



CORBY PRIMARY ACADEMY

Physical Activity Policy

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Version	1.0
Effective From	01/04/2026
Reviewed & amended	
Next Review Date	September 2027

Rationale

Corby Primary Academy is committed to promoting the physical health, mental health and overall wellbeing of its pupils and staff through physical activity. As a school we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. All pupils will benefit from regular physical activity, and it is important that as a school we offer a good range of opportunities for every pupil to participate in from an early age. By offering these activities and creating a Physical Education curriculum which supports this, we hope to establish lifelong physical habits which build their character and help to embed our school values of respect, responsibility and resilience.

Aims & objectives

Aim: To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and visitors.

Our specific objectives are as follows:

- To help children become physically active and understand the importance of physical activity in promoting a healthy, active life.
- To give children the opportunity to enjoy and engage in physical activities including competitive sports, games, and other co-operative physical activities.
- Improve the self-esteem and confidence of the pupils through participation in physical activity.
- Maintain a high profile for physical activity in all aspects of school life.
- Increased pupil participation in physical activity both within and outside of curriculum time.
- Access to a minimum of two hours of high-quality physical education, within the curriculum, and offering additional hours through extra-curricular clubs and competition.
- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- A designated member of staff (P.E. coordinator) will lead on the broader aspects of physical activity development with the support of senior staff.
- Offer a broad and balanced activity programme, which is inclusive to all pupils.
- Ensure pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- Encouraging cross-curricular links throughout the day to help raise awareness of physical activity.
- Organising specific events that promote and raise the profile of physical activity.
- To encourage participation in community sports and physically active recreation.

Links to other school policies

This policy links to several other school policies, including, for example;

- Equality Objectives Statement
- Teaching and Learning
- Health and Safety
- Healthy Eating
- PSHE and RSHE

Equal Opportunities

All physical activity opportunities offered at Corby Primary Academy are designed to be inclusive and consider the individual needs of all pupils. We encourage all pupils to participate in extra-curricular activities and learning.

Roles and Responsibilities

Corby Primary Academy has the responsibility to ensure that every student is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development. This is monitored regularly by the P.E. coordinator. As well as this, our partnership with external agencies (Unmatched Coaching, Corby Taekwondo Club, Northampton Town) and Greenwood Academy Trust, has widened the school's ability to access CPD and as a result staff are more equipped to deliver PE and improve physical activity levels.

Resource Provision

Corby Primary Academy has a school hall, which is equipped with portable apparatus for gymnastics and a music center to support the teaching of dance. For the teaching of games, there is a large playground, with markings and a large field, which, in summer, is marked with track and football markings. As a school, we ensure all pupils by Year 6 have had access to swimming lessons by using Corby International Pool. An annual audit of all physical education equipment is conducted by the PE coordinator to prioritise any necessary expenditure for the year. Resources for games, dance, and outdoor activities can be found in the shed and indoor P.E. cupboard. Planning resources can be found in the staff shared area and online on the GetSet4PE website.

Curriculum Provision

The PE programme is taught by class teachers, with the exception of swimming. This is taught by specialised swimming instructors. Each child will receive at least 2 hours of active PE per week. This is enriched and supported by additional active lessons within the curriculum.

Planning: The school scheme is based on the progressive learning objectives outlined in the 'GetSet4PE' scheme of work. In both key stages we teach gymnastics, dance, games, swimming, and athletics. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned regularly.

Playtime activity

We have recently added markings to the playground to stimulate children at playtime. Children are encouraged to be physically active by playing with a range of equipment such as skipping ropes, basketballs, netballs and footballs. Every class has access to playground equipment to play with at break times and lunchtimes. Play Leaders are responsible for monitoring their equipment (stored in a box) and handing equipment out to their friends.

Children are encouraged to use the field at lunchtime during the Summer Term to take part in any game they wish, weather permitting.

Play Leaders have been trained to deliver various clubs during break times to encourage more physical activity and improve the mental wellbeing of their participants. Midday supervisors have also been trained to promote and support playtime activity during lunchtimes.

Extra-Curricular Provision

We aim to provide a diverse weekly programme of out-of-school activity clubs, which suits the needs of all pupils and involves them in deciding on the clubs we put on offer. The range of clubs offered should include competitive and non-competitive activities such as gymnastics, taekwondo, football, dodgeball, and multi-skills.

As a school we also offer a number of outdoor education experiences throughout the year either in-house or as trips. These include the annual Year 4 and Year 6 residential, Greenwood Academies sports competitions (athletics) and other sporting competitions run by Northamptonshire Sport.

We aim to attend at least two inclusive sporting competitions per academic year where our sports team is made up entirely of pupils on the SEND register. Kurling and boccia are events that are seen as inclusive and Northamptonshire Sport run competitions in these events.

House Competitions

At Corby Primary Academy, we have a four-house system where each child is placed in a house (Ruby, Sapphire, Topaz and Emerald). At various points in the year, competitions are held on the playground (skip-a-thons, team building) to encourage children to earn points for their house whilst being active. In addition to this, during our Sports Week, not only do children compete in their houses on Sports Day, but throughout the week children undertake sporting competitions in their house teams, again earning points for their house through physical activity.

Active Travel

As a school we actively encourage children, wherever possible, to travel to school actively, either by walking or using equipment such as bikes or scooters. To encourage this, we provide ample storage for travel equipment. We also ensure that Year 4,5 and 6 pupils have the option to receive Bikeability training yearly.

Community Links

The school actively works alongside external sports providers in the community to advertise the options available to pupils. Pupils take place in a range of intra-school and inter-school competitions throughout the year, such as skipping day and football tournaments.

Staff Activity

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for example, joining in sports days and engaging in active CPD. Staff often play games with children at playtime and demonstrate physical activity during PE lessons. To enable this, staff can wear activewear in school.

Monitoring and Evaluation

The PE lead will have lead responsibility for the monitoring of physical activity in the school. A range of measures will be used to evaluate the impact of the policy in line with the above-mentioned objectives.