

Copthorne C.E. Junior School

Physical Activity Policy

Approved July 2025

To be reviewed July 2027

Copthorne C.E Junior School

"Today is your day. Your mountain is waiting so get on your way"

Dr. Seuss.

Intent

Regular physical activity is one of the most important ways children can maintain and improve their physical health, mental health and overall well-being. At Copthorne Junior School, we are committed to **promoting the health and well-being** of our pupils through physical activity. We envisage that all pupils are taught to be physically literate and that they **develop the knowledge, skills and motivation** necessary to equip them for a **healthy, active** lifestyle while at school and throughout their adult lives. Copthorne Junior School aims to maximise opportunities for children to be physically active across all areas of the curriculum, during break times and lunch times and through opportunities and links with our wider, **diverse** community.

Our teaching of Physical Education, through this **progressive curriculum**, gives children the tools and understanding required to make a positive impact in their own physical health and well-being as well as experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can **challenge** and **promote self-esteem** through the development of physical **confidence** and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based, **collaborative** physical activities. Within dance it will allow children to explore their **personal and spiritual identity**.

Through extra-curricular activities and intra-school competitions, we aim to raise the profile of PE and enable our children to be exposed to sports they may never have had the opportunity to experience or engage with.

During our two residential visits and outdoor, adventurous activities, this enables all children to show **resilience, perseverance, challenge** of themselves and **support of peers** whilst giving the opportunity to **take risks** and **achieve** their own goals.

At Copthorne Junior School, we aim to:

- Promote the benefits of physical activity to the whole school community.
- Engage all pupils in regular physical activity in order to promote a healthy active lifestyle.
- Improve the self-esteem, confidence and well-being of the pupils through participation in physical activity.
- Ensure pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- Provide a wide range of physical activity opportunities for all pupils to experience both within and outside the curriculum.
- Develop the quality and breadth of P.E and Sport across the school through the provision of CPD and Staff development opportunities and through our local School Sports partnership.

Equal Opportunities:

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the National Curriculum requirements and takes into account their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Delivery/Structure of Physical Activity at Copthorne Junior School:

The promotion of physical activity is delivered through:

- Physical Education lessons led by members of staff, specialist coaches and swimming instructors.
- Cross Curricular links in our curriculum – e.g. RSHE, Science, Math, English.
- Forest Schools
- Break and Lunchtime activities
- Extra-curricular physical activities and extra-curricular clubs.

Physical Education Lessons:

- The school provides a 2 one hour P.E lesson slots for each Year group per week which provides moderate to vigorous physical activities for all pupils on a regular basis.
- The P.E programme is broad and balanced and is taught by class teachers and sports coaches, with the exception of swimming. This is taught by specialised swimming instructors.
- CPD opportunities are funded to mentor staff and teach children P.E each term using Sports Premium Funding.
- Lessons are taught using the playground and field for outside activities and the school hall for indoor physical activities.

Cross Curricular Physical Activity:

- Physical activity and the importance of leading a healthy active lifestyle should be promoted through all areas of the curriculum. Teachers are encouraged to integrate physical activity and promote the benefits of a healthy and active lifestyle across their teaching and learning in all subjects.

Forest Schools:

- The School provides an opportunity for all Year Groups to have a series of regular Forest School lessons, where pupils develop confidence and self-esteem through physically active hands-on learning experiences in a local woodland environment.
- Forest School is organised and run by a qualified Forest School Leader. Forest School maximises the learning potential for our pupils at our local Forest Schools Woodland site and helps children to understand, appreciate and care for the natural environment. For further information, please refer to the Forest Schools website page.

Break time and Lunchtime Activities:

- Our School has a playground and a sports field which is available for break time and lunch time use. In addition, there is a trim trail, playground markings and an active pathway trail to encourage children to be physically active.
- Play equipment is also provided at break times and lunch times.
- Named PE lead LSA works with pupils every lunchtime to encourage children to be physically active and to engage them in a variety of different structured sporting activities.
- Mid-day supervisors engage and encourage pupils to be physically active at lunchtime.
- The 'Sports Crew', our trained Sports Leaders also organise and lead a range of activities for other pupils during break and lunch times.
- Sports Captains also organise sporting competitions and activities, working alongside our PE lead.

Extra-Curricular Physical Activities/Clubs:

- Pupils have a wide range of opportunities to take part in competitive and non-competitive sporting activities together with other physical activities. The emphasis is on participation and enjoyment.
- We are part of Mid Sussex Active and as such regularly take part in different festivals, tournaments and competitions against other Schools within our locality.
- All activities are supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of school staff will be available in case first aid is required.
- We actively encourage pupils to attend local clubs and aim to make links with local clubs within the community.

Assessment, Recording, Reporting and Monitoring:

- Pupils are monitored during lessons and use AfL strategies to help teachers provide targets and next steps for pupils.
- Levels of participation will be monitored with regard to gender and overall interest levels.
- An end of Year report detailing attainment and effort in P.E is provided to parents.

Staff Training:

- Our school is part of a local partnership with Mid Sussex Active. This provides a programme of Professional Development for members of our staff that need support to improve the delivery of Sports and P.E and physical activity within all areas of the School Curriculum.
- Teachers receive valuable continuous training to support them in the delivery of quality P.E Sessions.
- Forest School is organised and run by a qualified Forest School Leader. Training is provided to ensure that they continue to maintain and develop their professional practice

Health and Safety:

- Please refer to the School's Health and Safety policy and risk assessment file.
- Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.
- All guidelines for physical education and games are followed e.g supervision, behaviour, clothing, jewellery and use of equipment.
- All coaches and staff from other organisations must hold suitable qualifications and will be DBS checked including parent helpers.

Conclusion:

Health and wellbeing are at the heart of a child's development academically, socially, physically and mentally. Through structured and unstructured physical activity, children will reach their full potential. This policy will ensure that all those who are connected with Copthorne Junior School will be encouraged to maximise their physical activity and in doing so, their health and wellbeing.