23 (children with a disability)**

A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community. Governments must do all they can to support disabled children and their families.

- **Article 24 (health and health services)**

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that pupils can stay healthy. Richer countries must help poorer countries achieve this.

- **Article 28 (right to education)**

Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect pupils' dignity and their rights. Richer countries must help poorer countries achieve this.

- **Article 29 (goals of education)**

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

- **Article 31 (leisure, play and culture)**

Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Rationale

At Becontree Primary School, we have a responsibility to help children and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities from an early age, so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sport's funding will be extremely effective in improving and sustaining high quality PE and sports provision. The PE policy is an extension of the Physical Activity Policy.

Aims

- To promote the benefits of physical activity to the whole school community;
- To improve the self-esteem and confidence of the pupils through participation in physical activity;
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle;

- To promote the celebration of sporting achievements;
- To promote inclusion.

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'.

Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff;
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science;
- Extra-curricular clubs run through our after-school clubs;
- Lunchtime activities, including our equipment zones, playground markings, playground games, our KS2 gym area and the climbing frame in KS1;
- Whole school physical activity projects/special days. e.g. cricket workshop, sports day

Extra-Curricular Physical Activity

Children have a diverse choice of activities in which they can participate- competitive, non-competitive, structured, unstructured and including some physical activity options such as drama, dance, walking, athletics, netball and football.

Members of staff, qualified coaches or instructors who may or may not be teachers shall supervise all activities. A member of school staff will be available in case support is required-eg an accident.

We are part of a cluster of schools and regularly take part in different festivals and tournaments for pupils of different ages.

We actively encourage pupils to go to local clubs and promote our gifted and talented through outside clubs.

Lunchtime Activities

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors and our Play Leaders engage and encourage children in physical activity at lunchtime. In the KS2 area there is a gym, a in KS1 we have a climbing frame and outdoor provision in EYFS.

Equal Opportunities

All children in our school, including those with special needs, are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account their individual needs and interests.

It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their level of ability.

Meeting the Needs of all Children

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to children with different levels of attainment, needs and interests by balancing challenge with the likelihood of success;
- Children at different starting points all make progress;
- The achievement of all children are maximised by providing variations in tasks, resources, support and group structure.

Assessment, Recording, Reporting and Monitoring

An audit of out of school activities is kept to indicate the number of children participating in physical activities.

Levels of participation will be monitored with regard to gender and overall levels of interest.

Children are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the children to find out what they enjoy/ don't enjoy about PE.

Health and Safety Guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.

All guidelines for physical education and games are followed eg. supervision, behaviour, clothing, jewellery and use of equipment.

All indoor lessons must be taught with children wearing appropriate footwear (gripped trainers or plimsoles), apart from gymnastics which is taught bare footed for safety reasons. Dance lessons should be taught using plimsoles or bare feet.

All coaches from other organisations must hold suitable qualifications and will be CRB checked- including parent helpers.

Promoting Physical Activity to the Whole Community

Parents are sent details of physical activity clubs their children may attend.

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

The school is currently looking at extending provision for physical activity to school holidays.