



St. John's CE Primary School Friern Barnet Physical Activity Policy

1. Purpose of Physical Activity Policy

This policy has been written to give clear guidance to staff, outside visitors, parents 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.

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 that all children are as active as possible throughout childhood is important for current and future population health.

Physical activity guidelines for children and young people aged 5-18 years:

- Children and young people should engage in moderate to vigorous physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types of intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity

For more information on the UK Physical Activity Guidelines for Children and Young People please refer to:

<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

In 2019, the Government published a 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 more information on the School Sport and Physical Activity Action Plan please refer to:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/848082/School_sport_and_activity_action_plan.pdf

For more information about the PE and sport premium for primary schools please refer to:
<https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

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://www.stjohnsprimaryn11.co.uk/wp-content/uploads/2024/07/P.E.-and-Sports-Premium-Report-2023-24-1.pdf>

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:

- Infants (less than 1 year):
 - Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity e.g. crawling
 - For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better
- Toddlers (1-2 years):
 - Toddlers should spend at least 180 minutes per day in a variety of physical activities at any intensity, including active and outdoor play, spread through the day; more is better
- Pre-schoolers (3-4 years):
 - Pre-schoolers should spend at least 180 minutes per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate to vigorous activity.

For more information on the UK Physical Activity Guidelines for Under 5s please refer to:
<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

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.

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; 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 inspires all pupils in KS1 and KS2 to succeed and excel in competitive sport and other physically demanding activities. It 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.

For more information on the National Curriculum for Physical Education in KS1 and 2 please refer to:
<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>

To meet the Healthy Schools London criteria for the Bronze award schools must provide a minimum of 90 minutes of PE for each pupil across the school week.

For nurseries attached to primary schools, physical development is one of the three prime areas of learning and development. Physical development involves giving children opportunities for young children 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.

For more information about physical development and the early years foundation stage please refer to: <https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

How PE is taught in our school:

Nursery children

- Printing techniques using hands and objects
- Developing fine motor skills
- Manipulating playdough to make woodland creatures
- Colour mixing
- Decorating Christmas tree
- Making decorations
- Dancing to wintery music
- Making diva lamps
- Outdoor mark making/ writing
- To learn about different fine motor activities – cutting, using tools such as tweezers, holding a pencil
- Outdoor fine motor e.g. trigger bottle aiming
- To use bikes and scooters with increasing speed and control
- To begin to hold a pencil using a tripod grip
- To begin to form recognisable letters in own name
- Focus on throwing, catching and balancing
- To use one handed tools such as scissors with increasing control to follow straight, curved and zig zag lines
- Show preference for dominant hand
- To use scissors and other tools confidently
- To mark make using a comfortable grip
- To write own name independently
- Ride bikes confidently

School age children YR - Y6 follow our PE guidelines. PE curriculum is taught using the Complete PE scheme.

<https://www.stjohnsprimaryn11.co.uk/wp-content/uploads/2023/02/P.E.-Curriculum-Guidelines-FINAL-FEB-23.pdf>

- Each year group has one swimming lesson (30 mins) and one PE curriculum lesson (60 mins) each week.
- Swimming is taught by a qualified swimming instructor and PE lessons are taught by class teachers in KS1 and the PE lead together with class teachers in KS2.
- A sports enrichment programme runs from YR-Y6 enabling pupils to experience a sport not normally taught in primary schools as follows. e.g:

YR-Y1: gymnastics at Hendon Leisure centre

Y2: Tae Kwondo

Y3: Archery

Y4: Tennis at our local tennis club

Y5: Rock climbing

Y6: Kayaking

- Opportunities are taken during the day to offer pupils ‘brain breaks’ in and out of the classroom setting
- School also has an active playground - MUGA, table tennis tables, basketball court and activity trail. Children are timetabled to use all the facilities across the week during play/lunch times
- School achieves School Games Gold award every year for it’s participation in PE, school sport and physical activity

4. Extra-Curricular Provision

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. By making physical activity an integral part of pupils’ daily routines, schools can increase the amount of time children spend being active, boosting their physical, mental wellbeing, character and resilience.

Details of the physical activity opportunities that are provided:

4.1 Before school children in YR-Y6 have the opportunity to attend our breakfast club which enables them to interact with other children and be active

4.2 Break times: EYFS have a dedicated outdoor space with a climbing frame, bikes and other equipment to encourage physical development. Y1-Y6 children have use of our active playground as well as play equipment

4.3 Lunch time: see above. Our bronze ambassadors also run activities for KS1 pupils on our MUGA as well as KS2 lunch time clubs e.g. football, rugby

4.4 In class (not including PE lessons e.g. active learning / pedagogy): Teachers offer opportunities for brain breaks e.g. jogging on MUGA, mindfulness activities, partner talk around the classroom, outdoor learning opportunities, active learning using hall space

4.5 After school: a variety of sporting clubs are available for both KS1 & KS2 e.g. multi-sports, dance, football, netball, rugby, swimming, after school club

4.6 School trips: Y6 school residential, off-site visits to venues e.g. museums, zoos, farms

5.7 Competitions: as part of BPSS school takes part in inter and intra school competitions, both competitive and non-competitive

5.8 During school holidays: school runs a holiday club offering opportunities for physical activity

5.9 Active Travel including STARS awards: school promotes sustainable and active travel and has achieved STARS Gold Award

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.

- Nursery children have access to an outdoor area, which is shared with reception class. Resources available include a climbing frame, bikes and tricycles, water and sand tray, writing/art area,

climbing blocks, tyres, balls, small world, role play area. During the summer term, our nursery children start swimming lessons weekly.

- Resources available at school to promote physical activity opportunities include a school hall; wall apparatus and equipment such as agility tables, benches, mats, ladders, spring board; active playground; playground markings; field; MUGA; activity trail; basketball court; swimming pool; story telling area.
- Resources are stored in a playground shed which is accessed by staff on duty each play/lunch time. Equipment for PE curriculum lessons are stored in a separate shed. Hall equipment is stored in the hall.
- Resources can be accessed by pupils under the direction of staff and by staff
- Equipment is checked and reviewed termly to ensure that broken items are replenished
- Our facilities are available at different times e.g. early morning for breakfast club; during the day for curriculum lessons; after school for clubs including our after school provision; swimming pool lets after school and at weekends, hall lets on a Saturday and holiday club during half terms, Easter and part of the summer holiday period.
- Our active playground is timetabled so that each year group is able to access the different areas throughout the week

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.

Giving pupils a voice and enhancing their ownership of physical activity delivery can ensure that activities are appropriately tailored to their needs can support participation. In addition, encouraging children and young people to act as role models can have an aspirational impact and encourage younger age groups to follow a similar path.

Offering a variety of physical activity opportunities for children and young people to take part in, including free play can increase participation in physical activity. In addition, a focus on games and the fun elements of participation, as well as the more traditional sports or competitive activities, can help to encourage participation, particularly among inactive children and young people.

- Our active playground and equipment enables all pupils to participate and take part. Our rota system ensures that all children have equal access.
- After school clubs are aimed at all pupils and abilities including netball and football.
- Pupils in YR-Y1 have the opportunity to join our dance club (Born to Move); KS1 can take part in multi-sports clubs as well as football; KS2 pupils have the opportunity to take part in more competitive clubs such as netball and football.
- Children have opportunities to during PE lessons to lead on warm up and cool down activities. Our Junior Travel Ambassadors are often involved in planning events involving physical and active travel. Our Bronze Ambassadors assist in planning activities for younger children.
- Pupils are encouraged to take on leadership or volunteer roles that support physical activity and sport e.g. play leaders, bronze ambassadors, junior travel ambassadors as well as leading in warm-up and cool down activities in PE lessons.
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- By running a sports enrichment programme, enabling children to experience a range of sport and PE not normally associated with primary schools, the children have the opportunity to explore a range of physical activities to help them identify those they enjoy. Children also have the opportunity to take part in a range of competitive and non-competitive events organised by the BPSS e.g. sportshall athletics, table tennis, rugby, gymnastics, swimming, football, netball, cricket etc.
- Children take part in virtual challenges organised by BPSS ensuring that all pupils feel able to take part and contribute to competition in a non-threatening way.
- SEND pupils have the opportunity to take part in borough All Bar None competitions.
- SEND pupils take part in ‘Sensory Circuit’ daily.
- SEND pupils have access to our wellbeing room which includes opportunity for physical activity e.g. balance balls, squeeze machine, trampoline, padded wall etc.

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 recommend that:

- For good physical and mental health, adults should aim to be physically active every day. Any activity is better than none, and more is better still
- Adults should do activities to develop or maintain strength in the major muscle groups. Muscle strengthening activities should be done on at least two days a week, but any strengthening activity is better than none.
- Each week, adults should accumulate at least 150 minutes of moderate intensity activity; or 75 minutes of vigorous intensity activity.
- Adults should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity.

For more information on the Physical Activity Guidelines for adults please refer to:

<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

- Teachers have access to Complete PE for delivering the PE curriculum
- Our PE lead attends PE meetings run by the BPSS and disseminates information to all staff
- Regular meetings are held with MTS team to support their provision of activity during lunch times
- Staff have access to training offered by BPSI
- PE is delivered by school staff including class teachers, PE lead and swimming teacher. Sports coaches will come in to deliver aspects of our sports enrichment programme.
- How you encourage staff to participate in physical activity and act as positive role models Staff are encouraged to engage with active travel initiatives as well as fund raising events e.g. staff virtual run from John O’Groats to Land’s End in 2022

8. Community partners and links

There are a wide range of partner organisations and support available in the local community to support the provision of physical activity.

The following support provision and opportunities at St. John's:

Welsh Harp, Furzefield Centre, North Finchley Tennis Club, Sports4Stars, Master Wolf, Hendon Leisure Centre, J&L Out of School Ltd, Born to Move, BPSS, School Travel Team.

9. Holiday Provision

To prevent a drop in physical activity levels across the school holidays, there are a range of ways in which schools can support children to remain engaged and active over this period.

School promotes holiday clubs via email to parents. J&L Out of School Ltd run a holiday club at St. John's.

10. Monitoring and Evaluation

- PE, school sports and physical activity is monitored annually through the completion of the School Games Award
- This policy will be shared with the parent community on the school website and with staff at staff meetings. Regular sports news is provided to parents via half-termly newsletters. A dedicated sports page is also available on the school website.

11. Policy Review

Policy Implementation Date: February 2024

Next Review Date: February 2027