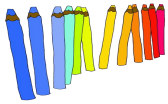


Barlby Primary School

Physical Activity Policy

Policy reviewed:	February 2025
Approved by:	FGB
Review date:	February 2026



Physical Activity Policy

Rationale

Barlby Primary School is committed to promoting the health and well being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Barlby Primary School.

Ethos & Environment

Barlby Primary School strives to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

Staff Responsibility

Moby Idowu – Physical Education Lead

Tony Taggart – Welfare and Sports Specialist

Physical Activity Aims & Objectives

Aim: To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and visitors.

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day
3. To increase physical activity levels of pupils in line with national targets

Equal Opportunities

All physical activity opportunities offered at X school are designed to be inclusive, and cater for different ability levels.

Curriculum Provision

Organisation

The PE programme is taught by class teachers, with the exception of swimming. This is taught by specialised swimming instructors across both key stages.

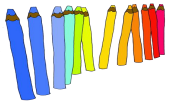
Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: 45 mins x 2 lessons, 20 mins per day of active play activities.

Year 1 and 2: 60 minutes x 2 lessons (indoor and outdoor)

Year 3 and 4: 60 minutes x 2 lessons (indoor and outdoor)

Year 5 and 6: 60 minutes x 2 lessons (indoor and outdoor)



Planning

The school scheme of work is in accordance to 'Get Set 4 PE'

Top = indoor

Bottom = outdoor

EYFS:

Introduction to PE : Unit 1 Fundamentals : Unit 1 +	Dance : Unit 1 Introduction to PE : Unit 2 +	Fundamentals : Unit 2 Ball Skills : Unit 1 +	Ball Skills : Unit 2 Dance : Unit 2 +	Gymnastics: Unit 1 Games : Unit 1 +	Gymnastics : Unit 2 Games : Unit 2 +
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KS1:

Year 1	Dance Ball Skills +	Gymnastics Sending and Receiving +	Fundamentals Invasion +	Yoga Net and Wall +	Fitness Striking and Fielding +	Team Building Athletics +
Year 2	Dance Ball Skills +	Gymnastics Sending and Receiving +	Fundamentals Invasion +	Yoga Net and Wall +	Fitness Striking and Fielding +	Team Building Athletics +

KS2:

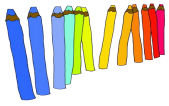
Year 3	Gymnastics Netball +	Dance Football +	Fundamentals Y3/4 Tennis +	Yoga Rounders +	Fitness Hockey +	Athletics OAA +
Year 4	Gymnastics Tag Rugby +	Dance Basketball +	Tennis Dodgeball +	Yoga Cricket +	Fitness Golf +	Ball Skills Y3/4 Athletics +
Year 5	Gymnastics Football +	Dance Netball +	Tennis Volleyball Y5/6 +	Yoga Rounders +	Fitness Hockey +	Badminton Y5/6 Athletics +
Year 6	Gymnastics Tag Rugby +	Dance Basketball +	Tennis Dodgeball +	Yoga Cricket +	Fitness Golf +	Athletics OAA +

Cross curricular links

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and Computing skills.

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. racing the children at sports day. Staff often play games with children at playtime and demonstrate physical activity during PE lessons



Health & Safety

Please refer to the school's health and safety policy and risk assessment file. Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on DBS / staffing checks.

Monitoring & Evaluation

The physical activity policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school.