



This policy outlines national curriculum targets for physical education alongside clear objectives for evidencing the impact of physical education at your school. Its purpose, application and management should reflect the goals of teaching staff and directors. Government guidelines stress the importance of a high quality physical education policy to inspire children to succeed, participate in competitive sports and adopt healthy lifestyles. It should provide opportunities for all pupils to become physically literate and achieve better health and fitness.

To ensure every child benefits equally, your school must evidence the impact of physical education and demonstrate how it reflects the national curriculum. The key aims are to ensure all children:



Develop the competence to excel at a broad range of physical activities



Spend enough time (per day) engaged in physical activity



Participate in competitive sports



Know how to lead a healthy and active lifestyle



Get the support needed to be resilient and aspirational



Have a good understanding of fair play, cooperation and respect.

All teaching staff have a responsibility to implement the following policy objectives:

- ✓ To deliver three (3) Challenge Days per school year, benchmark every child's physical literacy development and identify their individual needs.
- ✓ To deliver 2 hours of excellent quality physical education per week. It should develop the fundamental motor/movement skills highlighted by Challenge Days. This promotes ongoing development and gives children opportunities to build confidence.
- ✓ To provide enjoyable physical activities in all lessons. Teachers should include 3-5 minutes of vigorous movement in each lesson to promote physical literacy and ensure the 30-minute activity target is met every day.
- ✓ To promote active breaks and lunchtimes and provide activity equipment (i.e. skipping ropes, balls, hoops) and creative games suitable for all children.
- ✓ To encourage physical activity at home. Assign physical activity logs and/or home challenges (to last 10-15 minutes each day).
- ✓ To engage parents in the pursuit of physical activity at home. Encourage parents to include 10-15 minutes of physical activity in home routines (50-60 minutes per week).
- ✓ To promote the use of after school activities and sports clubs. Coordinators should monitor intake and attendance.

With this policy, teaching staff can promote physical education as part of a whole school approach to better health and wellbeing. The long term goals are to (1) increase physical activity levels, (2) forge stronger connections with parents and (3) help more children participate in sports. Your school can achieve this by fulfilling the policy objectives and providing all pupils with positive physical activity experiences.