



Lea CE Primary School & Gateway Lodge Nursery



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Healthy Schools Physical Activity Guidelines

1. Introduction

At Lea CE Primary School & Gateway Lodge Nursery, we believe that Physical Education (PE) and physical activity are essential components of a child's overall development. Our policy is designed to promote the physical, mental, and emotional wellbeing of all pupils, ensuring they develop healthy habits that will benefit them throughout their lives. We are committed to providing high-quality PE and a range of physical activities to encourage lifelong participation in physical activity and sports.

2. Policy Objectives

The objectives of this policy are to:

- Ensure that all pupils participate in regular physical education and physical activity.
- Promote the development of physical literacy, motor skills, and an understanding of the importance of physical activity.
- Foster positive attitudes toward physical activity, teamwork and healthy lifestyles.
- Encourage students to maintain an active lifestyle both during and outside of school hours.
- Provide equal opportunities for all students to engage in physical activities, regardless of their abilities.

3. Whole School Approach

At Lea CE Primary School & Gateway Lodge Nursery, physical activity is embedded throughout our school. We achieve this through:

- Having a Subject Leader, responsible for PE, physical activity and PE Premium monitoring.
- Providing pupils with opportunities to access physical activity through inter and intra school activities, such as the School Games programme.
- All staff accessing training and professional development opportunities.

4. Curriculum for Physical Education (PE)

The National Curriculum for PE aims to ensure that all pupils:



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- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

PE lessons will:

- Be delivered to all pupils from Reception through Year 6, with the aim of meeting national curriculum standards, including swimming.
- Be taught by qualified teachers or fully qualified external sports education coaches.
- Include a minimum of 2 hours of Physical Education per week for each student.
- Focus on the development of key skills such as balance, coordination, agility, and strength.
- Incorporate a variety of activities, including team sports, individual sports, dance, and gymnastics.
- Encourage skill progression through age-appropriate activities, ensuring pupils are challenged but not discouraged.
- Teach students about the benefits of regular physical activity and maintaining a healthy lifestyle.

Swimming is delivered through intensive annual 2-week blocks of lessons from Y1-6, which take place at Halo Leisure Ross on Wye. Classes are grouped according to ability and are taught by the class teacher and Halo Leisure swimming instructors.

4. Daily Physical Activity

In addition to PE lessons, Lea CE Primary School & Gateway Lodge Nursery will promote physical activity throughout the school day by:

- Offering structured daily physical activities, such as the Daily Mile and brain breaks.
- Encouraging active play during break and lunch times through the provision of sports equipment and designated play zones.
- Providing a range of free, extra-curricular physical activities, clubs, and sports teams for pupils to join.
- Encouraging active travel to and from school. The school offers facilities for pupils to store bikes/ scooters within the school grounds, to enable children to travel to and from school.
- Organising annual sports days and inter-school competitions to celebrate physical achievements.



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5. Inclusive Practices

Lea CE Primary School & Gateway Lodge Nursery are committed to ensuring that all pupils, regardless of physical ability, have the opportunity to engage in physical activities. This will be achieved by:

- Adapting activities to meet the needs of children with disabilities or special educational needs.
- Offering a range of non-competitive and competitive activities to cater to different interests and abilities.
- Ensuring teachers receive training in inclusive PE practices to support all students effectively.
- Ensuring where possible, that all of our extra-curricular provision is free of charge and therefore accessible to all pupils.
- Pupil Voice- actively seeking the opinions of pupils with regard to extra-curricular clubs provision and the PE curriculum.
- Residential where physical activities are included, will be adapted to ensure where possible that all can participate.

6. Safety and Supervision

- PE lessons and physical activities will be conducted in a safe environment, with appropriate equipment and facilities.
- Teachers and staff will be trained in first aid, and safety protocols will be strictly followed.
- Where coaches are used, full qualification and insurance checks have been carried out and coaches only deliver activities for which they are qualified.
- Risk assessments will be conducted for all physical activities, especially during extracurricular events, school trips, or competitions.
- Students will be taught the importance of safety, including where necessary, proper warm-up and cool-down exercises, safe equipment use, and the need for hydration.

7. Professional Development for Staff

To ensure high-quality PE and physical activity experiences, we will:

- Provide ongoing professional development opportunities for all staff to enhance their PE teaching skills, for example Staff working alongside a specialist coach.
- Engage external services where necessary to support training needs and delivery of certain activities.
- Encourage staff to model positive physical activity behaviours to students.



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8. Partnership with Parents and the Community

Lea CE Primary School & Gateway Lodge Nursery recognises the importance of involving parents and the wider community in promoting physical activity. We will:

- Provide information and resources to parents about the importance of physical activity and how to encourage it at home.
- Invite parents to participate/spectate in school physical activity events and where appropriate, have a parent code of conduct.
- Foster relationships with local sports clubs and organisations to offer additional opportunities for pupils to engage in sports outside of school.

9. Assessment and Monitoring

The effectiveness of the PE and physical activity policy will be regularly monitored and reviewed by:

- Assessing pupils' physical development, progression and participation in PE lessons.
- Gathering feedback from pupils, staff, and parents on the quality and variety of physical activities.
- Evaluating the participation rates in extra-curricular activities and sports teams.
- Reviewing these guidelines annually to ensure they continue to meet the needs of students and aligns with national guidelines.

10. Conclusion

At Lea CE Primary School & Gateway Lodge Nursery, we are dedicated to promoting an active, healthy lifestyle for all students. Through our PE and physical activity we aim to instil a lifelong love of movement, exercise, and sports, and to equip students with the knowledge and skills they need to lead healthy, active lives.

Named lead for Physical Education and physical active (staff): Kyle Eaton

Named lead for Physical Education and physical active (governor): Simon Manning

Policy Review Date: March 2026

Next Review Date: Monday 23rd March 2026

Head teacher's Signature: Simon Manning