

Physical Activity

Pupils are provided with a range of opportunities to be physically active. They understand how physical activity can help them to be more healthy, and how physical activity can improve and be a part of their every day life.

A Healthy School:

- 3.1 provides clear leadership and management to develop and monitor its physical activity policy
- 3.2 has a whole school physical activity policy – developed through wide consultation, implemented, monitored and evaluated for impact
- 3.3 ensures a minimum 2 hours of structured physical activity each week to all of its pupils in or outside the school curriculum
- 3.4 provides opportunities for all pupils to participate in a broad range of extra curricular activities that promote physical activity
- 3.5 consults with pupils about the physical activity opportunities offered by the school, identifies barriers to participation and seeks to remove them
- 3.6 involves Schools Sports Co-ordinators (where available) and other community resources in provision of activities
- 3.7 encourages pupils, parents/carers and staff to walk or cycle to school under safe conditions, utilising the school travel plan
- 3.8 gives parents/carers the opportunity to be involved in the planning and delivery of physical activity opportunities and helps them to understand the benefits of physical activity for themselves and their children
- 3.9 ensures that there is appropriate training provided for those involved in providing physical activities
- 3.10 encourages all staff to undertake physical activity