

PE Policy

Aims of policy:

At St Michaels Federation, we recognise the need for physical development to balance ourselves as individuals both through our physical fitness and our mental health and well-being. Our curriculum is designed to encourage pupils to take part in regular physical activity to ensure they develop an ability to complete a sustained period of exercise and movement. The physical education curriculum reflects the different aspects of fitness to encourage pupils to develop strength, endurance, agility and flexibility. This is combined with the need to refine movements and practises and use these as tool for learning and evaluation. Through physical education, we develop our pupils' problem solving by developing the use of tactical games. Artistic expression and creativity are developed through combing sequences of movements in dance and gymnastics. Our PE curriculum enables pupils to develop our Christian values and apply these in a sporting context in lessons and through competition.

Intent:

It is our intent to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We aim for all children to be physically active for sustained periods of time and be able to make informed decisions to lead healthy and active lives. Swimming is an important life skill and we aim for all children to leave primary school being able to swim at least 25 metres.

Implementation:

The teaching of PE in St Michael's Federation includes:

Children participate in high-quality PE lessons covering two different sports/skills per term.

Teachers and coaches use the progression maps to ensure pupils participate in a variety of sports and develop and improve their skills, knowledge and understanding.

Children attend sports festivals and participate in sports sessions such as multi-skills at their local high schools.

Children are active on a daily basis through activities such as the PE Umbrella Skills tasks, Wake and Shake activities, Go Noodle and BBC Super Movers videos and the Daily Mile.

Children are encouraged to stay active at break times and can access a variety of equipment to use.

Children attend swimming lessons to ensure they can swim at least 25 metres before the end of Year 6 and know how to remain safe in and around water.

Each school has a Forest School site with Reception and KS1 attending weekly sessions.

Funky Fingers in EYFS to develop fine motor skills.

Annually, the school celebrates 'Fit and Fun' week to educate and promote a healthy lifestyle and physical activity. Children engage in different workshops, activities and sports with the week culminating in our whole-school Sports day.



Growing to be the best that we can be for God, Ourselves and Each Other
*Thessalonians 5:11: Therefore encourage one another and build one another up,
just as you are doing.*

Impact:

We will monitor and measure the impact through:

- Assessment Drops
- Pupil Conferencing
- Book Scrutiny
- Lesson monitoring
- Review of teacher expertise and subject knowledge

The monitoring of PE teaching and pupil progress is the shared responsibility of teachers, the subject leader and the senior leadership team as well as the governing body. The work of the subject leader includes supporting colleagues in the teaching of PE, keeping up to date with current developments as well as providing a strategic lead and direction for the subject.