



Physical Activity Policy

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0.1	Physical Activity Policy	Final	School Doctor	Principal/Vice Principal	Nov 2023	August 2025	August 2026
Regional Director		Principal			Vice Principal		
Head of Foundation Stage		Head of Primary			Head of Secondary		

A. Aim of Policy

Newlands is responsible to help pupils and staff establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being. Regular physical activity reduces the risk of premature death in general and of heart disease, high blood pressure, colon cancer and diabetes in particular. Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase pupils' capacity for learning
- Physical activity has substantial health benefits for children and adolescents, including favorable effects on endurance capacity, muscular strength, body weight, and blood pressure
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Therefore, this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

B. Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

C. Provision of Physical Activity in School

Physical activity in school is provided through the following:

- School ethos
- Physical Education Lessons
- Active lessons
- Extra-curricular physical activity
- Break and lunchtime activity
- Accessible and adequate facilities
- Staff opportunities
- Involvement with parents/carers
- Healthy Lifestyles themed day/week
- Achievement Assemblies

1. School Ethos

Every student shall be physically educated - that is, shall develop the knowledge and skills necessary to perform a variety of physical activities, maintain fitness, regularly participate in physical activity, understand the short and long-term benefits of such activity, and value and enjoy physical activity as an ongoing part of a healthful lifestyle. In addition, older pupils are encouraged to take responsibility for their own health and the health and fitness of the younger pupils by becoming a Sports Leader.

2. Physical Education Lessons

There is a sequential scheme of work of physical education that involves moderate to vigorous physical activity on a regular basis; teaches knowledge, motor skills, self-management skills, and positive attitudes; promotes activities and sports that pupils enjoy and can pursue throughout their lives; is taught by well-prepared and well-supported staff. Every pupil in each year shall participate in regular physical education for the entire school year, including pupils with disabling conditions and those in alternative education programs.

3. Active Lessons

All staff look for opportunities to plan active lessons where possible and appropriate, for example; delivering literacy speaking and listening through drama, numeracy through brain gym etc.

4. Extra-Curricular Physical Activity

Newlands offers a physical activity programme that features a broad range of activities and meets the following criteria:

- Students have a diverse choice of activities in which they can participate. Competitive, non-competitive, structured, un-structured, and including some physical activity options e.g. gardening or drama.
- Every student has an opportunity to participate regardless of physical ability;
- Students have the opportunity to be involved in the planning, organization, and administration of the programme. E.g. the Sports Captains organize and train the House Teams in Basketball and football.
- Pupils are consulted, via the School Council, which physical activities they want to have at lunchtimes and after school.

Activities include: Basketball, Football, Volleyball, Badminton, Dance, Swimming and many more. All activities shall be supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school should be available nearby for the duration of the club in case support is required e.g. serious accident.

5. Break and Lunch Time Activity

- Our Breakfast club and break times provide opportunities for physical activity, which help students stay alert and attentive in class and provides other educational and social benefits.
- The school has playgrounds with playground markings which the pupils use on a regular basis. Peer Mediators help pupils in dispute work out their problems through discussion. Disputes can range from bullying to unkind behavior or disagreements in playground.
- Break times shall complement, not substitute for, physical education classes.
- Many activities take place at lunchtime to encourage pupils of all years and abilities to be active.

6. Facilities

The school endeavors to ensure the cost-efficient provision of adequate spaces, facilities, equipment, supplies, and operational budgets that are necessary to achieve the objectives of the physical activity program.

7. Staff Opportunities

There is a focus on staff well-being through a planned programme of activities offered during one named week each year. Staff offers activities for the after-school CCA.

8. Involvement with Parents/Carers

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive an induction about relevant school policies, procedures, and standards of conduct and will be subject to background and reference checks.

This school involves parents in physical activity to gain their support and encouragement, which is essential if pupils are to participate in physical activity outside of school. For example:

- Parents are encouraged to play their part in teaching their child to swim by helping them to develop water confidence and swimming skills at an early age. Children can then build on this learning during school swimming sessions. Swimming is a great way for families to enjoy fun and exercise together. It is also an activity that people can enjoy at any age, and hopefully children will develop into lifelong swimmers as a way of keeping fit and having fun.
- Parents are invited to our Health and Sports Week and are able to participate in activities with the children.
- Parents have been consulted on physical activity opportunities in school.
- Parents are invited to the Schools Annual Sports Day and the Fun Sports Day.

9. Healthy Lifestyles Themed Day/Week

Specific time is allocated each school year to focus on promoting healthy lifestyles, which includes physical activity taster activities where children can try new activities not currently offered by school. Links are made to healthy eating, risk taking and drugs, road safety and first aid. Parents, staff and local community resources, such as Sports Development are involved in activities during this week.

10. Celebrating Physical Achievements

We regularly hold achievement assemblies to celebrate physical achievements as well as academic performance. We believe these assemblies are very important as they raise the pupil's confidence and self-esteem, which in turn may encourage them to continue being active. Certificates are given to children who are trying their best at a new activity or who have achieved their personal best. Therefore, every child has a chance to receive a certificate in our achievement assemblies.

11. Monitoring and Evaluation

The leader will monitor levels of participation, and activity inside and outside the curriculum regularly and make appropriate adjustments. Will consult with pupils and staff to identify barriers to participation and ensure that a broad range of extra-curricular activities that promote physical activity are provided for all pupils to participate in.

12. Policy Development and Review

This document is freely available to the entire school community. It will be reviewed on an annual basis.