

Testwood School

Physical Activity Policy

Key Responsibility area:	DM
Last Review:	April 2026
Next Review:	April 2028

Revision History

Version	Date	Amendments	Initials
V2	30.04.20	Updated terminology	JP
V3	04.04.22	Amended terminology	KBA
V3.1	29.04.22	Under key objectives – bullet point added: <ul style="list-style-type: none"> Provide a range of opportunities that can lead on to a life time of physical activity. Under curriculum section – bullet point added: <ul style="list-style-type: none"> The curriculum is annually reviewed and evolves to continually to support positive participation for all within the school community. 	JBa
V3.2	01.05.24	Revised dates	JBa
V3.3	28.04.26	Revised dates Added following sections: <ul style="list-style-type: none"> Health, Safety and Safeguarding Inclusion and Equal Opportunities Mental Health and Wellbeing Staff Wellbeing 	DM

Principles

Testwood School is committed to promoting a co-ordinated approach for physical activity that is accessible to all members of the school community throughout all areas of the school and which reflects the value of physical activity as a means to enhancing a healthy active lifestyle.

Overall Aims

The policy supports a whole school approach to raise awareness of physical activity in order to:

1. Promote an understanding of the importance of regular physical activity for maintaining a healthy lifestyle.
2. Ensure that all aspects of physical activity undertaken in school promote the health and wellbeing of students, staff and visitors.
3. Encourage and promote links with the community to enhance opportunities for involvement in physical activity outside of the formal setting.

Key Objectives

The agreed strategy for physical activity sets out to:

- Raise the profile of physical activity throughout the school and to promote an awareness of its value in relation to a healthy lifestyle.
- Help students understand how physical activity can improve health and fitness and be part of everyday life.
- Increase students' knowledge, understanding, experience and positive attitudes towards physical activity.
- Provide quality physical activity opportunities both within the curriculum and as part of extended school activities.
- Ensure all students have access to opportunities to participate in at least 2 hours a week of high quality PE and sport within the curriculum and as part of extended school activities.
- Promote all aspects of physical activity in the school for the health and well-being of students, staff and visitors.
- Provide a range of opportunities that can lead on to a life time of physical activity.

Health, Safety and Safeguarding

The school recognises its responsibility to ensure that all physical activity is delivered in a safe and supportive environment. All activities are planned and carried out in accordance with the school's Health and Safety and Safeguarding policies.

Appropriate risk assessments are undertaken where required to ensure the safety of students, staff and visitors. Staff delivering physical activity are suitably trained and aware of safe practice requirements within their area of responsibility.

Students are taught to understand the importance of safe participation and to take responsibility for their own and others' wellbeing during physical activity.

Inclusion and Equal Opportunities

Testwood School is committed to ensuring that all students have equal access to high quality physical activity opportunities, regardless of ability, background or need.

Activities are adapted and differentiated to meet the needs of all learners, including those with Special Educational Needs and Disabilities (SEND). A range of opportunities are provided to support engagement, enjoyment and achievement for all students.

The school actively seeks to remove barriers to participation and promotes an inclusive environment where all students feel confident and supported to take part in physical activity.

Mental Health and Wellbeing

The school recognises the important role that physical activity plays in supporting positive mental health and wellbeing. Participation in physical activity can contribute to improved mood, reduced stress levels, increased self-esteem and enhanced social interaction.

Opportunities for physical activity are promoted as part of a wider whole-school approach to wellbeing, supporting students to develop resilience and positive lifestyle habits.

Staff Wellbeing

The school values the wellbeing of its staff and recognises the benefits of physical activity in promoting a healthy work-life balance.

Where possible, staff are encouraged to engage in physical activity through access to school facilities, participation in organised activities and the promotion of an active working environment.

The following working practices are in place to support the policy:

Ethos & Environment

- The school takes steps to ensure barriers to participation identified by students are minimised as far as possible.
 - Students' achievements and participation in physical activity are recognised and celebrated.
 - There is a sensitive approach to applying the requirements for appropriate sports clothing.
 - All physical activity sessions are structured and delivered to maximise learning, enjoyment and activity levels for all students.
 - Facilities and equipment are made available for students to use during non-teaching hours during the school day.
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Curriculum

- The school is working towards providing a minimum of two hours of curricular PE for each year group.
 - The PE programme is broad and balanced, complies with statutory requirements, and is accessible and personalised to meet the needs and interests of individual students.
 - The curriculum is annually reviewed and evolves to continually to support positive participation for all within the school community.
 - Schemes of work are in place which outlines a planned approach to health related activity.
 - PE is timetabled to maximise activity time and to help facilitate pupil participation in extra-curricular opportunities. Out of School Hours Learning (OSHL)
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Out of School Hours Learning

- All students are provided with opportunities to access a wide range of activities as part of extended school provision.
 - Physical activity is promoted during non-teaching hours during the day to encourage students to be more active at these times.
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Community Links

- The School links with School Games Organiser and other relevant individuals and organisations in the community to enhance and extend physical activity opportunities through partnership with others.
 - Students are provided with information on activity opportunities within the local community and the school.
 - Specific events are organised throughout the year that promote physical activity and raise its profile across the whole school community.
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The policy is monitored through the use of:

- Student/Parent/Carer Questionnaires
- The on-going evaluation of the programme of activities.
- The monitoring of participation during extra-curricular opportunities.
- The Curriculum Leader for PE will report on outcomes to SLT and Trustees

This policy should be read in relation to other School policies and documents including:

- PE curriculum plan
- School Bid
- School Travel Plan – to enable students to take part in OSHL
- Pupil Voice
- School Sports Partnership Plan

The policy will be reviewed bi-annually