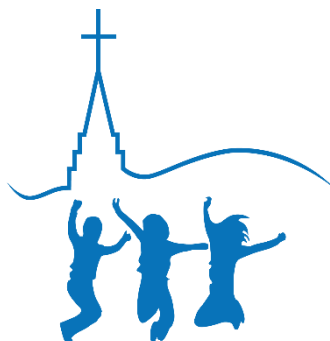


A St. Michael's CE (VA) Junior School Policy



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By God's love, we all flourish together.

God is love. Whoever lives in love lives in God, and God in them. (1 John 4:16)

At St. Michael's, by God's love and through our Christian values of Love, Faith, Respect and Courage, we celebrate uniqueness and nurture curiosity, enabling each child to flourish on their own rich learning journey whilst contributing to the wider community.

PE POLICY

Reviewed by Staff:	Summer 2026
Ratified by Full Governors:	25.6.26
To be reviewed:	Summer 2029

Our PE policy aims to encourage all children to enjoy every aspect of physical education and sport, whether competitive or creative, individual or team based. By fostering a positive and inclusive experience, we help children develop a lifelong interest in physical activity. This not only supports their physical health but also enhances their social wellbeing and overall development.

We provide a broad and balanced programme of physical education that we believe every child deserves, with activities designed to be enjoyable, vigorous, purposeful and regular. Through these positive experiences, we aim to foster a lifelong interest in physical activity.

Our curriculum offers a wide range of activities, including athletics, dance, games, gymnastics, swimming and outdoor education. A high-quality programme is carefully planned to meet the needs, abilities and interests of all children, ensuring that every pupil can participate, progress and flourish.

As a school, we participate in a wide range of competitions and tournaments, both competitive and non-competitive. All staff involved recognise the importance of an inclusive approach, ensuring that as many children as possible have the opportunity to experience competitive sport and represent the school.

At St Michael's each class will receive at least two hours of physical activity per week.

The National Curriculum states:

Purpose of study

A high-quality physical education inspires all children to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for children 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.

Aims

The national curriculum for physical education aims to ensure that all children:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Attainment targets

By the end of each key stage, children are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Key Stage 2 children

Children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupil should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, (modified where appropriate) for example: badminton, basketball, cricket, football, hockey, netball, rounders and tennis and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance (for example: through athletics and gymnastics)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in Key stage 1 or Key stage 2

In particular, children should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively (for example: front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations.

St Michael's P.E. Curriculum

The PE lead is responsible for setting out the long-term plan for Physical Education at the beginning of each academic year. This plan is followed by class teachers and PPA coaches to ensure consistency and continuity across the school. It ensures that all children experience a broad range of sports and physical activities throughout their time at St Michael's, whilst also clearly outlining progression from year to year. The curriculum further defines specific objectives for each year group, detailing the knowledge and skills children are expected to develop within each unit of work. Individual lesson plans may be drawn from a range of approved resources and adapted as necessary to meet the needs of the class, ensuring appropriate challenge, engagement and progression for all children.

Swimming lessons are delivered by trained instructors who plan appropriate targets for each ability group. Children are assessed against these targets to ensure clear progression and development of skills.

Towards the end of each lesson, children are given time to reflect on and evaluate their performance against the intended learning outcomes, supporting self-assessment and awareness of progress.

Health and Safety

PE Kit

All children are expected to wear the correct PE kit for every lesson. The required kit includes:

- a plain white t-shirt
- plain navy blue or black shorts
- trainers or plimsolls
- a plain black, navy or dark grey sweatshirt
- plain black, navy or dark grey tracksuit trousers

All items should be plain, with no logos.

During colder weather, children are expected to wear appropriate additional layers for outdoor PE. This should include a plain navy blue, black or dark grey sweatshirt (not their school uniform sweatshirt) and plain black, navy or dark grey tracksuit trousers. Full details of the PE kit can be found in the Parent and Pupil Handbook, available on the school website or from the school office.

If a child does not have the appropriate PE kit, they will be asked to change into a suitable kit, provided by the school, for that lesson.

Parents and carers are encouraged to contact their child's class teacher if there are any difficulties in providing the correct PE kit so that appropriate support can be offered.

If a child is not wearing their PE kit on their designated PE day, parents or carers will be contacted and asked to bring the appropriate kit into school. Where this is not possible, a suitable kit will be provided by the school, if available.

If a child attends school without the correct PE kit, they will receive a 'missing kit' letter outlining the required items. This will be recorded in the school's missing kit log. Where possible, the correct item of kit will be provided by the school to ensure the child can still participate in the lesson.

If missing kit becomes a recurring issue, further action may include reminders from the teacher and communication with parents or carers to resolve the matter.

Jewellery

For safety reasons, **no jewellery of any kind** is permitted to be worn during PE lessons and all piercings should be removed prior to coming into school on PE days.

We strongly advise that ear piercing is carried out during the summer holidays to allow sufficient time for healing and to ensure earrings can be removed easily before returning to school.

Religious necklaces/bracelets are expected to be removed for the duration of PE lessons. If they must be worn to school, they should be long enough to be safely removed over the child's head/wrist.

School staff are not responsible for the safe keeping of jewellery and cannot accept liability for any loss or damage to items brought into school.

Children who do not follow the jewellery policy will be required to remove items themselves. If they are unable to do so, they will not be able to take an active part in the lesson for safety reasons.

Gymnastics

At St Michael's, gymnastics activities are carefully planned to ensure the safety and wellbeing of all children. The following activities are not permitted within PE lessons or school-led gymnastics sessions:

- Forward rolls, backward rolls or dive rolls
- Cartwheels
- Bridge kickovers, headstands, handstands, handstand flatbacks, round-offs or walkover progressions
- Any elements involving flight, including squat on, straddle on, squat through and straddle over movements, are not permitted. ***However, where children naturally jump onto a table top apparatus and land on their feet (squat on), appropriate adult supervision and support must be in place to ensure the activity is carried out safely.***

Non-Participants

- Where possible, non-participants should still attend school in their PE kit.
- Children must have a safe place to sit and observe. They should also be involved within the lesson completing a PE related task e.g., referee, scorer, coach, observing for good practice. Where this is not possible or appropriate, they will complete a PE related activity in another class.
- Parents should notify the school to inform us of non-participation, by phone call or email sent to admin@st-michaels-jun.essex.sch.uk

- If a child is unable to take part in a PE lesson on a PPA day, they will be directed to a classroom where they can complete an appropriate PE-related task.
- Swimming – non-swimmers will take work to another class, organised by the class teacher prior to the event.

Equipment and Resources

There are a wide range of resources available to support the teaching of Physical Education across the school. Resources are regularly reviewed, updated and replenished to ensure they remain safe, suitable and fit for purpose.

Most small equipment is stored in the PE cupboard, which is accessible to staff and adults only. Children must not enter the PE storage area unless accompanied by an adult.

The hall contains a range of large apparatus. Children are expected to assist with the setting up and putting away of equipment as part of their learning, helping them to develop responsibility and an understanding of safe handling. Staff will always check equipment to ensure it is correctly and safely assembled before use.

PE lessons and sporting activities take place in a range of environments, including the school hall, playground and field, to provide children with varied and appropriate learning opportunities.

Wall bars

At St Michael's, the use of wall bars and climbing equipment during PE lessons is carefully supervised to ensure the safety of all children. The following rules apply at all times:

Pull out wall bars

- **Years 3 and 4:** feet may be placed up to the **4th bar** (stickered A)
- **Years 5 and 6:** feet may be placed up to the **5th bar** (stickered B)

Fixed wall ladder

- **Years 3 and 4:** feet may be placed up to the **5th bar** (stickered A)
- **Years 5 and 6:** feet may be placed up to the **7th bar** (stickered B)

Safety expectations

- Children may reach for bars above the permitted foot placement level.
- Children must maintain **three points of contact** at all times.
- The wooden frame of the apparatus must not be used as a point of contact or support.
- A maximum of **three children** may use the wall bars at any one time.

- Each pupil must use a **separate section** of the wall bars.
- Children must never work on the same section of apparatus together.
- Children will work in pairs so that every child has a **designated spotter** at all times.
- Children will be taught how to spot and support their peers safely under staff supervision.
- All apparatus activities will be supervised by staff and delivered in line with safe practice.

Recording and Assessment

The PE Curriculum Framework will serve as a record of the broad topics covered (units of work) in each activity area for subsequent teachers to refer to. In line with overall school policy, teachers should assess against key objectives for each unit taught.

Extra-curricular sport

St Michael's is fully committed to providing extra-curricular sporting opportunities. These include:

- Clubs (breakfast and after-school) available to all age groups and in a range of activities.
- Competition against other primary schools, in a wide range of sports, through local school arrangements.
- Friendly matches against other schools/groups.

Dissemination and review

All staff and governors will receive a copy of this policy. A copy will be available on the school web site.