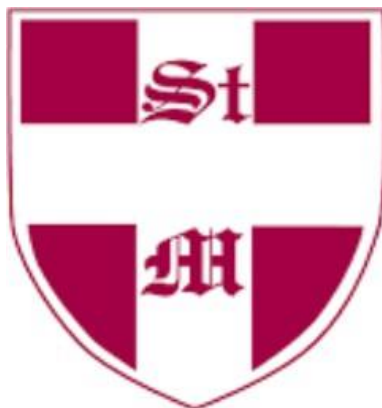


St. Michael Catholic Primary and Nursery School

Physical Education Policy



"I came so that you may have life, life in all its fullness" John 10:10

St Michael Catholic Primary School and Nursery is a Catholic family of faith following the teachings of Christ. We strive to create an environment where all members of our school community respect the values of: Church, Independence, Resilience, Caring, Learning and Enjoyment for all. Belief in these values will nurture all as individuals and instil in them the confidence to meet their full potential, providing them with the best grounding for their future place in an ever-changing world.

Policy Date	September 2026
Signed by Head Teacher	Mrs N Collins
Review Date	September 2027

Vision

At St Michael Catholic Primary and Nursery School, we aim to instil a passion for Physical Education, sport and physical activity so that every child has the opportunity to achieve their personal best and develop a lifelong enjoyment of being active.

Through Physical Education and sport, we teach pupils new skills and provide opportunities for them to improve within a fun, safe and stimulating environment.

By providing a wide range of opportunities through PE lessons, active classrooms, active playtimes, skipping, leadership opportunities and sporting events, we aim for pupils to:

- Develop physical competence and confidence.
- Enjoy being physically active.
- Develop resilience and determination.
- Understand the importance of healthy lifestyles.
- Set high standards and aspirations for themselves.
- Experience success and enjoyment through participation and achievement.
- Develop the motivation and confidence to remain active throughout their lives.

We recognise the important role physical activity plays in supporting mental wellbeing. Physical activity helps pupils develop confidence, self-esteem, resilience and positive attitudes towards learning and life.

Physical Education also contributes significantly to pupils' personal development through teamwork, leadership, cooperation, perseverance, respect and responsibility.

Curriculum Aims

The National Curriculum states:

"A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect."

At St Michael Catholic Primary and Nursery School, we aim:

- To promote positive attitudes towards physical activity.
- To promote physical activity, physical skills and healthy lifestyles.
- To provide opportunities for all children to access high-quality Physical Education.
- To develop and build upon pupils' skills and abilities progressively.
- To develop physical literacy through building confidence, competence, motivation and knowledge.
- To develop the ability to select, link and apply skills and tactics in games and physical activities.
- To develop resilience, confidence and leadership.
- To teach children safe participation in physical activity.
- To ensure pupils engage in sustained periods of physical activity.
- To prepare pupils to lead healthy, active lives beyond primary school.

Inclusion

At St Michael Catholic Primary and Nursery School, we believe all pupils should experience success in Physical Education regardless of ability, background, need or starting point.

Adaptive teaching ensures that pupils can access learning successfully whilst maintaining high expectations for all.

Particular consideration is given to pupils who:

- Have SEND.
- Are disadvantaged.
- Are currently known to social care.
- Have previously been known to social care.
- Are young carers.
- Face additional barriers to participation.

Activities may be adapted through:

- Modified equipment.
- Varying levels of challenge.
- Additional adult support.
- Visual demonstrations.
- Peer support opportunities.

Our aim is for every child to participate, enjoy success and make progress.

Clothing and Footwear

Pupils should ensure they have appropriate PE clothing in school.

This should include:

- A white St Michael logo polo shirt or plain white polo shirt.
- Maroon St Michael logo shorts or plain maroon or black shorts.
- A plain black tracksuit for outdoor activities during colder weather.
- Trainers or plimsolls.

Swimming

For Key Stage 2 swimming:

- Girls should wear a one-piece swimming costume.
- Boys should wear appropriate swimming trunks.
- Pupils should bring a towel.
- Swimming kits should be taken home weekly for washing.

Gymnastics

For gymnastics activities, pupils should remove footwear and work barefoot where appropriate.

Working barefoot supports safety, balance, stability and effective movement.

Jewellery and Safety

- Long hair should be tied back.
- Hair accessories should be removed where required.
- Jewellery should be removed before PE lessons.
- Medical bracelets and religious artefacts that cannot be removed should be made safe in accordance with guidance.
- Earrings must be removed by pupils or taped at home before school.

Pupils without a kit may use school-provided kit where available. Persistent lack of PE kit will be monitored and communicated to parents.

Teaching and Learning

At St Michael Catholic Primary and Nursery School, Physical Education is taught using the **Get Set 4 PE** scheme.

Get Set 4 PE provides a progressive and carefully sequenced curriculum which develops pupils' knowledge, skills and understanding from EYFS to Year 6.

Teachers use the scheme to support planning whilst adapting lessons appropriately to meet the needs of their pupils.

PE lessons should:

- Have a clear learning objective.
- Include success criteria.
- Provide support and challenge.
- Promote active participation.
- Encourage effort, resilience and perseverance.
- Build confidence and competence over time.

Teachers should:

- Share learning objectives clearly.
- Use effective modelling and demonstration.

- Adapt activities appropriately.
- Use assessment to inform future learning.
- Provide opportunities for reflection and improvement.
- Celebrate achievement and effort.

Lessons should maximise opportunities for active participation and minimise unnecessary inactivity.

Pupils are encouraged to:

- Evaluate performance.
- Explain tactics and strategies.
- Provide constructive feedback.
- Reflect on how they can improve.
- Use PE vocabulary confidently.

Mini plenaries should be used throughout lessons to reinforce learning and celebrate success.

Praise should be used consistently and linked to the school's Behaviour Policy.

Lessons should be engaging, inclusive and enjoyable for all pupils.

Pupils Unable to Participate

Where a pupil cannot physically participate, they should remain involved through:

- Observation tasks.
- Supporting equipment management.
- Providing feedback.
- Refereeing activities.
- Recording scores and timings.
- Supporting peers.

This ensures all pupils remain engaged with learning.

Physical Activity Beyond PE

Teachers are encouraged to promote active lifestyles throughout the school day.

Where appropriate, active learning approaches should be incorporated into wider curriculum lessons.

Movement breaks and active tasks help improve wellbeing, concentration and engagement.

Skipping

At St Michael Catholic Primary and Nursery School, each year group has access to a class set of skipping ropes.

Skipping forms part of our commitment to promoting daily physical activity.

Skipping takes place for a minimum of two minutes a day, at least three times per week.

Once a week, pupils record their skips as part of our **Skip to be Fit** initiative.

Skipping helps to develop:

- Coordination.
- Balance.
- Fitness.
- Physical literacy.
- Self-esteem.
- Personal challenge.
- Healthy lifestyle habits.

Pupils are encouraged to improve their personal bests and celebrate progress.

Sports Champions

Each class has two Sports Champions.

Sports Champions support PE and physical activity across the school and act as positive role models.

They:

- Model skills during PE lessons.
- Support with equipment.
- Assist with organisation of activities.
- Support house competitions.
- Encourage participation during playtimes.
- Promote healthy and active lifestyles.
- Support younger pupils where appropriate.

Upper Key Stage 2 Sports Champions may also support teachers in planning and leading simple activities under supervision.

Competition and Sporting Opportunities

We are proud to provide pupils with opportunities to represent the school through sport.

The school actively participates in the **Medway Mini Youth Games**, which provide pupils with opportunities to experience competition, teamwork and personal achievement.

Through participation, pupils develop:

- Teamwork.
- Leadership.
- Sportsmanship.
- Confidence.
- Respect.
- Determination.
- Pride in representing the school.

Selection for events takes place through participation, commitment, effort and, where appropriate, trial opportunities.

Participation and personal development are celebrated alongside performance and achievement.

Swimming

Swimming is an important part of the Physical Education curriculum.

Pupils are provided with opportunities to develop:

- Water confidence.
- Water safety awareness.
- Swimming technique.
- Personal survival skills.

Swimming supports National Curriculum expectations and promotes lifelong participation in physical activity.

Digital Learning in PE

Technology may be used to enhance Physical Education where appropriate.

Examples may include:

- Performance analysis.
- Video modelling.
- Personal best challenges.
- Pupil self-evaluation.
- Assessment and monitoring.

Technology is used to support learning whilst promoting safe, responsible and age-appropriate use.

Catholic Social Teaching

Catholic Social Teaching underpins Physical Education at St Michael Catholic Primary and Nursery School.

Through sport and physical activity, pupils develop:

- Respect.
- Fairness.
- Cooperation.
- Service.
- Perseverance.
- Compassion.

PE provides opportunities for pupils to live out Gospel values and contribute positively to their community.

Primary PE and Sport Premium

The Primary PE and Sport Premium is used strategically to improve the quality of Physical Education, physical activity and sport across the school.

Funding is used to:

- Improve curriculum provision.
- Upskill staff.
- Increase participation.
- Develop active playtimes.
- Improve resources and equipment.
- Increase opportunities for physical activity.
- Create sustainable improvements to PE provision.

Our aim is to ensure all pupils benefit from high-quality Physical Education and opportunities to engage in physical activity.

Monitoring and Review

The PE Subject Leader and Senior Leadership Team are responsible for monitoring Physical Education across the school.

Monitoring activities include:

- Lesson visits.
- Planning reviews.
- Pupil voice.
- Assessment information.
- Curriculum reviews.
- Participation data.
- Discussions with staff and pupils.

Monitoring ensures:

- Consistency.
- Progression.
- Inclusion.
- High-quality teaching.
- Positive outcomes for pupils.

The PE Subject Leader provides strategic direction for PE and supports colleagues to ensure high standards across the subject.

Policy Review

This policy will be reviewed annually or sooner if required due to changes in curriculum guidance, legislation or school priorities.

Through high-quality Physical Education and sport, St Michael Catholic Primary and Nursery School seeks to develop confident, healthy, resilient and active pupils who experience life in all its fullness.