

CHBP School Federation

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'As a federation, and as individual schools, we are committed to the wellbeing of all of our community - this is an integral part of each school's culture and ethos. Policies are formulated and implemented with this in mind, placing the wellbeing of all at the forefront at all times.'

Physical Activity Policy

May 2025

	Date
NEXT REVIEW DUE	September 2025

Physical Activity Policy Template

Church Hill & Brunswick Park Federation

1. Purpose of Physical Activity Policy This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of physical activity opportunities during the school day and our approach to the positive promotion of physical activity. Schools have an important contribution to make in encouraging and providing opportunities for children and young people to take part in physical activity, especially as in term time this is where children and young people spend most of their day.

2. Physical Activity Guidelines for Children

[The Physical Activity Guidelines for Children and Young People](#) are relevant to those aged from 5 to 18 years. Physical activity is associated with better physiological, psychological and psychosocial health among children and young people. Global and UK specific evidence has shown that boys are more active than girls at all ages and that physical activity levels decline through childhood into adolescence. As such, ensuring all children are as active as possible throughout childhood is important for current and future population health.

In 2023, the Government updated the [School Sport and Activity Action plan](#) which sets out an ambition that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school. The [PE and Sport Premium](#) helps primary schools to achieve this, providing funding to make additional and sustainable improvements to the quality of PE, physical activity and sport offered.

For details of how we have spent our PE and Sport Premium Funding to make additional and sustainable improvements to the PE, sport and physical activity we offer please refer to: <https://churchhillbarnet.co.uk/our-school/sports-premium/>

For nursery at Brunswick Park, there are a different set of guidelines for children under the age of five. [Physical Activity Guidelines for under 5s](#)

3. Curriculum Provision

Physical Education is compulsory at all key stages. [The National Curriculum programmes of study](#) outline what should be taught at each key stage. Local authority-maintained schools are required to follow the National Curriculum; at present, academies and free schools do not have to follow it but are required to provide a broad and balanced curriculum that promote the physical development of pupils. A high quality physical education curriculum should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. In addition, schools must provide swimming instruction either in KS1 or KS2.

Non-statutory DfE guidance [Enhancing physical education provision and improving access to sport and physical activity in school](#) recommends that schools timetable at least 2 hours of curriculum PE per week.

For nurseries attached to primary schools, physical development is one of the three prime areas of learning and development in the [EYFS statutory framework](#) . Physical development involves giving young children opportunities to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity.

PE is taught at Brunswick Park nursery:

- Children are given opportunities to access physical activity throughout the day in line with the curriculum.
- Beyond the Physical PE scheme is followed.
- Encouraging outdoor area play and activities that require physical movement.
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School age children

- PE is taught through 2 x timetabled PE lessons per week in KS1 and KS2
- PE is taught through 1 x timetabled PE lesson in Reception in addition to continuous provision focused on gross motor skills
- 1 x timetabled lesson is taught by a PE specialist and 1 x timetabled lesson is taught by class teacher (supported with CPD provided by PE specialist throughout the year)
- Year 3 students will attend a 2-week block of swimming lessons
- A bespoke curriculum is delivered across the schools incorporating PE schemes (Beyond the Physical and Get Set for PE)
- Within the classroom, children are encouraged to be physically active using resources that support physical activity such as Go Noodle and Daily Yoga
- Pupils are assessed by closely monitored teacher assessment throughout PE units focused on our 4 holistic areas of Physical, Thinking, Social and Personal skills

4. Enrichment Activities

To ensure that children and young people are able to meet the physical activity guidelines schools should also look outside of PE lessons to provide physical activity opportunities.

Provide details of the physical activity opportunities that you provide (Ensure that it is clear which activities are available to children in EYFS, KS1 or KS2). Also include details of how you support more vulnerable pupils to access these opportunities.

4.1 A wide range of extra-curricular activities are offered before and after school across KS1 and KS2. / <https://brunswickparkbarnet.co.uk/our-school/sports-premium/>

4.2 During breaktimes and lunchtimes, children are provided opportunities to be active throughout their play. The schools employ Play Leaders to set up and run activities during lunchtime.

4.3 Within the classroom, children are encouraged to be physically active using resources that support physical activity such as Go Noodle and Daily Yoga.

4.4 CHBP Federation take part in a wide range of sporting competitions and events throughout the year such as football, cricket, SEND sports festivals and athletics. The purpose of these events range from high level competition to child engagement.

4.5 CHBP Federation take part in Active Travel including TFL Travel for Life.

5. Resources

Access to, and integration in the school day of, open space, forests, parks, and playgrounds are positively associated with physical activity levels. Access to loose and fixed equipment, along with non-traditional play materials also support physical activity among children and young people. There is also evidence of greater benefits of people being active outside, such as benefits to mental and emotional wellbeing.

Provide details of:

- [Brunswick Park nursery use the school hall apparatus, PE equipment, inviting outdoor space and the playground.](#)
- Resources are available at school to promote physical activity opportunities e.g. school hall, apparatus and equipment, dance facilities, playground, playground markings, netball court garden, pond area and AstroTurf

- Resources are stored in a locked cupboard and audited regularly
- Purchasing of resources is prioritised in support of the curriculum after establishing what is required for the following academic year. Further resources are purchased in line with children's interests and focus groups which commence throughout the year
- The environment and open spaces encourage children to engage in active play
- Forest School is offered to a range of children during the school day, as well as an after school club, held within our school grounds or at the local forest area within the park

6. Equal Opportunities and pupil voice

There is growing evidence to show that certain groups such as girls, children with disabilities and those from minority ethnic groups and low socio-economic status families have lower levels of physical activity than their counterparts and that this contributes to health inequalities related to lower levels of physical activity.

Provide details of:

- PE lessons are adapted to support all children. This is through a range of different equipment, additional resources and adapted activities
- We provide children with engaging activities in line with our holistic curriculum which focuses on engaging all pupils in a variety of ways, not for those who are most confident. This will create opportunities for all children to engage and develop.
- We consult and involve pupils in decisions about physical activity in school through the use of pupil voice
- We encourage pupils to take on leadership or volunteer roles that support physical activity and sport e.g. PE leaders, school council and sport leaders

7. Staff training, development and activity

Evidence supports the need for an appropriately trained, skilled and knowledgeable workforce. Ensuring staff have the confidence and competence to offer high quality experiences of both physical education and physical activity across the school day can contribute towards higher levels of physical activity by children and young people.

In addition, staff act as role models and can inspire children to participate in sport and enjoy it. [The UK Physical Activity guidelines for adults.](#)

- CHBP Federation provides staff with professional development, mentoring, training and resources to help them teach PE more effectively to all pupils and create environments that are conducive to active play. Staff CPD is provided yearly, alongside updated bespoke planning for individual year groups. Team teaching is offered through the specialist sports team to enable staff to build confidence in their teaching of PE
- We ensure that staff working in the Early Years have access to training to support their knowledge, skills and confidence in supporting children's physical development. Staff attend CPD and receive support from subject leader as required
- Staff are encouraged to participate in physical activity and act as positive role models. Staff support in sports competitions and events and run extra-curricular sports clubs with support of subject leader

8. Community partners and links

CHBP Federation use community links such as external sports providers, the local leisure centre, swimming pool and after school club providers to support the provision of physical activity opportunities. Local organisations also use the sports facilities outside of school hours, at weekends and within school holidays.

9. Holiday Provision

CHBP Federation signpost families to a range of community groups, holiday sports clubs and organisations that are run inside (BACE and Active London) and outside of school. BACE Holidays offers engaging and healthy activities during school holidays, focusing on physical, emotional, and nutritional wellbeing.

10. Monitoring and Evaluation

Staff feedback regarding physical activity throughout the year. Physical Activity lead meets with Heads of School annually to review policy and update as appropriate.

11. Policy Review

Policy Implementation Date: September 2024

Next Review Date: September 2025

Signed: Jo Porter

Date: September 2024