

Rhydypenau Primary School

"Aiming High"



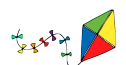
Whole School approach to Fitness Policy



DEVELOPMENT, MONITORING & REVIEW OF THIS POLICY

This policy is monitored by the Headteacher, who reports to Governors about the effectiveness of the policy, on request. It is discussed annually by members of the school council who may recommend interim amendments. It is reviewed annually by the governing body.

This policy was agreed by teachers:	
This policy was agreed and adopted by the Governing Body:	
The implementation of this policy will be reviewed by:	The Governing Body
This policy will be reviewed:	Every 3 years
This policy was last reviewed:	Autumn Term 2023
This policy is due to be reviewed:	Autumn Term 2026
Chair of Governors' Signature:	
Headteacher's Signature:	



Introduction

We recognise that learners spend around a third of their time at 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 learners' physical, mental and emotional wellbeing.

At Rhydypenau 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.

1.1 Links with other policies

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

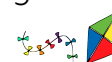
- Teaching and Learning
- Whole School Approach to Food.
- Mental Health

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](#), 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](#) 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](#) 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.

Cardiff and the Vale Public Services Board and Regional Partnership Board have developed the Move More Eat Well plan <https://movemoreeatwell.co.uk> and pledged to work together to



achieve the vision of ensuring our population is healthier by moving more and eating well. It is a strategic Plan for all public sector partners – and wider – to encourage, support and enable people to be active and healthy in Cardiff and the Vale of Glamorgan.

Aim

The aim of this Whole School Approach (WSA) to Physical Activity policy is to provide a ‘whole school approach’ to physical activity in Rhydypenau Primary by equipping learners and staff with the knowledge and skills to establish and maintain lifelong active lifestyles. At Rhydypenau Primary, we aim to ensure that physical activity becomes 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.

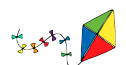
Objectives

- To ensure that all activities and services related to physical activity provided for learners throughout the school day are consistent with the Curriculum for Wales, 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 to 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.

Equality Statement

Rhydypenau Primary School 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.



Rights Respecting Approaches

At Rhydypenau Primary School, we are committed to fostering an environment that values and upholds the rights of every child. We are proud to introduce a rights-respecting approach into our policies, recognising the inherent dignity and worth of each learner, Rhydypenau Primary School aims to align our practices with the principles of the United Nations Convention on the Rights of the Child (UNCRC) to nurture their strong sense of belonging, and instil a deep understanding of the rights and responsibilities to all stakeholders.

Article 6 (life, survival and development)

Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

Article 13 (freedom of expression)

Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law.

Article 28 (right to education)

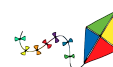
Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.

Article 29 (goals of education)

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

Article 24 (health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.



The Curriculum

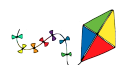
7.1 Health and Wellbeing AoLE

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

- Learning about and having positive experiences of physical activity enables learners to develop the [four purposes](#) of the Curriculum for Wales. Opportunities for cross-curricular links are explored and developed.
- Learners are taught to understand the benefits of physical activity on short-term and long-term health. The impact of sleep and physical activity on mental health & wellbeing is addressed within the teaching opportunities in the curriculum.
- Physical literacy skills are developed through robust planning of progression through the year groups.
- All teaching and learning resources reflect current local and national guidance.
- The school promotes environmental initiatives such as Eco Schools along with outdoor learning, as an opportunity to be active in the natural environment.

7.2 Physical Education (PE)

- There is a well-planned programme of activity in PE that makes good opportunities for cross-curricular promotion of physical activities.
- 2 hours a fortnight of quality PE will be provided for every learner, and every attempt will be made to ensure that this is not cancelled due to other school activities.
- The school offers a variety of activities and taster sessions for learners to try new activities to see what they like.
- Also as part of our Expressive Arts curriculum, there are opportunities for creative movement and dance as a physical activity to enable learners to develop *gross* and *fine motor movements*.
- The school offers opportunities for learners to engage in outdoor play and adventurous activities which provide challenge and opportunity to problem solve and work as a team.
- At Phase 2, learners complete the Daily Mile each afternoon to increase their physical activity and also enhance concentration when returning to the classroom.
- Grounding activities 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.
- Competence and skills you need to engage positively with lifelong physical activity are developed.



- A range of extracurricular opportunities are provided to encourage participation in physical activity.

The Informal Curriculum / Whole School Context

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.

Break-times and lunchtimes

- The school ensures open spaces/play areas are accessible by all, marked for a range of activities and well maintained.
- The school plans for active break-times through provision of equipment and organised games/activities.
- At Phase 2, Play leaders (SWOGS) will be selected and trained annually to organise games and activities at break times.

After School clubs / Extracurricular activities (physical activity and sport)

- Our school is committed to delivering weekly after-school clubs that provide physical activity and sporting opportunities. We work in partnership with outside agencies where appropriate (e.g. Cardiff City Football Foundation).
- A range of physical activity clubs are offered throughout the school year and learners are consulted with to determine what clubs to provide. Most year groups/progression steps have opportunities to attend after-school a physical activity club.
- Inter-school sport opportunities & fixtures are offered which are of both a friendly and competitive nature.
- The school offers opportunities for outdoor adventurous activities during school trips / residential trips.

Physical Activity / Play

The school acknowledges and will ensure that:

- Physical activity and active play are inclusive of all learners.
- Opportunities for additional physical activity will be incorporated throughout the school day including The Daily Mile, class exercises, cycling, standing activities, outdoor learning.
- Sports day is held annually for all learners.



School Active Travel Plan

- Staff, learners and parents/carers are actively encouraged to travel actively 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 is available for staff and children in Year 5.
- The school engages with the county Road Safety team to provide relevant programmes for learners e.g. Kerbcraft is provided to Year 2 learners.

Outdoor Education and Gardening Opportunities

- The school promotes environmental and sustainable initiatives such as Eco Schools and outdoor learning opportunities.
- The school encourages outdoor learning with environments that allow children to express themselves physically and creatively.
- Outdoor classrooms and outdoor learning provision enhance opportunities for learners to engage with nature and the natural environment and offer authentic experiences using real natural objects to promote 'real life' experiences in the outdoors.
- The school promotes activities that include waste minimisation (reusing, recycling, composting, energy and water saving) and caring for the environment.
- Gardening opportunities are provided as part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- A Sun safe policy is in place.

Roles and Responsibilities

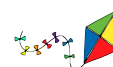
9.1 Role of the Governing Body

The role of the Governing Body at Rhydypenau Primary School is to:

- Determine and authorise WSA to Physical Activity Policy.
- Ensure the WSA to Physical Activity Policy is up to date and reviewed regularly (every two years).
- Ensure the WSA to Physical Activity Policy is widely disseminated throughout the whole school community.
- The governing body will nominate one or more governors to take specific responsibility for the WSA to Physical Activity Policy
- Updates on school physical activity actions will be included in the Governor's Annual Report to parents.

9.2 Role of the Headteacher and Senior Leadership Team

The role of the Headteacher and Senior Leadership Team at **Rhydypenau Primary School** is to:



- A named member of staff will coordinate the Physical Activity curriculum and be responsible for the coordination and management of the policy:
- The School Senedd are actively involved with the development and implementation of the WSA to Physical Activity policy.
- The Senior Leadership 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 Leadership Team and governors will monitor progress at regular intervals.
- 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.
- A planned and appropriate physical activity curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted through the formal and informal curriculum.
- Active travel to school is promoted.
- Updates on school physical activity actions will be included in the Head Teacher 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.
- Raising awareness of opportunities in the local community that promote physical activity or healthy lifestyles.

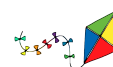
9.3 Role of Teaching and non-teaching staff

The role of class teachers at Rhydypenau Primary School is to ensure that they support implementation of the school policy through:

- Acting as positive role-models to learners by participating in physical activity and related events, where possible.
- Ensuring consistent messages are provided/ mixed messages are avoided in relation to physical activity.
- Using CPD opportunities for physical activity & sport to understand the fundamental principles of delivering an engaging and positive experience for the learners.
- Promoting healthy and active lifestyles and delivering effective physical activity education as outlined in this policy.
- Encouraging participation in local and national initiatives.
- Promoting opportunities for learners to be physically active during the school day.
- Not withholding opportunities for physical activity as a sanction (e.g. active break time, physical education).

9.4 Role of Learners

We ask learners to:



- To develop their own routines to maintain physical activity, during and outside of the school day.
- Take opportunities to participate in curricular and extracurricular physical activities made available to them.
- Wear / change into clothing appropriate for the activity undertaken, following the school uniform policy.
- Take opportunities to participate in learner surveys and learner voice groups.

9.5 Role of Parents and Carers

We ask that parents/carers aim to:

- Support the Whole School Approach to Physical Activity policy.
- Supply an appropriate PE kit as per the school uniform policy.
- Support local and national initiatives.
- Encourage their child/children to participate in physical activity opportunities, including walking/cycling/scooting to school where possible.

Family and Community Involvement

10.1 School Community

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:

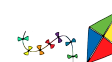
- Involving learners in promoting physical activity within the school community and having a role in decision making (planning and developing actions, policy development / review).
- Supporting the provision of out-of-school hours learning, e.g. physical activity clubs / gardening club, for learners, parents and carers and wider community members.

10.2 External partnerships

Whilst Rhydypenau Primary School is responsible for the delivery of the Physical Activity Curriculum, we recognise the value of involving appropriate external agencies/visiting speakers to complement the Curriculum. This input does not substitute or replace the school/education provision and delivery of physical activity. If the school/educational provision is approached by an unknown external agency/speaker, then advice regarding suitability will be sought.

Good practice for when working with external agencies/visiting speakers:

- Ensure that the external agency has the right skills, knowledge and competency, and has a professional reputation for being holistic and inclusive in their approach to physical activity.
- Ensure aims and learning outcomes are age appropriate for the intended learners.



- The external agency/visiting speakers have a DBS and are considered appropriate in respect of Safeguarding Procedures.
- The school/education provision have made the external agency aware of their school's policies
- Staff will inform and prepare learners for the visit of an external agency/visiting speaker.
- Staff will remain in the classroom at all times as they are responsible for the learners and behaviour management.

Monitoring and Evaluating

- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body.
- The policy will be reviewed **every 3 years** to take account of national and local initiatives and resources relating to physical activity, please refer to roles and responsibilities.
- The Governing Body will include actions taken to promote physical activity in the Annual Report.
to Parents.
- Updates on school physical activity actions will also be included in any newsletters and social media to parents and carers.

Access to the Policy

This policy will be located on the school shared drive and disseminated via our school communication systems. The Policy will also be available on our school website.

Parents / carers may request a paper copy of the Policy from the school.

