

St Peter's Catholic Primary School

Physical Activity Policy



Policy	Physical Activity Policy
Date	December 2025
Date of review	December 2027
Signed Chair of Governors	<i>Christine Murray</i>
Signed Headteacher	<i>Clare Scott</i>

We, the family of St Peter's, united in faith by God strive to love, learn and grow together.

1. Purpose of Physical Activity Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of physical activity opportunities during the school day and our approach to the positive promotion of physical activity. Schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

2. Physical Activity Guidelines for Children

[The Physical Activity Guidelines for Children and Young People](#) are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring all children are as active as possible throughout childhood is important for current and future population health.

In 2023, the Government updated the [School Sport and Activity Action plan](#) which 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. 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-peter.bardaglea.org.uk/parents/sportsfunding>

For nurseries attached to primary schools, there are a different set of guidelines for children under the age of five. [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 promote 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 KS1 or KS2.

Non-statutory DfE guidance [Enhancing physical education provision and improving access to sport and physical activity in school](#) recommends that schools timetable at least 2 hours of curriculum PE per week.

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 co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity.

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.

We provide a range of physical activity opportunities across the school day as follows:

- 4.1 Before and After school: gymnastics, multi-sports and football clubs
- 4.2 Break and Lunch times: Astro turf ball games including basketball and football
- 4.3 In class – daily mile
- 4.4 School trips – Stubbers Y6, Residential Y6 week of activities in Wales
- 4.5 Competitions: football and athletics competitions other schools in the borough
- 4.6 Active Travel including TFL Travel for Life

5. Resources

Access to, and integration in the school day of, open space, forests, parks, and playgrounds are positively associated with physical activity levels. Access to loose and fixed equipment, along with non-traditional play materials 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.

6. Equal Opportunities and pupil voice

There is growing evidence to show that certain groups such as girls, children with disabilities and those from minority ethnic groups and low socio-economic status families have lower levels of physical activity than their counterparts and that this contributes to health inequalities related to lower levels of physical activity.

We regularly consult with pupils via the school council to make sure that pupil voice informs our range of physical activity equipment for the playground, clubs and opportunities for sports in PE.

7. Staff training, development and activity

Evidence supports the need for an appropriately trained, skilled and knowledgeable 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.

In addition, staff act as role models and can inspire children to participate in sport and enjoy it. [The UK Physical Activity guidelines for adults.](#)

Staff receive training on a regular about PE and physical activity to ensure we all stay upskilled in teaching the curriculum and safely supporting the school day.

8. Community partners and links

School Sports Partnership, Local clubs, parents/carers, School Travel Team, leisure centres, local swimming pools, after school club providers, inspire you minds, dance and gymnastics.

9. Holiday Provision

To prevent a drop in physical activity over holiday periods, we promote clubs via newsletters, website, social media and flyers.

10. Monitoring and Evaluation

We monitor and evaluate this policy every two years.

11. Policy Review

Policy Implementation Date: Dec 2025

Next Review Date: Dec 2027