



Physical Activity Policy

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| Date ratified | February 2025 |
| Committee Responsible for Policy | Children, Families and Community |
| Date to be updated | February 2026 |
| Headteacher Signature |  |
| Chair of Governors/ Committee Signature |  |

Growing together as children of God

At Holy Trinity C of E Primary School:

- we want our pupils to **grow** in confidence, independence, resilience and knowledge, so that all achieve their full potential and develop a life-long love of learning and of the world around us.
- we work **together** with families, community and church to model positive relationships, supporting each other and acknowledging that we are stronger when we work together.
- we are growing together as **children of God**, strengthening our faith, secure in the knowledge we are unique, loved and cherished

Biblical Basis

Philippians 4:13

I can do all things through him who strengthens me.

1. Aims

As a Healthy School we want to promote the health and wellbeing of the whole school community through increasing awareness and enjoyment of and participation in physical activities. We are aware of our role, alongside parents and carers, in supporting children to meet the national physical activity guidelines:

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

Implemented alongside the Safeguarding Policy.

2. Responsibility for physical activity in school

Miss Abi Hann oversees the sporting fixtures, curriculum and monitors whole school assessments.

Mrs Gilly Gordon leads on travel to and from school.

NEAT teach some of our PE lessons each week, and coach our school teams

Mrs Alex Walker leads on out of school hours physical activities

The CFC Committee are the PE Link Governors.

3. Physical activity and the school community

Staff

- This policy is shared with all staff and they are aware of the active culture at Holy Trinity.
- Staff are actively encouraged to participate in the Daily Mile, and to walk/cycle to school where possible.
- At Holy Trinity we encourage the professional development of staff through training in sports and the teaching of PE. We employ NEAT Sports company who teach PE in school 4 days per week. This allows teachers to observe and gain further training. We also send staff on specific training days, and partake in whole school INSETs and PE coach mentoring to develop their skills.
- Teaching staff wear appropriate sports attire to teach PE and sports. Staff encourage regular brain breaks through physical activity and understand the importance of this in relation to concentration. Staff are encouraged to ensure their class complete two sensory circuits each day, some aspects of these will be physical.
- A number of staff ride their bikes to school or even take the option of walking. Teaching staff often run extra-curricular sports clubs such as, netball, football and running clubs.
- All year groups complete a unit of work on health in PSHE each year, a unit on eating in science and a unit on the development of food products in Design Technology. Together with this, every year group receives the recommended 2 hours of physical activity a week as part of the curriculum.
- The PE Leader is responsible for overseeing and monitoring the spending of the Sport Premium, and measuring its impact.

Pupils

- Pupils engage in physical activity throughout the school day. They participate in the Daily Mile, their PE lessons, playtimes and lunch time and active brain breaks/sensory circuits. Children are welcome to give their thoughts of Sport and PE at Holy Trinity and give requests or suggestions for improvements to the PE Subject Leader.

Parents/Carers

- We understand the importance of parents/carers roles in health and well-being for children at Holy Trinity. Parents are invited to Sports Days, and some sporting fixtures. The school endorses the 'active travel' and 'bike it' initiatives; families are encouraged to walk, bike and scoot to school, where this is possible.
- We have a comprehensive sports page on the Holy Trinity School website which is led by NEAT. This has details of all their experiences and the company. It also shares the upcoming sports competitions and celebrates school successes. The weekly school Bulletin also celebrates successes in sport.
- The school PTA (HOTS) supports the school hugely to provide us with new sports equipment and kits which helps encourage physical activity.

Governors

- Our Children, Families and Communities Committee is responsible for overseeing activity and health within school and the school community.
- The Governors are responsible for monitoring the appropriate spending of the Sports Premium.

External providers

- NEAT Sports – offer a variety of sports clubs, including football, multi-sports, basketball, dodgeball and tennis
- Dance Bites – Street Dance (KS1 and KS2)
- Fitness 4 Schools – Gymnastics
- Sean McGowan - Karate
- Better Leisure Centre - Swimming lessons - Year 3 and top-up lessons for children who are unable to swim
- Holy Trinity pays for membership of the Merton School Sports Partnership; through this, the school is provided with specialist mentoring, support for the PE lead, CPD and training and a clear action plan. As a school we are also entered into a variety of Sports Competitions.

4. PE in school

We believe that Physical Education can provide unique opportunities for pupils to enjoy physical activity, develop physical skills, learn about healthy lifestyles and develop personal qualities such as self-confidence, cooperation, communication and fair-play.

- Every pupil has 2 hours of PE Curriculum time per week.
- Every child in Year 3 have swimming lessons for an intensive period.
- The Curriculum is mapped out as per the guidelines set by the Merton School Sports Partnership and covers a wide range of sports; skills are developed each year. A skills progression map is completed by the PE Leader.
- Talented pupils are signposted to clubs and are part of extra-curricular school teams.
- Holy Trinity ensures that all PE is fully inclusive for all children; teachers and coaches adapt their planning and resources accordingly. All teachers teach an inclusive sport for half a term every year from Years 2-6. In addition, SEND children in KS2 attend MSSP's inclusive games.
- Teachers report on Pupil Progress in PE every half term using the MSSP assessment tool. The final school report to parents gives a level for effort and attainment. The PE lead uses this to inform CPD training needs.
- Children wear their PE uniform to school on PE days – this increases the time for PE each week.

Health and Safety

- With reference to *Safe Practice in P.E. Physical Activity and School Sport*, the school recognises that physical activity involves pupils in activities which by their very nature, contain an element of risk. Teachers manage this risk by:
 - Being familiar with safe practices for moving and using apparatus
 - Being aware of pupils who have special needs with regards to physical activity, e.g. asthma
 - Having pupils wear appropriate clothing for the activity
 - Having pupils remove any jewellery
 - Having pupils tie long hair back
 - Being aware of the correct procedures for the development of specific skills being taught,
 - Ensuring that apparatus and equipment are stored safely at the end of each lesson
 - Encouraging pupils to consider their own safety and the safety of others at all times

It is a general requirement that we undertake an annual risk assessment of the school premises and equipment. PE equipment is included in this. PE equipment that is stored in the PE shed is monitored by the PE lead, who is notified of any breakages or damage.

5. Supporting physical activity in all aspects of school life

Out of school hours learning

There are many opportunities for children to be involved in out of school sports activities.

These activities take place either before or after school. These may include:

- Gymnastics
- Multi-sports
- Football
- Basketball
- Dance
- Karate
- Tennis

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Attendance is monitored by weekly registers via the club providers. They advise if children fail to attend. This however, is rare. All groups within school are represented and take part in extra-curricular clubs. All children are encouraged to join and have the opportunity to do so at the same time.

In addition to the above activity clubs, 2 sports coaches are employed to work each evening in the After School Club (wrap-around care).

Active travel

The school promotes Active Travel in a number of ways.

- The children are surveyed on their mode of transport each year and parents are encouraged to walk to school if they are able to through the 'School Travel Plan' initiative.
- From our Autumn Active Travel Survey in 2024 85% of children walk to school.
- Holy Trinity encourages active school trips; from Year 2 and above, beyond the local vicinity, children walk to the bus stop or tube station. Year 1 walk to locations in the local area.
- To support understanding of Road Safety, in Nursery and Reception children are taught this as part of the Curriculum and in Year 6, children have previously had the opportunity to take part in Bikability training.

Facilities available

- Wimbledon Leisure Centre (Swimming)
- Garfield Park
- School hall
- Muga
- Astro-turf
- Local Schools Sports facilities

Equal opportunities and inclusion

All pupils in the school, including those with special needs are entitled to a comprehensive programme of physical activity which:

- fulfils the statutory national curriculum requirements
- takes into account their individual needs and interests
- provides them with opportunities to pursue activity beyond the school day

The school assists pupils with specific disabilities/health conditions and provides effective learning opportunities where appropriate. Activities are adapted to suit individual requirements as appropriate; this may include modifying a task, offering a parallel or separate activity.

The school is sensitive to the needs and skills of the individual and physical activity provision is inclusive of all abilities and pupils whether the pupils are physically gifted or challenged.

The playground and physical activity

- At lunchtime, children engage in a carousel system; throughout the week they have the opportunity to play football, table tennis, use the climbing wall and the trim trail. Professional coaches lead lunchtime sports.

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- Holy Trinity has an extensive range of playground equipment. PE and sports equipment are kept in a shed which is monitored by the PE lead. Breakfast club/after school club equipment also have their own separate sheds and their own equipment.

Physical activity in the classroom

- At Holy Trinity we take a very active approach to classroom teaching. In addition, teachers incorporate regular brain breaks/sensory circuits into their lessons.
- The school follows the 'Jigsaw' PSHE programmes. As part of this, each year group completes a 'Healthy Me' unit each year. The unit is delivered using a variety of methods to encourage children to understand their bodies' needs and highlights the importance of eating a balanced diet, and of physical activity; for all children, it explores the benefits of rest and relaxation; and there are lessons on keeping clean, drugs and alcohol, being safe, and first aid. The link between physical and mental well-being is emphasised greatly, so that children have the chance to learn about both. The whole school engages in Daily Mile once a day.