



**William Byrd**  
PRIMARY ACADEMY

# Physical Education Policy



**Approved by:** Primaries LGB

**Date:** May 2025

**Next review due by:** May 2026

## **1. Introduction**

At William Byrd Primary Academy, we are committed to promoting the health and well-being of our pupils and staff through physical activity. This policy outlines the organisation, teaching, and management of physical activity at our school.

## **2. Definition**

Physical activity refers to any bodily movement produced by skeletal muscles that requires energy expenditure. It includes a wide range of activities that can be performed at different intensities and durations. At William Byrd Primary School, physical activity is promoted through various means, including Physical Education (PE), active travel, and active movement throughout the school day.

## **3. Rationale**

We are aware childhood obesity is a significant issue in Hillingdon and decreasing levels of activity in children. Research indicates that increased opportunities for physical activity in school can improve pupils' health, self-esteem, confidence, ability to interact with each other, and likelihood of developing a lifelong commitment to physical activity. There is also a positive correlation between increased physical activity and good behaviour choices, achievement, and academic attainment.

## **4. Aim**

To ensure that all aspects of physical activity in school are promoted for the health and well-being of pupils and staff.

## **5. Objectives**

- To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
- To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
- To increase physical activity levels of pupils in line with national targets.

## **6. Physical Education (PE)**

Our PE curriculum is designed to provide pupils with the knowledge, skills, and motivation necessary to lead a healthy and active lifestyle. We aim to provide a varied PE program that helps all pupils become skilled and confident in different physical activities.

PE is organised in the curriculum to meet a minimum of 120 minutes per week across the school. All children receive a one-hour PE lesson with our specialist and a one-hour lesson with their class teacher.

Our curriculum:

- follows the National Curriculum requirements for PE.
- Includes a variety of activities such as games, dance, gymnastics, athletics, and swimming.
- Ensure that PE lessons are inclusive and cater to the needs of all pupils.
- Regularly review and update the PE curriculum to reflect current best practices.

Resources:

- An annual audit of all physical education equipment is conducted by the PE subject leader to prioritise necessary expenditure for the year.
- Resources are centrally stored and maintained to ensure accessibility for all.

Role of PE Subject Leader:

- To monitor and evaluate the PE curriculum throughout the school, subject reviews are carried out termly.
- To support staff in their teaching of PE and encourage adherence to the PE policy.
- To keep up to date with current good practice and national changes within the PE curriculum and attend relevant CPD opportunities.
- To manage the PE budget and oversee the annual inspection of all PE equipment.

## **7. Active Travel**

At William Byrd Primary School we encourage pupils, parents, and staff to travel to school by walking, cycling, and scooting wherever possible. Active travel helps improve both physical and mental health, promotes independence, and reduces congestion and pollution in the community.

We provide the following to support active travel:

- school campaigns and events
- secure cycle and scooter storage on the school premises.
- pedestrian, scooter, and cycling training to pupils.
- Road safety awareness
- Walk to school route maps

Our School was awarded TFL STARS Bronze Award in September 2024.

## **8. Active Movement**

Active movement is any physical activity that occurs throughout the school day, outside of structured PE lessons. This includes activities such as playground games, classroom brain breaks, and participation in extra-curricular sports and clubs. Active movement helps pupils stay physically active, improves concentration, and enhances overall well-being.

At William Byrd Primary School, we provide the following priorities, outside of the curriculum to be active:

- Teachers plan active lessons and incorporate brain breaks during long periods of inactivity.
- Physical activity is available at break times and lunch time. Trained staff run tailored sessions at playtimes and demonstrate physical activity during PE and other lessons
- Leadership roles for children through our Sport Ambassadors and School Games Crew.
- Staff lead extra-curricular activities
- School teams in competitions that provide opportunities for pupils to participate in intra- and inter-school competitions.

## **9. Inclusion**

At William Byrd Primary School, we ensure every child has access to physical activity by:

### **Inclusive Curriculum Design:**

Our physical activity programmes cater to pupils of all abilities. This includes modifying activities to ensure they are accessible to students with physical, sensory, or cognitive disabilities.

Incorporating a variety of sports and activities that reflect the diverse cultural backgrounds of students, promoting inclusivity and respect for different traditions.

### **Teacher Training and Resources:**

Our staff receive training on how to create inclusive environments and adapt physical activities to meet the needs of all students

### **Leadership Opportunities**

Our PE leadership opportunities, are designed to empower students of all abilities to take on leadership roles in physical activities, fostering confidence and a sense of belonging.

### **Addressing Barriers:**

Our PE Kit consists of:

- Black shorts or plain black track/jogging bottoms
- White t-shirts (long or short sleeved)
- Plain black sweatshirt or school logo sweatshirt- no zipped tops or hoodies
- Black plimsolls in KS1 (with Velcro fastening)
- Black plimsolls or trainers in KS2

Second hand uniform is available from the school office.

We engage with families to support pupils' participation in physical activities, ensuring that cultural and linguistic needs are met.

Children receiving Pupil Premium can access extra-curricular activities for free or a reduced cost.

## **10. Promoting the local community based physical offer**

We promote details of local priorities for our families to be active through our school newsletters and website.