

"Every child is a unique child of God."

WHINMOOR



ST. PAUL'S
C of E Primary School

Whinmoor St Pauls (VA) C of E Primary School

Physical Activity Policy

At Whinmoor St. Paul's Church of England Voluntary Aided Primary School, everything we do is underpinned at all times by the Christian ethos of valuing the individual. We believe that every child is respected as a unique child of God, the future adults in society. We believe children are gifts from God and we are privileged to work with their families and carers, to enable them to live life to the full.

Every Child is a Unique Child of God

Agreed: November 2025

Review Date: October 2028

Signed: Chair of Governors: Mrs R Davies

Date: November 2025

Physical Activity Policy

Our Mission and Ethos

At Whinmoor St Paul's Primary school we believe that every child is a unique child of God and lives in a world that God has made.

We aim:

- To provide a safe, happy and nurturing environment where every child can achieve their full potential
- To provide a curriculum which is knowledge-rich, wide, progressive, purposeful & connects to our community & the world we live in
- To enable each child, through fostering high expectations, to grow and develop intellectually, physically, spiritually, and morally in order to enable him/her to achieve their potential
- To develop attitudes which will be positively helpful to the individual child, the whole school and to society in general, valuing all faiths and cultures
- To build strong relationships with the local community, our city and the wider world

And to do all this as a caring community based on strong Christian values.

The Governing Body and staff of Whinmoor St Paul's Primary School take as our first priority the responsibility to safeguard and promote the welfare of our pupils, to minimise risk and to work together with other agencies to ensure rigorous arrangements are in place within our school to identify, assess and support those children who are suffering harm and to keep them safe and secure whilst in our care.

Physical Activity - Rationale

Physical activity is essential for good health and plays a vital role in promoting positive well-being. Many of the leading causes of illness in modern society are linked to physical inactivity, making it increasingly important that children develop active habits from an early age.

Engaging in regular physical activity during the early years and throughout childhood is strongly associated with improved long-term outcomes, including better physical and mental health, higher educational attainment, and increased happiness. Being active helps children build confidence, develop resilience, and experience a sense of achievement, whereas prolonged sedentary behaviour can contribute to social, emotional, and health concerns.

At our school, we recognise that establishing these habits during the school years is crucial in supporting pupils to lead active, healthy lives—now and in the future. Through high-quality Physical Education and wider opportunities for movement, we aim to inspire all children to enjoy being active and to understand the lifelong benefits it brings.

The Chief Medical Officers Physical Activity Guidelines 2019 state:

- Children 5 and under who can walk on their own should be physically active every day for at least 180 minutes (3 hours). This should be spread throughout the day, indoors or outside. The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.
- Children and young people (5–18-year-olds) should engage in moderate-to-vigorous intensity physical activity (MVPA) 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 and 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.

The guidance also highlights the risks of inactivity and sedentary behaviour for health. Prolonged sitting is harmful, even in people who achieve the recommended levels of MVPA.

Whinmoor Primary School is committed to promoting the health and well-being of Children, Staff, and families through the embedding of physical activity throughout the school day and beyond.

Who has supported the development of this policy?

Staff, children, governors and parents have fed into the content of this policy.

This policy links to the School Development Plan, PE Policy, PSHE Policy and the SEND Policy.

Aims

At Whinmoor St Paul's, we recognize the pivotal role that Physical Education plays in promoting a long-term healthy lifestyle that is both enjoyable and fulfilling. Our aim is to instil a life-long love of sport and physical activity in all children through a high-quality, inclusive and progressive PE curriculum. We provide all pupils with regular opportunities to be physically active, helping them to build resilience, determination and the confidence to develop key physical and life skills. Our curriculum not only focuses on fundamental movement skills such as agility, balance and coordination, but also supports children's personal, social and emotional development. A key element of our PE provision for Early Years is Commando Joe's. This programme promotes teamwork, leadership and character development through engaging, mission-based physical challenges. Together, these experiences ensure our pupils are well-equipped to succeed not only in sport, but in school and life.

Physical activity extends beyond our PE lessons. We ensure that every child remains active throughout the school day. At break and lunchtime, we run initiatives such as Craze of the Week, which encourages all pupils to take part in fun, inclusive games and challenges that promote movement, creativity and collaboration. We are also proud to offer a wide range of afterschool sports clubs, which form a key part of our PE provision. These clubs give children the opportunity to explore different sports, develop their skills further and engage in physical activity in a fun and supportive environment. They also allow pupils to represent the school in competitions, promoting teamwork, commitment and school pride. We aim to promote, encourage and support the achievement of all our pupils. Our goal is for every child to feel part of a sporting community - active, inspired, and engaged - developing as healthy individuals with a strong sense of teamwork, sportsmanship and personal pride.

Through physical activity, we aim to:

- Develop confidence, skills, and physical literacy, enabling children to engage competently in a wide range of activities
- Encourage excellence by challenging pupils to achieve their personal best
- Foster pride in achievements, celebrating progress and success at all levels
- Promote fair play and respect, reinforcing the values of teamwork and sportsmanship
- Support health and wellbeing, educating children about the importance of an active lifestyle
- Provide high-quality opportunities beyond the school day, including clubs and competitions

Objectives

The policy is based upon the following objectives:

- Provide all pupils with high-quality physical activity experiences regardless of age, race, ability, or background, encouraging lifelong healthy habits.
- Work towards a minimum of two hours of high-quality physical education each week, with additional opportunities through lunchtime and after-school clubs, competitions, and enrichment activities delivered by approved external providers.
- Increase pupil participation in physical activity both within curriculum time and through broader school opportunities.
- Maintain a strong and visible profile for physical activity across all aspects of school life, including cross-curricular links and whole-school events.
- Ensure ongoing training and professional development for all staff involved in supporting physical activity.
- PE Lead to oversee physical activity development, supported by senior staff.
- Provide a broad, balanced, and inclusive programme of physical activity for all pupils.
- Allocate appropriate resources and funding to support high-quality physical activity provision.
- Provide safe, stimulating indoor and outdoor spaces that encourage active play.
- Ensure safe and effective exercise procedures are followed at all times.
- Make facilities available at break and lunchtimes to encourage active play and movement.
- Organise whole-school events that promote and celebrate physical activity.
- Support pupils in developing co-operative skills and appropriate levels of challenge and competition.
- Provide age-appropriate pathways for participation and progression in physical activity.
- Encourage links with community sport and physically active recreation.
- Engage the whole school community in supporting and valuing physical activity.
- Work with key partners (e.g., School Sport Partnership, Active Schools and Leeds Well Partnership) to strengthen physical activity opportunities.
- Inspire pupils to be active beyond the classroom and develop positive attitudes toward PE.
- Educate pupils on healthy eating as part of a holistic approach to wellbeing.
- Develop pupils' understanding of their bodies and muscles, preparing older pupils (KS2) for secondary PE.

Active Travel and Extended Physical Activity Opportunities – Family Engagement

At Whinmoor St Paul's, we are committed to supporting safe, active, and sustainable travel for our pupils. We encourage children to walk, cycle or scooter to school as part of promoting a healthy and active lifestyle. To support this, KS2 pupils have the opportunity to take part in Bikeability training, ensuring they are confident and competent when cycling on the roads. We also provide road safety awareness as part of our ongoing commitment to pupil wellbeing. Our school continues to highlight the benefits of active travel and has invested in facilities to support this, including a new bike shelter and information about safe local walking routes. These initiatives aim to encourage independence, improve fitness and reduce reliance on car travel within our school community.

In addition to our PE curriculum and school-based physical activity, we provide pupils with access to a range of out-of-school sports and activity opportunities. Information on local clubs - covering activities such as dance, golf, football, rugby and more - is available on our school website, including details of locations, contact information and participation opportunities. This enables families to engage with wider sporting experiences and supports the development of physical literacy, teamwork and lifelong healthy habits.

Active Curriculum

Across the curriculum, teachers are encouraged to incorporate physical activity into all lessons, using active learning strategies throughout the week. There is an expectation that pupils will engage in regularly planned, purposeful movement, ensuring that physical activity is an integral part of their learning experience.

Enrichment and External Partnerships

The school is committed to promoting physical activity through a wide range of enrichment opportunities. In addition to curriculum-based PE, we work with approved external providers and specialist companies to deliver diverse, high-quality physical activity experiences for all pupils. These may include after-school clubs, workshops and coaching sessions. All external organisations working with the school are required to meet our safeguarding standards, hold appropriate qualifications and insurance, and support the school's aim of fostering lifelong participation in physical activity.

Active Break and Lunchtimes

Physical activity at Whinmoor St Paul's extends beyond our PE lessons. We ensure that every child remains active throughout the school day. At break and lunchtime, initiatives such as Craze of the Week encourage pupils to participate in fun, inclusive games and challenges that promote movement, creativity and collaboration. These opportunities allow children to be active with their friends and explore equipment or activities they may not regularly access during PE lessons.

Year 6 play leaders support this by promoting physical activity for younger pupils across the school. Our playtime and lunchtime supervisors receive training to ensure that break and lunch periods are engaging and active for all children. Following this training, each Key Stage is provided with a playtime box containing a variety of equipment and resources, along with ideas to make activities fun, inclusive and accessible for everyone.

Additionally, sports captains take pride in supporting PE and physical activity by helping to set up and collect equipment, ensuring it is used safely and acting as role models for other pupils. Together, these initiatives create a school environment where all children are encouraged to be active, develop new skills and enjoy movement throughout the day.

Out of School Hours Learning

The school is committed to providing a diverse weekly programme of out-of-school-hours activity clubs that meets the needs and interests of all pupils. This programme is developed in consultation with pupils and the School Council to ensure activities are engaging and inclusive. Clubs offer a balanced mix of competitive and non-competitive activities, alongside specific movement and general fitness sessions designed to promote health and wellbeing. As the school continues to grow, the variety and availability of after-school clubs will increase, reflecting the interests of pupils and the wider school community. The school works in partnership with external organisations, such as Leeds Rhinos to enhance the quality and range of after-school opportunities.

Staff Engagement

The school has a responsibility to ensure that every pupil has the opportunity to participate in high-quality physical activity experiences that support their learning, development and overall wellbeing.

Teachers, coaches and other members of the school community play a vital role in delivering and supporting the school's physical activity programme. All staff involved are encouraged to contribute to areas including participation, competition, safety, equipment, and behaviour management.

All staff responsible for physical activity should ensure that:

- Behaviour expectations are clearly established and consistently upheld during all physical activities.
- Clothing, footwear, and jewellery rules are communicated and encouraged. Consideration should also be given to ensuring pupils have access to suitable clothing for break and lunchtime activities
- Safe and effective exercise practices are followed at all times

By engaging all staff in promoting, modelling, and supporting physical activity, the school ensures that pupils benefit from a safe, inclusive and motivating environment that encourages lifelong engagement in physical activity.

Evaluation

On a termly basis, Mr. Cherkowski will engage with Sports Captains and other pupils, as well as members of the school community, to gather their feedback on how effectively we are promoting a well-rounded, active school environment and the physical activity opportunities available to our students. This consultation allows pupils to have a voice in shaping the activities, clubs, and initiatives that best meet their interests and needs.

Monitoring and evaluation of the PE and school sport policy will include reviewing the number of out-of-school-hours learning opportunities and pupil participation rates. Relevant external assessments, such as OFSTED reports, will also be considered to inform ongoing improvements and ensure that the provision of Physical Education and school sport continues to meet high-quality standards.

Date completed: November 2025

Date of review: October 2028

Physical Education Lead: Mr J Cherkowski

Head Teacher: Mrs L Vaughan