

*Tyne & Wear*

*PE and School Sport*

*Alliance*

## PE, Sport and Physical Activity Pledge for Tyne & Wear Schools - *Activ8 Our Pledge*

### *We pledge to ensure that:*

- our PE, sport and physical activity offer is inclusive and engages all pupils
- our school encourages active and healthy lifestyles for all pupils. PE, sport, physical activity, and the social, emotional and mental health of our pupils is a priority for our school and is on our school development plan
- our school provides 2 hours of high quality PE, sport and physical activity per pupil per week, which is delivered by a qualified teacher
- all children are encouraged to be active every day, including at least 30 minutes of moderate to vigorous intensity physical activity being provided every day during school time
- all children are provided with the opportunity to learn to swim at least 25m
- all children in our school have the opportunity to participate in intra/inter school competition, including engaging with the national School Games programme
- we provide opportunities for young people to develop outstanding leadership skills
- we use our allocated funding to focus upon developing teacher confidence and competence in PE, sport and physical activity.

Created by the Tyne & Wear PE and School Sport Alliance

[www.twpessalliance.org](http://www.twpessalliance.org)