Luston and Shobdon Community Primary Schools Federation

including Luston Nursery

Physical Activity Policy

Last reviewed	**24 Sept 2026**
Renewal due	**Sept 2027**

1. Introduction

At Luston and Shobdon Primary Community Schools Federation 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, meeting the Chief Medical Officer Guidelines.
- 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 all pupils 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 the Federation, physical activity is embedded. We achieve this through:

- Having a governor link responsible for PE, physical activity and Sports Premium Grant monitoring and reporting.
- Providing pupils with opportunities to access physical activity through inter and intra school activities, such as the School Games programme.
- Annually applying for the School Games Mark Award.
- All staff accessing regular training and professional development opportunities.

4. Curriculum for Physical Education (PE)

The national curriculum for PE aims to ensure that all pupils:

- 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.
- Include a minimum of 2 hours of Physical Education per week for each pupil.
- 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 all pupils are challenged but not discouraged.
- Teach pupils about the benefits of regular physical activity and maintaining a healthy lifestyle.
- In Nursery, daily physical activities are planned.

Swimming is delivered to all year groups (YR-Y6) throughout the school year. All year groups at Shobdon Primary School have a half term of weekly swimming lessons. At Luston, the KS2 classes have an intensive fortnight of daily swimming lessons whilst KS1 and the EYFS have a half term of weekly swimming lessons.

4. Daily Physical Activity

In addition to PE lessons, the Federation promotes physical activity throughout the school day by:

- Offering structured daily physical activities, such as the Daily Mile, brain breaks.
- Encouraging active play during break and lunch times through the provision of sports equipment and designated play zones. Older KS2 children are encouraged to apply to be a Sports Leader. The Sports Leaders organise games and activities in break and lunch times.
- Incorporating movement-based learning activities in the classroom to reduce sedentary time.
- Providing a range of extracurricular physical activities, clubs, and sports teams for pupils to join.
- Encouraging active travel to and from school.
- Organising annual sports days and inter-school competitions to celebrate physical achievements.

5. Inclusive Practices

The Federation is committed in 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.
- All after school sports clubs are free.

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.
- Pupils will be taught the importance of safety, including 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.
- Engage external services where necessary to support training needs and delivery of certain activities.
- Encourage staff to model positive physical activity behaviours to students.

8. Partnership with Parents and the Community

The Federation 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. Assessment evidence is shared on Seesaw.
- Gathering feedback from pupils, staff, and parents on the quality and variety of physical activities.
- Evaluating the participation rates in extracurricular activities and sports teams.
- Reviewing the policy annually to ensure it continues to meet the needs of students and aligns with national guidelines.

10. Conclusion

At the Federation we are dedicated to promoting an active, healthy lifestyle for all students. Through our PE and physical activities, 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.
