

Thirsk Primary School

Physical Activity Policy

1. Rationale

Thirsk Primary School is committed to promoting the physical health, mental wellbeing and overall development of all pupils and staff through high quality physical activity. As a school, we recognise our responsibility to support children in establishing and maintaining healthy, active lifestyles that positively impact their learning, wellbeing and future life choices.

Our approach to physical activity is underpinned by our core values of Ambition, Inclusion and Compassion:

- Ambition – We encourage all pupils to strive for personal best, develop resilience and set positive goals in physical activity.
- Inclusion – We ensure that all children, regardless of ability, background or circumstance, can access and enjoy physical activity.
- Compassion – We promote kindness, teamwork, empathy and respect through cooperative and supportive physical experiences.

This policy supports our commitment to achieving and maintaining the Healthy Schools Award by ensuring that physical activity is embedded across the curriculum, school culture and wider community life. By offering a wide range of opportunities from an early age, we aim to develop lifelong healthy habits and positive attitudes towards movement and exercise.

2. Aims and Objectives

Aim:

To promote and embed physical activity in school life to enhance the health, wellbeing and achievement of pupils, staff and the wider school community.

Objectives:

- To help children become physically active and understand the importance of physical activity for a healthy lifestyle.

- To provide inclusive opportunities for all pupils to enjoy physical activities, including competitive and non-competitive sport, regardless of age, gender, ability, race or background.
- To promote confidence, self-esteem and resilience through participation in physical activity.
- To maintain a high profile for physical activity across all aspects of school life.
- To increase pupil participation in both curriculum and extra-curricular physical activity.
- To deliver a minimum of two hours of high-quality PE per week, in line with Healthy Schools standards, supported by additional activity opportunities.
- To provide ongoing training and professional development for staff.
- To ensure physical activity promotes ambition, inclusion and compassion through teamwork and positive behaviour.
- To strengthen understanding of the link between physical activity, healthy eating and overall wellbeing.
- To develop strong links with the community to encourage lifelong participation in sport and physical activity.

3. Links to Other School Policies

This policy should be read alongside:

- Equal Opportunities Policy
- Health and Safety Policy
- Healthy Eating Policy
- PSHE Policy
- Safeguarding Policy

4. Equal Opportunities

All physical activity opportunities at Thirsk Primary School are designed to be inclusive and accessible. Adjustments are made to ensure pupils of all abilities can take part meaningfully and confidently. We promote equal participation and encourage positive attitudes towards diversity and inclusion in physical activity. This reflects our value of compassion and commitment to fair access for all.

5. Roles and Responsibilities

Thirsk Primary School ensures that all pupils have access to high-quality physical activity experiences. The Curriculum Team, is responsible for:

- Developing and monitoring physical activity provision
- Leading policy implementation and evaluation
- Coordinating CPD opportunities for staff
- Liaising with external providers and sports partnerships

External providers may be used to enhance provision and support professional development where appropriate.

6. Resource Provision

The school provides a range of facilities and resources to support physical activity including:

- School hall with apparatus for gymnastics and dance
- School field for games and athletics
- Outdoor learning spaces for forest school activities
- Appropriate storage for sports equipment

An annual audit of resources is conducted by the PE Coordinator to ensure resources are safe, appropriate and well-maintained.

7. Curriculum Provision

Physical Education is delivered by class teachers and specialist providers where appropriate. All pupils receive:

- A minimum of 2 hours of PE per week
- Access to swimming lessons by the end of Key Stage 2
- Opportunities for varied physical activity through cross-curricular links

The curriculum is structured to ensure progression and coverage across areas such as:

- Games
- Gymnastics
- Dance
- Athletics
- Outdoor and adventurous activities

8. Playtime Activity

Playtimes and lunchtimes provide valuable opportunities for active play. Pupils have access to:

- Playground equipment such as balls, skipping ropes and hoops
- Zones for games
- Outdoor play areas and adventure equipment

Wellbeing Warriors and midday supervisors encourage inclusive and positive participation, supporting the development of social skills and wellbeing.

9. Extra-Curricular Provision

A broad range of extra-curricular clubs is offered to meet varied interests and abilities. These may include:

- Team sports
- Fitness and dance clubs
- Outdoor activities
- Wellbeing-focused movement sessions

Pupil voice is used to shape club provision ensuring relevance and engagement.

10. Active Travel

Thirsk Primary School promotes active travel through:

- Encouraging walking, cycling and scooting to school
- Participation in national events such as Walk to School Week
- Providing storage for bikes and scooters
- Promoting Bikeability training for older pupils

11. Community Links

The school works collaboratively with community sports organisations to enhance opportunities and promote wider participation in physical activity. Pupils are encouraged to take part in community-based sport and inter-school competitions.

12. Staff Activity

Staff are encouraged to model positive attitudes towards physical activity by participating in school initiatives and demonstrating healthy behaviours. Opportunities for staff wellbeing and fitness are supported wherever possible.

13. Monitoring and Evaluation

The PE Coordinator and Senior Leadership Team are responsible for monitoring the impact of this policy. Evaluation methods include:

- Pupil feedback and participation tracking
- Staff observations and assessments
- Health and wellbeing surveys
- Review of Healthy Schools criteria

This policy will be reviewed annually to ensure continued relevance and effectiveness.

Approved by Headteacher: Date: March 2026

Review Date: March 2027