

**Cwrt Rawlin Primary School**



**Physical Activity Policy**

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| **Author**  | Welsh Network of Healthy School Schemes (WNHSS) |
| **Consultees**  |  |
| **Date agreed** | November 2023 |
| **Review Date** | Autumn 2025 |
| **Name of school staff responsible for maintaining this policy** | Mrs T. Lloyd/Mr J. Johns |
| **Date Policy formally approved by Governing Body** | 30th November 2023 |
| **Review Date** | Autumn 2025 |
| **Signed (Head Teacher)** |  |
| **Signed (Chair of Governing Body)** |  |

**Introduction**

As a school we recognise that learners spend around a third of their time in school between the ages of four and sixteen. Opportunities for physical activity provided in school can make a positive contribution towards giving children and young people opportunities to develop positive behaviours for life.

This policy will enable our school to link the positive effects that increased physical activity can bring to learner’s physical, mental and emotional wellbeing.

At Cwrt Rawlin Primary School we are committed to encouraging our learners to lead active and healthy lifestyles. We believe that healthy learners will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping young people, and their future health.

**Links with other policies**

This policy should be read in conjunction with the following school policies:

* Nutrition Policy
* Substance Use and Misuse Policy
* Health and Safety Policy

**Rationale**

A lack of physical activity is a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced [Healthy Weight: Healthy Wales](https://www.gov.wales/sites/default/files/publications/2019-10/healthy-weight-healthy-wales_0.pdf), a long term strategy which outlines the vital role schools play as healthy settings to positively influence future life outcomes.

In addition, the recommendations set out in the [Chief Medical Officers report 2019](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054282/physical-activity-for-children-and-young-people-5-to-18-years.pdf) states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes per day across the week. They should also minimise the amount of time spent being sedentary for extended periods.

The [Wellbeing of Future Generations (Wales) Act](https://www.futuregenerations2020.wales/) has at its core an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting increasing levels of physical activity will be a key component of achieving the ambitions within this Act. Increased physical activity, from the very earliest years, is essential to ensure healthy growth and development, as well as being linked to better academic achievement.

**Aim**

The aim of this Physical Activity policy is to provide a ‘whole school approach’ to physical activity in Cwrt Rawlin Primary School by equipping learners with the knowledge and skills to establish and maintain life-long active lifestyles. We at Cwrt Rawlin Primary School aim to ensure that physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum and the whole school community.

**Objectives**

* To ensure that all activities and services related to physical activity provided for learners throughout the school day are consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.
* To ensure that the school takes up opportunities to be involved in any local and national initiatives relating physical activity.
* To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.

We recognise that all learners have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC). The rights below underpin and shape our health and wellbeing curriculum and school policy:

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| UNCRC Article  | An inclusive health and wellbeing curriculum that… |
| Article 6 the right to life and to grow up to be healthy | Develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle. |
| Article 13 the right to have information  | Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious balanced diet and physical activity. |
| Article 31 the right to relax and play | Provides a range of fun and engaging opportunities to take part in physical activity and play. |

**The Curriculum**

Developing physical health and wellbeing has lifelong benefits and our Health and Wellbeing Curriculum will ensure that:

* Learning about physical activity enables learners to develop the [four purposes](https://hwb.gov.wales/curriculum-for-wales/designing-your-curriculum/developing-a-vision-for-curriculum-design/#curriculum-design-and-the-four-purposes:~:text=fulfils%20curriculum%20requirements-,Curriculum%20design%20and%20the%20four%20purposes,-The%20four%20purposes) of the Curriculum for Wales.
* Learners are taught to understand the benefits of physical activity both short- and long-term.
* The impact of sleep and physical activity on emotional and mental health & wellbeing is addressed within the learning opportunities in the curriculum.
* Opportunities for cross curricular links are explored and developed.
* All teaching and learning resources reflect current local and national guidance.
* The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools.

**Physical activity**

* There is a well-planned programme of study in PE that makes good opportunities for cross curricular promotion of physical activities.
* 2 hours of quality PE will be provided per week for every learner.
* The school offers opportunities for learners to engage in outdoor play and adventurous activity which provide challenge and opportunity to problem solve and work as a team.
* Daily active sessions take place, and these allow all learners to increase their physical activity in short active bursts, which enhance concentration.
* Grounding activity such as yoga and mindful movement practice will allow learners the opportunity to develop core strength and stability and calm the mind and breath and provides an opportunity for relaxation to improve overall wellbeing.
* Sports events are encouraged and where possible, parents, carers and the wider community are involved.
* The school completes the school sport survey every 2 years, and analyses the data to highlight key strengths and areas of improvement.

**The Informal Curriculum**

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore physical activity themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school. (See Appendix 2)

**Leadership and Communication.**

* A named member of staff will co-ordinate Physical Activity and be responsible for the coordination and management of the policy: Mrs T Lloyd/Mr J Johns
* The School Council & Year 6 Play Leaders are actively involved with the development and implementation of the Physical activity policy.
* The Senior Management Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school’s Physical Activity Policy.
* The Senior Management Team and governors will monitor progress at regular intervals.
* The policy will be reviewed biannually to take account of national and local initiatives and resources relating to physical activity.

**The Governing Body**

**Headteacher/senior leadership**

* The school ethos and environment reflect the school policy.
* All staff promote physical activity in accordance with school guidance.
* There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the school’s physical activity policy; to be active and active in learning.
* A planned and appropriate to physical activity curriculum is provided for all learners throughout the school year.
* Consistent messages are promoted through the formal and informal curriculum.
* Updates on school physical activity actions will be included in the Annual Report to parents.
* There is engagement with national/local learner voice surveys that help inform the School e.g. School Health Research Network and Sport Wales School Sport Survey.
* Raise awareness of opportunities in the local community that promote physical activity or healthy lifestyles.

**All teaching and non-teaching staff to ensure that they:**

* Act as positive role-models to learners by participating in physical activity and related events, where possible.
* Ensure consistent messages are provided/ mixed messages are avoided in relation to physical activity.
* Support implementation of the school policy.
* Deliver effective physical activity education as agreed in this Policy.
* Encourage participation in local and national initiatives.
* Promote active lifestyles in accordance with school guidance.
* **P**romote opportunities for learners to be physically active during the school day**.**
* Promote nutrition and active lifestyles in accordance with school guidance.
* Will not withhold opportunities for physical activity (e.g. active break time, physical education) as a sanction.

**Family and Community Involvement**

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity to all learners in relation to physical activity. We aim to involve all members of the school community in our commitment. This will be achieved by:

* Involving learners in promoting physical activity within the school community and have a role in decision making (planning and developing actions, policy development / review).
* Supporting community focused opportunities, including Food and Fun, to use the school grounds and facilities.
* Supporting the provision of out of school hours learning cookery club / gardening club for learners, parents and carers and wider community members.

## The role of parents and carers

We ask that Parents/Carers endeavour to:

* Support the policy.
* Supply an appropriate PE kit as per school uniform policy.
* Support local and national initiatives.

**The role and responsibilities of learners**

We ask learners to:

* To develop their own routines to maintain physical activity.
* Change to clothing appropriate for the activity undertaken.
* Take opportunities to participate in learner surveys and Leaner Voice groups.

**Equality Statement**

This school/setting recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between Learners, parents, staff, governors/management committee members and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

**Monitoring, evaluation and dissemination**

* Implementation of this policy will be monitored by the Headteacher and members of the Governing Body
* It will be ratified every two years but reviewed annually or earlier if necessary
* The School Council/relevant Learner voice group are actively involved with the implementation and review of this policy.
* Support local and national initiatives.
* Aspects of this Policy will be replicated in the School Prospectus, Hwb+, shared areas on the school network and staff handbook.
* Parents may request a paper copy of the Policy from the school.

The following members of the school community were consulted on the development of this policy:

* Senior Leadership team
* School Council & Year 6 Play Leaders
* Governor wellbeing committee
* Health and wellbeing team

Policy Approved by……………………….Chair of Governors/Management Committee

Policy Implemented by ………………………………………Head teacher

Date of Review…………………………………………

**Appendix 1**

**Resources and Services**

**Curriculum:**

[Health and Wellbeing: Statements of what matters - Hwb (gov.wales)](https://hwb.gov.wales/curriculum-for-wales/health-and-well-being/statements-of-what-matters/)

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| **Physical Activity** |
| **Daily Mile Wales**<https://thedailymile.cymru/> [The Daily Mile | Wales | The Daily Mile](https://thedailymile.cymru/cy/)  | Information for parents and teachers, resources, tips and ideas for supporting the daily mile in school. |
| **National Assembly for Wales Physical Activity of Children and Young People**[Physical Activity of Children and Young People (March 2019).pdf](file://tcbc-vfiler-02.torfaencbc.gov/m/Education/Assessment%20Curriculum%20Development/Healthy%20Schools/POLICIES%20ND%20GUIDANCE%20BOOKLETS/08.03.2019%20Physical%20Activity%20of%20Children%20and%20Young%20People%20%28March%202019%29.pdf)  | National Assembly for Wales, Health, Social Care and Sport Committee put forward recommendations to increase levels of physical activity across Wales. It discusses the role of schools, differences in boys’ and girls’ attitude to physical activity and tackling inequalities and barriers to physical activity. |
| **Play Wales**<https://www.playwales.org.uk/> | Play Wales is an independent charity funded by the Welsh Government, who raise awareness of children and young people's need and right to play. They provide advice and guidance to support all those who have an interest in, or responsibility for providing for children's play. |
| **Sport Wales** [www.sportwales.org.uk](http://www.sportwales.org.uk/)  <https://www.sport.wales/education-and-teachers/free-access-to-sport-wales-education-resources/>  **Sport Wales, ‘What is Physical Literacy?’** <http://www.youtube.com/watch?v=R8PIXqp3JpA>  | Sport Wales is the national organisation responsible for developing and promoting sport and physical activity in Wales. It runs a range of educational programmes to support this.   |
| **UK Chief Medical Officers Guidelines 2019**[UK Chief Medical Officers' Physical Activity Guidelines 2019](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf) [Canllawiau\_Gweithgarwch\_Corfforol\_Prif\_Swyddogion\_Meddygol\_y\_DU.pdf](file:///C%3A/Users/1201227/Desktop/PLAY/Canllawiau_Gweithgarwch_Corfforol_Prif_Swyddogion_Meddygol_y_DU.pdf) **UK Chief Medical Officers Guidelines Infographic:****Birth to 5**[Physical activity birth – 5 years infographic 2019](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054686/physical-activity-for-early-years-birth-to-5.pdf)**Children and Young People:**[Physical activity for children and young people infographic (5-18 years)](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054282/physical-activity-for-children-and-young-people-5-to-18-years.pdf) | This report presents an update to the 2011 physical activity guidelines issued by the four Chief Medical Officers (CMOs) of England, Scotland, Wales and Northern Ireland. The UK CMOs draw upon global evidence to present guidelines for different age groups, covering the volume, duration, frequency and type of physical activity required across the life course to achieve health benefits. |
| **World Health Organisation’s (2020) guidelines on PA and sedentary behaviour**[WHO guidelines on physical activity and sedentary behaviour](https://www.who.int/publications/i/item/9789240015128) | Evidence-based public health recommendations for children, adolescents, adults and older adults on the amount of physical activity (frequency, intensity and duration) required to offer significant health benefits and mitigate health risks. |

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| **Nutrition and Physical Activity:** |
| **British Heart Foundation** [www.bhf.org.uk](http://www.bhf.org.uk/) | Downloadable leaflets and research articles relating to nutrition and physical activity reducing the risk of heart and circulatory diseases |
| **Healthy Weight Healthy Wales**<https://www.gov.wales/healthy-weight-strategy-healthy-weight-healthy-wales> | The Healthy Weight Healthy Wales strategy aims to drive forward four themes of Healthy Settings, Healthy People, Leadership and Enabling Change and Healthy Environments |
| **Physical activity and Nutrition Network for Wales** [www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk/)    | Information for individuals, organisations and sectors with a role to play in improving nutrition and levels of physical activity in Wales.Information about the Nutrition Network for Wales and the Physical Activity Network for Wales. |

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| **Environment and Sustainability:** |
| **Eco-schools**<https://keepwalestidy.cymru/eco-schools/>[Eco-Sgolion - Cadwch Gymru'n Daclus - Eco-Sgolion (keepwalestidy.cymru)](https://keepwalestidy.cymru/eco-schools/cy/) [www.eco-schools.org](http://www.eco-schools.org/)  | Eco Schools information for Wales and globally |
| **Sustrans Cymru** **Safe Routes to Schools** <http://www.sustrans.org.uk/wales>  [Ein gwaith yng Nghymru - Sustrans.org.uk](https://www.sustrans.org.uk/about-us/our-work-in-wales/ein-gwaith-yng-nghymru/)  | Sustrans Cymru can help schools to develop travel plans to promote walking, cycling and use of public transport. It can also offer a range of support to secondary schools in Wales.  |

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| **Other:**  |
| **Childhood Measurement Programme** <https://phw.nhs.wales/services-and-teams/child-measurement-programme/>  | The Child Measurement Programme for Wales measures the height and weight of children in Reception class. It records how children in Wales are growing so that NHS Wales can better plan and deliver health services. You can read the latest report here. |
| **Estyn Thematic Review 'Healthy and Happy' (2019)**[Estyn Happy and Healthy Report 2019](https://www.estyn.gov.wales/system/files/2022-01/Healthy%2520and%2520Happy%2520report%2520En_0.pdf)  | This report evaluates how well primary and secondary schools in Wales support the health and wellbeing of pupils.   |
| **SHRN**Food Fitness and Physical Activity Webinars [Food, Fitness and Physical Activity - School Health Research Network (shrn.org.uk)](https://www.shrn.org.uk/food-fitness-and-physical-activity/) <https://www.shrn.org.uk/school-wellbeing-policy-and-its-effects/>   | Research papersResearch Briefing – short school friendly summaries linked to the research papersWebinars relating to Nutrition and Physical Activity:*Good Breakfast, Good Grades?**Physical Activity, E cigarette Use and the Impact of Smoking Policies*  |
| **UNCRC Rights of the Child** [unicef.org.uk/summaryUNCRC](https://www.unicef.org.uk/rights-respecting-schools/wp-content/uploads/sites/4/2017/01/Summary-of-the-UNCRC.pdf) <https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html> <https://www.childcomwales.org.uk/uncrc-childrens-rights/> | The United Nations Convention on the Rights of the Child (UNCRC) is an international human rights treaty that grants all children and young people (aged 17 and under) a comprehensive set of rights.   |
| **Wellbeing of Future Generations (Wales) Act** [Wellbeing of Future Generations (Wales) Act 2015 – The Future Generations Commissioner for Wales](https://www.futuregenerations.wales/about-us/future-generations-act/#:~:text=The%20Well-being%20of%20Future%20Generations%20Act%20gives%20us,such%20as%20poverty%2C%20health%20inequalities%20and%20climate%20change.) | The Wellbeing of Future Generations Act details the way in which public bodies must improve the wellbeing of people living in Wales, working towards seven Wellbeing Goals and through five ways of working |

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| **Local Contacts** |
|  Healthy Schools Co-ordinator |  Carin Quinn |

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**Appendix 2**

**The Informal Curriculum**

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, nutrition themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

**Breakfast Club**

* The Breakfast Club provides learners with the opportunity to participate in active play/ physical activity.

 **Break-times**

* The school ensures open spaces are accessible by all, marked for a range of activities and well maintained.
* The school plans for active break time during inclement weather including hot weather.

**After School Clubs to promote physical activity and sport**

* Our teaching Staff are committed to delivering afterschool clubs weekly. Clubs on offer will be determined by the learner choice.
* We also work in partnership with outside agencies and the Local Authority.Partners include: Sport Caerphilly, PlaySports, St Martins Comprehensive School.
* The school engages with members of the local community and parents/carers.
* Inter-school sport opportunities & fixtures are offered which are of both a friendly and competitive nature.
* Where possible, the school facilitates residential experiences.

 **Physical Activity**

The school acknowledges and will ensure that:

* Physical activity and active play is inclusive.
* Play leaders will be selected and trained annually to organise games and activities at break times.
* Safe storage is provided for bicycles and scooters etc.
* Families are encouraged to actively travel to school.
* Opportunities for additional physical activity will be incorporated throughout the school day including wake and shake, daily mile, class exercises, Sustrans, cycling proficiency, standing activities, outdoor learning.
* Sports day is held annually.
* School sport facilities will be available for community use.
* The playground is ‘zoned’ into different activity areas to encourage all Learners to participate in activity during break and lunchtimes that is suitable to their ability.

 Outdoor Education and Gardening Opportunities

* The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools.
* The school has a forest school area for learners to enhance their learning within the curriculum.

School Travel Plan

* The school has a Travel Plan in place, which has engaged with parents and the wider community.
* Staff, learners and parents are actively encouraged to walk to school.
* Throughout the school year there is planned promotion of walking and cycling to school.
* The school has cycle racks available for children and staff to use.
* Cycle skills training are available for staff and children.
* Kerb Craft is taught to Year 2 learners.