



# Physical Education at St Mary's Church of England Academy

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At St Mary's Church of England Academy we believe that physical education, school sport and physical activity experienced within a well managed and safe environment is a vital contributor to a pupil's physical development and well being. The Physical Education risk assessment has been written in-line with the guidance received from the Association for Physical Education (AfPE) through 'Safe Practice in the Physical Education and Physical Activity' manual (2024 edition).

## Physical Education

- All children have the right to develop Physical Competence in all activities. Children have the right to build their confidence and resilience to try hard and make progress in all areas. All children have the right to enjoy their Physical Education through creativity, social, personal and leadership skills.
- Each week, pupils will take part in the equivalent of two Physical Education lessons. Lessons should be taught following the agreed curriculum framework to ensure a balance of areas.
- Teaching staff are expected to wear appropriate PE kit for the teaching of Physical Education lessons.
- Staff should make themselves familiar with the Physical Education Risk Assessment to ensure they are aware of all requirements pertaining to the safe organisation and preparation for PE lessons. This includes details about the removal of ALL jewellery and the wearing of appropriate kit. Children/parents are advised to get ears pierced at the beginning of the summer holidays.
- Staff must ensure they make contact with the parents of children who are not ready for Physical Education lessons, this can be delegated to the admin team, who can contact parents immediately (i.e. no kit or earrings). This contact should be made swiftly to ensure the pupil is ready for the next lesson.
- If pupils are in school, then they should be able to take an active part in PE lessons. If they do not have a kit, the school can provide a kit for them.
- If children have a genuine health reason to be removed from the physical part of the lesson, they should take part in a leadership role (evaluator, monitor, reporter or umpire). However, access to physical education is a student's right and students should not be withdrawn. Staff should work with students to resolve any barriers to participation. If this is a continued issue then a valid doctor note is required.
- PE kits are to be worn on the days of participation. To make this easier, children will change at home. Spare clothing should be brought in if they are outside and the weather is poor. Lessons will be delivered in all weather conditions. Early Years will still bring their PE kit as it is a key skill to learn in the foundation stage. If the child has a verruca, plimsolls can be worn for the comfort of the child.
- We endeavour to attend as many competitive events as are available. Class teachers should be involved in the selection process and organisation of attendance where events are held within the school day. Support through staff attendance where events are held outside of school hours is much appreciated where possible.





- On hot days suncream must be brought in. Teachers can assist with the help of cream being applied.
- Teaching assistants can deliver PE wear necessary depending on their suitability to deliver.

## The Daily Mile

- We are committed to taking part in the 'Daily Mile'. All pupils (Years 1-6) should take part in this unless there are extreme weather conditions or one-off special events.
- This should last approximately 10 minutes.
- The track around the field should be used where possible and pupils encouraged to stay on it.
- Participants should be encouraged to stay on the left hand side of the track so faster participants can overtake without leaving the track.
- Pupils should be encouraged to run or jog (even if this is for short bursts). If participants choose to walk (or are instructed to walk due to inappropriate footwear), they should be encouraged to walk at a fast pace. Heart rates should be elevated!
- Supervising staff should take an active part in the mile.

## Yogo Bugs

- In EY and KS1, children will have a term of taught yoga as part of the weekly PE lessons using Yoga Bugs. This is to support both physical and mental health.
- Additionally, all staff are actively encouraged to utilise Yoga Bugs as part of their mindfulness.
- Parents have been provided with home access to Yoga Bugs to further support children's physical and mental health.

## Swimming and Water Safety

Swimming is a Statutory area of PE national Curriculum and all students at St Mary's Primary School have access to swimming instruction in Key Stage 2. The national curriculum aims to teach students to:

- Perform safe self rescue in different water-based situations
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Swim competently, Confidently and Proficiently over a distance of at least 25 metres.
- Swimming takes place at Mildenhall Hub pools for year 4 students, for 11 weeks of the year.
- Lessons are planned and delivered by the pool instructor and the class teacher who is qualified to teach swimming lessons. Our school has the oversight of what is being taught and how it is being taught.





- The instructors come together at the end of term to ensure assessment is completed ,This will then be used for our sports Premium data and to further provide lessons to those who have not reached the expected standards.
- Water Safety is taught by the swimming instructors and will also be taught as part of our PSHE lessons.

All evidence is aided by the books for (Association for Physical Education, Safe Practices: In Physical Education, School and Physical Activity, 2024 Edition )