Eastling Primary School

Whole School Policy for Physical Activity

Reviewed September 2025 Next review date Sept 2027

Introduction:

At Eastling Primary School, we aim to inspire children to lead healthy, active lifestyles through the teaching of a broad range of activities in Physical Education and Physical Activity. Physical Literacy forms a critical part of our approach to learning in all areas of the curriculum. In partnership with Omega 3 PE and the Herne Bay & East Kent Coastal Sports Partnership, we encourage our children to engage in sports both in and out of school hours. This may be at a competitive level or recreational. Children learn to understand the importance of healthy competition against either themselves (personal best) or other children. Our aim is that children find pleasure in sport through their participation at a level appropriate for them incorporating a range of success criteria. Our curriculum provides challenge for all learners allowing them to participate in each strand of PE at their own level. Our school provides opportunities for all children to collaborate and to become more self-confident. We offer a varied range of activities which are accessible to all children regardless of age, gender or ethnicity. Children learn to embed the values of Eastling Primary School (Kindness, Collaboration, Honesty, Perseverance, Excellence and Respect) and realise the importance of staying fit through their enjoyment of Physical Education and Physical Activity.

The benefits of exercise

Benefits of regular physical activity, include:

- better general health
- a sense of well-being
- increased self-esteem
- reduced stress and anxiety
- improved mobility
- improved muscular strength and endurance
- strong bones
- steady, healthy weight
- reduced risk of developing eating disorders or adult diseases and conditions such as heart disease, diabetes and high blood pressure.

By participating in physical activity before, during and after school, students can gain a range of physical, social, emotional and intellectual benefits. Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games.

It is important that children are given opportunities to participate in a range of enjoyable physical activities at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

Objectives

This policy is based on the following objectives.

- To provide students the best possible physical activity experiences regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities.

- To develop and apply skills in a cooperative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted students the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To introduce pupils to new sporting experiences across a range of disciplines

Principles

Participation in physical activities at our school is characterised by:

- An emphasis on enjoyment and fun.
- Allowing equal access to all.
- A safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.
- The recognition of participation, development and improvement.
- Striving to be the best that we can be
- An emphasis on 'fair play' and 'Sportsmanship'

Scope

This policy applies to all students attending Eastling Primary School, regardless of race, age, ability or location and to all members of the Eastling community (teachers, coaches, administrators, parents or guardians, volunteers).

Roles and Responsibilities

Eastling School has a responsibility to ensure that every student is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

The following roles and responsibilities encompass areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, equipment and behaviour.

Participation

Adult sports leaders need to:
encourage enjoyment;

- cater for varying levels of ability by providing every student with a 'fair go';
- provide equal encouragement to all students to allow them to acquire skills and develop confidence;
- ensure the program is available to all students by catering for groups with special needs such as: students with disabilities/impairments; and;
  athletes with exceptional talent.
- prepare and conduct sessions based on sound coaching and teaching principles;
  set realistic standards and objectives for students;
- ensure a safe and productive environment;

- encourage students to participate in games before, during and after school, and;
  act as a good role model of sporting behaviour.

Competition

At Eastling provision is made for a healthy level of competition for all participants.
Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students.

Links with Community Organisations

Adult sports leaders are encouraged to establish closer cooperative links with sport, recreation and community organisations wherever possible.

Safety

The provision of a healthy and safe environment for students and teachers in the school is essential.

Adult sports leaders also need to:

- recognise the difference between student and adult physical and emotional characteristics;
- understand the short and long-term medical conditions of students (this includes previous and existing illnesses and injuries);
- ensure that the equipment and facilities are safe and in good working order and that the necessary training to offer such activities has been undertaken;
- enforce the use of recommended protective equipment required for a particular game or sport;
- provide access to appropriate first aid facilities and equipment.

Equipment

Adult sports leaders need to ensure all equipment used is appropriate for the age group and be in good condition. Students who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

Eastling's Physical Activity Program

This policy acknowledges that physical activity can occur in a variety of ways at school. Activity may be formal or informal, part of the school curriculum or extra-curricular. Physical activity may be categorised under the following headings.

The following physical activities are provided at Eastling.

Physical education (PE)

Physical Education is a key learning area. It is an important dimension in a student's broad scope of development during their years of schooling.

The National Curriculum States that all pupils should:
-develop competence to excel in a broad range of physical activities.
- be physically active for sustained periods of time.
-Engage in competitive sports and activities.

- Lead healthy, active lives

At Eastling we conduct physical education for each class for at least two sessions per week.

Activities include:
Gymnastics, Dance, Games, Athletics, Swimming, Outdoor and Adventurous Activities.

Herne Bay & East Kent Coastal Sports Partnership

Eastling School is part of the Herne Bay & East Kent Coastal Sports Partnership.
We attend intra-school sport events as part of the partnership. This includes annual events such as netball, athletics, gymnastics and cross-country competitions. Dates for these events are published on the school calendar.

Adventurous Activity
On our residential weeks when children may experience activities as diverse as high ropes, archery, abseiling, low ropes, orienteering, fencing, raft building, rock climbing etc.

Across the curriculum
At Eastling teachers are encouraged to incorporate physical activity across their teaching and learning program such using throwing and catching to investigate measurement and evaluation;
throwing a ball and measuring the distance of each throw and why a ball curves in the air;
using the mathematical process to mark out tracks or school areas.

Physical Activity and Leadership

By participating in physical activity either through physical education, sport, or general play in the playground, students learn many leadership qualities (e.g. team work, cooperation and understanding). These opportunities are linked to the overall school program for students and are offered during lunchtimes, school sport days, clubs, and tournaments.

We have adopted sports leader roles for children who excel or show high levels of interest in sport. These children are trained to work alongside their peers to enrich the provision of sport in school. They also act as positive role models.

This policy will be reviewed and updated during our cycle of policy review or at times of change in practice or approach