



Matthew 7:12 'Do to others whatever you would like them to do to you'



Barton Church of England (Voluntary Aided) Primary School

Physical Activity throughout the Day Policy

(separate from National Curriculum Physical Education Policy)

Introduction

Children should be given opportunities to participate in a range of enjoyable physical activities from an early age so they will be more likely to continue being physically active throughout the rest of their lives. Physical activity contributes to both good physical and mental development.

It has a wide range of physical and emotional benefits, from developing muscle and bone strength, increasing concentration and educational performance and learning, to boosting mood and reducing the risk of many lifestyle related diseases. Developing regular physical activity behaviours in childhood is crucial as we know that children who are active are more likely to become active adults and continue to reap the benefits of an active lifestyle throughout their life course.

Lack of physical activity can contribute to childhood obesity, which has been described as one of the most serious public health challenges in the 21st Century. Currently in England more than 1 in 5 children are overweight or obese when they begin school, with that rising to 1 in 3 children by the time they leave primary school.

Ofsted suggests that schools should 'consistently promote the extensive personal development of pupils. The school (should) go beyond the expected, so that pupils have access to a wide, rich set of experiences. Opportunities for pupils to develop their talents and interests (should be) of exceptional quality'.

While we recognise that PE provides opportunities in a diverse context for all children to find a sporting discipline they enjoy, we believe organised sports for children should complement, not replace, free play and recreational sports. We believe that walking or cycling to school and active lunch and playtimes are all part of physical activity.

Aims

We aim to:

- promote physical activity for children of all ages and abilities
- provide a range of physical activities throughout the day
- encourage enjoyment in physical activity
- develop a shared understanding of the importance of physical activity throughout life

Objectives

To achieve these aims, in addition to 2 hours of teacher led physical education (PE) we will provide:

- quality physical activity opportunities both within and outside of curriculum time which:
 - considers the needs and interests of all pupils
 - promotes positive attitudes towards participation in physical activity
 - enables pupils to develop a full range of basic movement skills

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- increases pupils' knowledge and understanding of the importance of physical activity
- opportunities to increase pupil participation in physical activity both within and outside of curriculum time e.g. travel to / from school, playtimes, after school and at lunchtimes
- relevant in-service training opportunities (e.g. playground buddies) and where appropriate qualifications, for all those leading physical activity sessions, both inside and outside the curriculum
- adequate resources and funding for all elements of physical activity
- safe and stimulating areas in which pupils can play and be active
- links with professionals, clubs and families in the community to help develop physical activity pathways for pupils beyond the school

Relevant Policies:

Our Physical Activity throughout the day policy should be considered alongside:

- Pupil Equality, Equity, Diversity and Inclusion Policy
- SEND policy
- Health and Safety Policy
- Pupil Premium Policy
- Physical Education Policy
- Accessibility Policy
- Pupil mental health and wellbeing policy

Adults Other Than Teachers Guidance

All Adults Other Than Teachers (AOTTs) involved in curriculum or out of hours learning activities, including lunch times, playtimes and after school, will be appropriately trained and monitored in accordance with the Local Authority's 'A Guide for Teachers, The Use of Adults Other Than Teachers in Physical Education and School Sport' and our own guidance Policy for Volunteer Helpers.

<https://www.cambslearntogether.co.uk/asset-library/The-deployment-of-individual-and-agency-coaches-in-Physical-Education.pdf>

Keeping children safe during additional physical activity sessions

Adults have an additional duty of care during physical activities at school. Pupils must be made aware of all safety issues related to Physical Activity, including the assessment and management of risks.

When monitoring or leading physical activity, adults need to:

- Refer to the policies listed above
- Carry out a risk assessment for activities e.g. use of apparatus, hard balls and bats and site of activities. Any damaged equipment or gymnastic apparatus is reported to the PE coordinator/head teacher and removed and/or labelled and not used.
- Safe handling and use of all equipment will be taught and encouraged at all times. For example, specific procedures for lifting, carrying and placing apparatus correctly:
 - bend knees, back straight to lift and lower;

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- always travel in a forwards/sideways direction - be able to see in the direction they are travelling;
- placement of apparatus carefully in position;
- carry apparatus at waist height, not lifted high.
- Teach pupils how to take action to control risks to themselves in order to carry out tasks safely

Out of Hours Learning Programme

Out of Hours physical activities are offered after school for both Key Stages. A wide range of before and after school clubs are available for all children for example, football, netball, boxercise, dance, multi-sports skills. We also support inter-school activities arranged through the South Cambs School Sports Partnership. Out of Hours physical activities are led by trained teaching staff or appropriately qualified AOTTs.

At playtimes and lunchtimes, a wide range of sporting and activity based toys and games are available for children in both key stages, encouraging positive relationships, physical activity and development. Competitions are organised with other local schools within the CB23 cluster. Links with local sports clubs are encouraged, such as Tennis clubs.

Professional Development

At Barton we believe that:

- the greatest resource we have is the staff, and that their professional development is a cornerstone for the continuing development and success of our school

Barton School is fully involved in the training opportunities offered by the SCSSP programme for staff and children.

Facilities and resources

A range of separate resources are available for use during Physical activity sessions. These offer opportunities to improve fine and gross motor skills, as well as hand/eye coordination.

For indoor activities, resources include a hall equipped with a range of fixed and free-standing apparatus, music and videoing equipment.

For outdoor activities, there is a playing field and an area of tarmac marked out with a netball court and other symbols.

Monitoring and Review

This policy will be updated to take account of new developments by the PE and PSHE Leaders and will be reviewed in July 2026.

This School policy for physical activity outside of PE reflects the consensus of the whole teaching staff, and has the full agreement of the Governing Body. The implementation of the policy is the responsibility of all the teaching staff and the Headteacher.

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