

SMAB PE & SPORTS POLICY STATEMENT



At St Michael at Bowes, Physical Education and School Sport is experienced and performed within a safe, supportive and inclusive environment. Our network of Sports specialists, Coaches and Teachers drive success and improvement, ultimately contributing to a healthier, happier more active lifestyle.

Sport and activity are threaded into the daily fabric of the school, empowering and enabling children to access a greater amount of physical activities and express themselves physically- developing in both mind and body.

Curriculum-based lessons are undertaken for one hour twice a week per class. This is complimented by an hour of additional activities during lunchtimes. Lunchtime activities on offer include Football, Dodgeball, Gymnastics, Dance, Badminton, Hula-hooping and a free ball play area. On top of this is a breadth of after-school clubs that underpin learning for 'emerging' players and to support 'exceeding' players.

Each lesson is planned by a Sports specialist and taught with the class teacher. Regular structured PE lessons maximises opportunities and encourages improvement through the assessment of skills. This helps identify those children requiring improvement and those in need of supplementary opportunities to reinforce their growing talents.



We focus on the four dimensions of a sportsperson: - Technical, tactical, social and personal. This ensures that children have the correct skills and can apply them individually as well as in team scenarios. The interpersonal aspect focuses on self-belief, will-power and understanding how to address problems while taking responsibility for their own development.

“When there is effort, attitude and desire, nothing is impossible!” – Lionel Mess