

St Mary's Catholic Primary School



Physical Activity Policy

Date policy adopted: Summer 2026

Review date: Summer 2028

Mission Statement

"Learning together in Faith and Love"

St. Mary's Catholic Primary School exists to serve the Roman Catholic families of the Parish of Our Lady of the Holy Souls, Kensal New Town and other local parishes. The aims of our school are:

- To promote Christian values where children live, learn and celebrate the teaching of Christ.
- To provide a curriculum which is broad, balanced and meaningful and where children can experience enjoyment and fulfilment.
- To promote the highest standards of teaching and learning within the framework of the National Curriculum.
- To develop in each child a sense of achievement, value and self-worth and to achieve the standards of which they are capable.
- To help our children acquire the skills of independent learning and make sufficiently rapid progress.
- To provide a safe and secure environment where children feel valued, and where they respect, help and care for each other.
- To involve parents in all aspects of their child's education and promote good home/school partnership.
- To develop in our children awareness and respect for the different cultures and religions represented in society and their responsibility to the wider community.
- To foster the continuing development of staff, parents and governors in serving the community.

1. Purpose of Physical Activity Policy

At St Mary's Catholic Primary School, we want all children to enjoy being active and to understand how physical activity can support their health, happiness and wellbeing. We know that regular movement can help children to develop confidence, resilience, teamwork and positive attitudes towards themselves and others.

This policy gives clear guidance to staff, outside visitors, parents/carers and pupils about the physical activity opportunities we provide during the school day. It also explains how we promote active, healthy lifestyles across the school.

Schools have an important role in helping children to build healthy habits. As children spend a significant part of their day in school, we aim to provide regular opportunities for them to move, play, participate, compete, cooperate and enjoy being active.

2. Physical Activity Guidelines for Children

Physical activity is important for children's physical health, emotional wellbeing, confidence and social development. It can support children's concentration, self-esteem, friendships and readiness to learn.

The [Physical Activity Guidelines for Children and Young People](#) are relevant to those aged from 5 to 18 years. The Government's School Sport and Activity Action Plan sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.

At St Mary's, we support this ambition by providing a range of opportunities for pupils to be active through PE lessons, playtimes, active learning, enrichment activities, clubs, competitions and active travel initiatives.

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The PE and Sport Premium helps primary schools to achieve this, providing funding to make additional and sustainable improvements to the quality of PE, physical activity and sport offered.

For details of how we have spent our PE and Sport Premium Funding to make additional and sustainable improvements to the PE, sport and physical activity we offer, please refer to:

<https://st-marys.rbkc.sch.uk/our-school/pe-and-sports-premium>

For nurseries attached to primary schools, there are different physical activity guidelines for children under the age of five. This guidance can be found here: [Physical Activity Guidelines for under 5s](#)

3. Curriculum Provision

Physical Education is compulsory at all key stages. [The National Curriculum](#) programmes of study outline what should be taught at each key stage.

Local authority-maintained schools are required to follow the National Curriculum. At present, academies and free schools do not have to follow it but are required to provide a broad and balanced curriculum that promotes the physical development of pupils.

A high-quality physical education curriculum should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

In addition, schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

Non-statutory DfE guidance, [Enhancing Physical Education Provision and Improving Access to Sport and Physical Activity in School](#), recommends that schools timetable at least two hours of curriculum PE per week.

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For nurseries attached to primary schools, physical development is one of the three prime areas of learning and development in the EYFS statutory framework. Physical development involves giving young children opportunities to be active and interactive, and to develop their coordination, control and movement. Children must also be helped to understand the importance of physical activity.

Nursery children

- Activities include physical elements, with ample opportunities for play-based learning outside using apparatus
- Nursery children have weekly PE lessons from a dedicated specialist coach or teacher
- Learning is active, with a wide selection of activities to choose from
- Children are encouraged to be active throughout the day

School age children

- Each year group has weekly PE sessions with a specialist coach and extra lessons, for example swimming in Year 5 and cricket in Year 4
- PE is taught by specialist instructors, both in school and externally, for example swimming
- Year 5 children have weekly swimming lessons across the whole year
- The National Curriculum for PE is followed
- Activity is built into lessons where possible, for example learning times tables with a song and dance in maths
- Pupils are assessed at the end of each PE block by coaches
- Lessons are regularly monitored by class teachers and the PE lead

4. Enrichment Activities

To ensure that children and young people are able to meet the physical activity guidelines, schools should also look outside of PE lessons to provide physical activity opportunities.

At St Mary's, we provide a range of opportunities to help children be active, enjoy movement and develop positive attitudes towards sport and physical activity.

These include:

- After-school clubs available to Key Stage 1 and Key Stage 2, including football and multisports
- A wide range of apparatus and equipment for children to use, for example balls, climbing frame and pitch
- Active breaks and pair work in class
- Half-termly school trips that promote activity
- Competitions within the borough, such as 5-a-side football
- Active Travel, including TfL Travel for Life initiatives to promote walking and cycling to school

5. Resources

Access to open space, parks, playgrounds and equipment supports children's physical activity levels. Access to loose and fixed equipment, along with varied play materials, can also support physical activity among children and young people.

There is also evidence of greater benefits of people being active outside, such as benefits to mental and emotional wellbeing.

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At St Mary's:

- Nursery children have daily access to their outdoor play and learning area, with various equipment such as bikes, scooters, slides and a climbing frame
- The Key Stage 1 and Key Stage 2 playground features an active sensory garden, a climbing frame, a running track, an AstroTurf pitch and ball game markings
- Balls and other equipment are stored in a designated PE shed, with certain children selected to have access to and manage the equipment
- Stock checks of equipment are completed regularly
- Physical activity resources are purchased when needed, including funding from the PTA
- Facilities are available when children are in school and for after-school clubs
- The playground and outdoor environment encourage children to play actively and creatively
- Adults encourage children to be active, especially pupils who may need additional support or encouragement

6. Equal Opportunities and Pupil Voice

At St Mary's, we believe every child should feel welcome, encouraged and able to take part in physical activity. We want pupils to experience success, enjoyment and a sense of belonging, whatever their starting point.

Physical activity opportunities are adapted where necessary to meet the needs of pupils with SEND, medical needs or physical disabilities. Staff work with pupils, parents/carers and relevant professionals to ensure that appropriate support and reasonable adjustments are in place.

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We recognise that some pupils may need additional encouragement or support to take part in physical activity. This may include girls, pupils with disabilities, pupils with SEND, pupils from minority ethnic groups or pupils from lower socio-economic backgrounds. We aim to reduce barriers and ensure that physical activity is inclusive, positive and accessible to all.

At St Mary's:

- Physical activity opportunities are open to all
- A rota is provided to ensure that all ages and year groups get equal access to the various areas and equipment
- Playground supervisors engage and encourage less active children to play actively and join in active games with peers
- The School Council is involved in suggesting and carrying through ideas to improve physical activity in the school playgrounds
- Sports Ambassadors are selected to encourage physical activity and manage equipment and resources
- A rota for various activities and areas of the playground ensures that children's interest is maintained

7. Staff Training, Development and Activity

Staff play an important role in helping children to enjoy physical activity and develop positive attitudes towards PE and sport. We want pupils to see physical activity as something that is enjoyable, inclusive and part of a healthy lifestyle.

Evidence supports the need for an appropriately trained, skilled and confident workforce. Ensuring staff have the confidence and competence to offer high-quality experiences of both physical education and physical activity across the school day can contribute towards higher levels of physical activity by children and young people.

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In addition, staff act as role models and can inspire children to participate in sport and enjoy it. Staff are also encouraged to be aware of the UK Physical Activity Guidelines for adults.

At St Mary's:

- Regular staff CPD ensures that staff are skilled and confident in leading and supporting the teaching of PE and physical activity
- EYFS staff have regular training to ensure they are confident in supporting and encouraging physical activity and development in younger children
- PE lessons are taught by qualified sports coaches, working in tandem with the PE lead to deliver high-quality lessons and opportunities
- Staff support children to be active through playtimes, active breaks, school events and enrichment activities
- Staff take part in physical activity such as challenges and Sports Week in order to be good role models for children

8. Community Partners and Links

We have links with QPR Football Club, who visit yearly to carry out their *Joy of Movement* programme, encouraging children to eat healthily and be active.

Kensington Leisure Centre provides our children with swimming lessons. We also have links with a local cricket club, who provide free sessions to our Year 4 children.

These partnerships help us to broaden children's experiences and encourage them to see physical activity as enjoyable, varied and part of everyday life.

9. Holiday Provision

We recognise that it can sometimes be harder for families to access physical activity opportunities during the school holidays. We encourage families to

help children stay active in ways that are enjoyable and manageable, such as walking, visiting local parks, playing outside, joining clubs or taking part in local holiday activities.

For ideas and support, families can visit the [RBKC Family Hub](#).

10. Monitoring and Evaluation

This policy will be reviewed annually. Physical activity and PE provision will be overseen and maintained by relevant school leaders.

We will continue to monitor and develop our provision by considering:

- Pupil voice
- Staff feedback
- Participation in clubs and competitions
- Curriculum PE
- Playtime opportunities
- Use of PE and Sport Premium funding
- Inclusion and accessibility
- The quality and range of equipment and resources

11. Policy Review

This policy was reviewed in July 2026 and will be reviewed again in July 2028, or sooner if guidance or school provision changes.

