



Physical Activity Policy 2025

Approved by: SLT

Date:

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Sandal Magna Physical Education Policy

Abbreviations within the document:

PE	Physical Education
KS1	Key Stage 1
KS2	Key Stage 2
QCA	The Qualifications and Curriculum Authority
EYFS	Early Years Foundation Stage

Introduction

At Sandal Magna Community Academy, we are committed to promoting the health, well-being, and physical development of every pupil through a whole-school approach to physical activity. This policy outlines our aims, expectations, and procedures relating to physical activity both within and beyond the curriculum. It provides a framework for staff and supports consistent, high-quality provision for all pupils.

Physical activity encompasses all forms of movement that increase energy expenditure, including Physical Education (PE), active play, sport, active travel, and structured or unstructured physical activity across the school day..

Our Aims

We aim to:

- Provide a minimum of 30 minutes of physical activity daily during the school day, in line with national recommendations.
- Develop pupils' ability to use their bodies confidently and competently in a range of physical contexts.
- Build understanding of how exercise affects the body and the value of leading a healthy, active lifestyle.
- Encourage teamwork, cooperation, communication, and positive relationships through physical activity.
- Promote safe practice, ensuring children behave responsibly and understand risks.
- Offer a broad range of opportunities for physical activity through lessons, play, extra-curricular clubs, and wider school events.

Planning and Organisation

Physical activity opportunities include:

Curriculum PE

- All classes access at least **two PE lessons per week** in line with our PE policy.

- Provision includes indoor and outdoor activities using the hall, playgrounds, and school field.
- Swimming is provided by qualified instructors, currently for Year 4.

#Active Play and Lunchtimes

- Play Leaders in Upper Key Stage 2 facilitate structured games and encourage positive, active play.
- Equipment is available to support a range of active opportunities.
- Staff promote participation and inclusive play.

Active Learning in the Classroom

Teachers integrate physical activity into lessons through:

- Movement breaks
- Active learning strategies
- Energisers and brain breaks

Active Travel

The school promotes:

- Walking, cycling, and scooting to school
- Safe travel initiatives and events (e.g., Walk to School Week)

Extra-Curricular Activities and Competitions

- A variety of sports clubs are offered across the year.
- Through the local pyramid of schools, pupils participate in inter-school competitions.
- Staff accompany and support teams during events.

Early Years Foundation Stage

Physical development is a prime area within the EYFS framework. Children:

- Develop coordination, motor control, and spatial awareness through daily play.
- Learn about health, physical exercise, and self-care.
- Access indoor and outdoor opportunities throughout the day.
- Participate in a weekly structured PE session.

Key Stage 1 and 2

- The school follows our new Get Set for Education PE planning – These have been adapted to meet the needs of each individual class and have videos and extra resources to support teachers. The scheme is in accordance with the current National Curriculum guidelines.
- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively.

- Currently swimming lessons take place weekly for Year 4. Transport time to the local pool is included as part of the PE time allocation.

Inclusion

We ensure:

- All pupils, including those with SEND, participate in safe, meaningful activities.
- Activities are adapted to meet individual needs while maintaining challenge.
- Spare PE kit is available when needed.
- Children are supported to develop confidence, gross motor skills, and independence.
- Competition opportunities are open to all pupils.

Assessment and Recording

Assessment includes:

- Ongoing observations during physical activity sessions.
- Pupil discussions and reflection.
- Photographic and video evidence where appropriate.
- EYFS physical development tracking.
- End of year reports include information about physical development and participation.

Health and Safety

- All pupils are taught to assess risks and understand safe practice.
- Staff are trained in first aid procedures and follow accident response protocols.
- Asthma inhalers and medical needs equipment are accessible.
- Equipment is checked regularly, with termly inspections by the subject leader.
- Unsafe or damaged items are removed immediately.
- Safe handling of apparatus is taught and supervised.
- Appropriate clothing is required: no jewellery, long hair tied back, suitable footwear.
- Clear rules for safe play (e.g., safe use of sports equipment) are enforced.

Resources

- A wide range of indoor and outdoor equipment is available and age-appropriate.
- PE equipment is stored safely in designated locations.
- Staff have access to planning resources, including the Get Set for Education PE scheme.

School Sports Premium

The Sports Premium Plan:

- Outlines spending priorities to enhance provision.

- Is reviewed termly and monitored by governors.
- Includes impact analysis to ensure value and improvement in pupils' physical activity and PE outcomes.

Monitoring and Review

The subject leader will:

- Monitor quality and progression of physical activity and PE provision.
- Observe lessons and provide feedback.
- Support staff through guidance, training, and shared expertise.
- Organise external providers or events to enrich learning.
- Review this policy annually.

