



Physical Activity Policy

Date	April 2026
Prepared by	PE Lead/Kate Henry
Approved by	Head teacher
Review Date	September 2027
Version	Version 1
Changes	

Statement of Intent

At Balby Central Primary Academy, we recognise the vital role that regular physical activity plays in supporting the physical, mental, emotional and social development of all pupils. We are committed to providing a positive, inclusive and safe environment that encourages every child to enjoy being physically active and to develop healthy habits that can be sustained throughout life.

Our intent is to ensure that all pupils have access to a broad, balanced and progressive programme of physical activity that supports the requirements of the National Curriculum and promotes lifelong participation in sport and exercise. We aim to develop pupils' physical competence, confidence, resilience and teamwork skills while fostering a positive attitude towards physical activity and healthy living.

This year, our strategy has been strengthened through joining the 'Creating Active Schools Framework', which supports a whole-school approach to physical activity.

What is Creating Active Schools?



Creating Active Schools (CAS) is a research-led framework that promotes a whole-school approach to changing behaviours and increasing physical activity within schools. Developed in response to growing concerns around children's



Part of
The Rose Learning Trust

sedentary lifestyles, CAS focuses on embedding sustainable, long-term improvements rather than relying on standalone or short-term interventions.

Since its launch in 2018, Creating Active Schools has developed into a robust school improvement framework, shaped by sector specialists and experienced school practitioners.

In a continuous cycle of improvement and refinement, CAS incorporates robust new research and uses insight from teachers and school leaders to increase and improve the physical activity offer in schools.” [About Us: Creating Active Schools](#) (2024)

What Makes Balby Central an Active School?

At Balby Central we promote an active environment by following the ‘Creating Active Schools’ approach, ensuring physical activity is part of everyday school life. We aim to prevent pupils from being inactive for more than 30 minutes and support them in reaching at least or beyond 60 minutes of activity each day.

We achieve this through a range of strategies that are built into our curriculum, helping children stay active, improve concentration and enhance their learning.

<u>Lessons:</u> We actively integrate physical activity into classroom learning to ensure that pupils are regularly moving and engaged. This includes:	
Active lessons	Incorporating movement-based learning into subjects across the curriculum.
Activity bursts	Short, structured periods of physical activity within lessons to refresh and re-energise pupils.
Learning walks	Around the school grounds to support both physical activity and observational learning.
Themed weeks	To inspire children by raising awareness of athletes and Olympians.
Active Ambassadors	Helps keep physical activity visible, consistent and student-led throughout the school day.

Active Starts	We promote active travel to school, encouraging pupils to walk, cycle or scoot to support their health and wellbeing.
<u>Around the School</u> -Our school environment provides multiple opportunities for movement and exploration throughout the day, including:	
Forest School	To develop outdoor skills, physical confidence, and appreciation of nature.
Sporting zones	where children can engage in games, challenges, and free play during breaks
Dance zone	Offering creative movement and expressive activities.
Active 5	Encouraging short bursts of physical activity during our afternoon lessons.
<u>Beyond the School Day:</u> We encourage pupils to continue being active outside of regular lessons through:	
Out-of-school sporting competitions	Allowing pupils to represent the school and develop teamwork and sportsmanship.
After-school clubs	Offering a variety of sports and physical activities to suit different interests and abilities. Yoga, Cheerleading, Multi-Sports, Martial Arts, Cross Country (at venues beyond our school grounds, giving children the opportunity to experience new environments and face greater challenges)
HAF camps	Supporting our local community during school breaks, helping children stay fit, healthy, and active throughout the holidays.

How do our pupils play a key role?

The children at Balby Central play an active role not only in taking part in daily physical activity but also in shaping decisions across the school. Our Active Ambassadors contribute to decision-making, support themed weeks, suggest ideas for playground improvements and help guide choices around new equipment, resources and how we can make learning more active and enjoyable.

They also gather feedback from their peers, ensuring that pupil voice is central to how we develop opportunities.

How do we involve parents, carers and governors?

We communicate with parents and carers through our weekly Central News where we share key updates and provide Active Home Learning challenges to encourage participation beyond the school day. Parents and carers are also invited to attend after-school clubs, particularly those in preparation for competitions. This approach enables us to engage families in the school's journey and work in partnership to support each child as effectively as possible.

We also gather parent voice to inform how funding is allocated, ensuring that spending decisions reflect the views and priorities of our school community.

Governors are regularly informed of developments through updates on the Creating Active Schools approach, including how we continue to review, refine and strengthen our provision.