

# ST. MICHAEL'S CE SCHOOL



## Physical Activity and PE Policy

Reviewed By:	CR
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Governor Sign Off	Angela Harris
Next Review Due	September 2025

# ST. MICHAEL'S CE SCHOOL

## PHYSICAL ACTIVITY & PE POLICY

*"St. Michael's Church of England School, established upon Christian foundations, and living out the Christian faith, is committed to providing every child with an excellent education."*

*Our Vision is our medium-term expectation of how we will meet our Mission.*

### ***Our Vision is to:***

***create*** a secure and nurturing Christian environment which values and respects every individual and their beliefs;

***equip*** children, through an innovative and broad curriculum, with confidence, life skills to reach their full, God-given potential;

***partner*** with home, church and the local community to help children make a positive contribution to God's world.

***All of this is achieved through our Motto: "Working Together for the Good of all."***

At St Michael's we have due regard for our duties under the Equality Act 2010. Through the delivery of this Policy we will ensure that we: eliminate discrimination, advance equality of opportunity and foster good relations.

## **INTRODUCTION**

St Michael's CE Primary School is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at St Michael's CE Primary School. The policy was formulated through consultation with members of staff, governors, parents and pupils and was implemented July 2021.

## **ETHOS & ENVIRONMENT**

St Michael's CE Primary School strives to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

## **PE & PHYSICAL ACTIVITY POLICY LEAD**

The school physical activity policy and strategy coordinator is Carl Rochford.

## **PHYSICAL ACTIVITY AIMS & OBJECTIVES**

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

Our specific objectives are as follows:

1. To enable pupils and staff to understand the importance of physical activity through the provision of information and development of appropriate skills and attitudes.
2. To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
3. To increase physical activity levels of pupils in line with national targets.

## **PE CURRICULUM**

The intent, implementation and impact of our curriculum is published on our school website [here](#). Our impact is reported termly to show our achievements. Our curriculum map and skills progression can be found on the PE and Games page.

## **EQUAL OPPORTUNITIES**

All physical activity opportunities offered at St Michael's Primary School are designed to be inclusive, and cater for different ability levels. We have targeted opportunities for groups that are less engaged or to support their progress in PE including girls, SEND, more able and less active groups.

## **RESOURCE PROVISION**

St Michael's CE Primary School has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a MUGA with markings and a large field. An annual audit of all physical education equipment is conducted by the PE Faculty Lead in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the PE cupboard and planning resources can be found on google drive.

## **PE AND SCHOOL SPORTS PREMIUM**

The PE and Sport Premium is allocated to all primary schools at a rate of £16,000 plus £10 per pupil in years 1 to 6 (correct as of October 2023). The premium must be spent by schools on making additional and sustainable improvements to the provision of PE and sport for the benefit of all pupils to encourage the development of healthy, active lifestyles.

An annual report on how the premium funding is spent is provided by the PE Faculty Leader and shared on the school website.

## STAFF RESPONSIBILITY & DEVELOPMENT

**Primary Link Teacher / School Games Organiser:** Nick Miller

Staff are encouraged to attend courses offered by Wandsworth School Games and their partners. Our partnership with the Wandsworth School Games has widened the school's relationships with external agencies.

## CURRICULUM PROVISION

### Organisation

The PE programme is taught by a specialist PE teacher. Swimming is currently taught in year 4 with assessment taking place in the Autumn term for year 6. Each child will receive the following ACTIVE PE time per week (note: children come to school in PE kit so we save approximately 15-20 minutes per lesson on changing ensuring activity time is maximised):

**Foundation Stage:** Reception receives a 50 minute PE lesson and a 45 minute dance/gymnastics lesson. Nursery and Reception both have at least an hour per day to be active outside.

**Year 1 and 2:** A 1 hour PE lesson and a 40 minute dance/gymnastics lesson.

**Year 3:** A 1 hour PE lesson and a 40 minute dance/gymnastics lesson.

**Year 4:** A 1 hour PE Lesson and 40 minute dance/gymnastics lesson. They do swimming for one term and lessons are for 1 hour.

**Year 5:** A 50 minute PE lesson and a 40 minute dance/gymnastics lesson.

**Year 6:** A 50 minute PE lesson and a 40 minute dance/gymnastics lesson.

Teachers run active brain breaks for children at least twice a day which gives them around 10 minutes of activity per day.

A school organising committee is made up of our year 6 house captains and vice captains as well as PE ambassadors to support by giving ideas and leading events. Meetings are held termly or for upcoming events. The children also complete the Wandsworth Leadership Training run by the SGO.

### Planning

Planning is carried out by the PE Faculty Lead and is guided by the National Curriculum PE programme of study (See PE yearly overview and PE skills progression [here](#)). In both key stages we teach gymnastics, dance, games, and athletics with the addition of outdoor adventure activities and swimming in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

### Cross curricular links

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

## **Assessment**

Pupil progress in PE is assessed formatively in lessons against the learning objective and teaching points. Progress is recorded termly using insight. Children are assessed against the six areas in the skills progression document which are physical, cognitive, social, personal, creative and health & fitness.

## **EXTRA CURRICULAR PROVISION**

### **Break times / lunch times**

We have climbing frames in our KS1 playground and have a zoning system in the playgrounds which includes fitness activities, outdoor gym equipment, ball games, activities run by the school staff and coaches and supported by playground champions, free play, table tennis, climbing and king squares. When weather permits and the facilities are not being used for clubs our ball court and field are used for sports activities during lunch times.

To promote active lunchtimes in KS2 we have two 'The Sport and Health Academy' coaches in at lunchtimes who run activities for the children with four activities on the rota as well as a quiet area and free play area. When the weather is good we rota the field and a coach on site and a coach on the field to offer more activities.

### **After school clubs**

We have an extensive extra-curricular programme with clubs before and after school, and have a company that comes in to run activities to ensure lunchtimes are active and engaging. We have a programme of clubs children can sign up to in a range of sports and physical activities (See club timetables and club participation records). We also run clubs that target children for extra support or to ensure they are meeting 60 active minute guidelines.

### **Competition**

Pupils take part in a range of intra-school and inter-school competitions organised through the Wandsworth School Games and the PPSSA. We keep a record of the competitions we attend which include SEND festivals and competitions, school games competitions (more gifted and talented children), and festivals (aimed at engaging children that are not in the SEND or more gifted and talented categories). We have intra-house competitions at least once a half term and announce the winner of the house cup following the events.

## **ACTIVE TRAVEL**

Our School Travel Plan Coordinator is Carl Rochford who is responsible for promoting and facilitating active travel. We also have nominated Junior Travel Ambassadors (JTA's) from each class that will support the promotion of active travel in school. The school has increased the capacity to store bikes and scooters in a bid to promote more active travel which has seen a rise in children scooting and cycling to school. We started the school street programme last year with Sustrans. Our year 5 and 6 children take part in level 1 and 2 cycle training for our children. The children are surveyed to see how they travel to school in conjunction with other activities that contribute to 60 active minutes.

## **COMMUNITY PARTNERS / LINKS**

The school is part of the Wandsworth School Games and PPSSA. We have also established links with a number of local clubs including Kick London, AFC Wimbledon football club, PGL, Aspire, Metro Tennis, Rosslyn Park FC, The Sport and Health Academy and All Star Tennis.

## **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We aim to take part in physical activity whenever possible, for e.g. taking part in the daily run. Staff often play games with children at playtime and demonstrate physical activity during PE lessons. Staff are encouraged and have the facilities to cycle to work.

## **HEALTH & SAFETY**

Please refer to the school's health and safety policy and risk assessments. Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on DBS / staffing checks. Physical Education sessions are planned and delivered in accordance with the guidelines set out in the document 'Safe Practice in Physical Education & Sport' (Association for Physical Education).

## **MONITORING & EVALUATION**

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

Carl Rochford: September 2024

(PE Lead)