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St Michael's
Catholic Academy

Head Teacher: Clare Humble

Deputy Head(s): Marc Scott, Clare Carey
& Matthew McAuley

BHCET CEO: Stuart McGhee

BHCET Chair of Directors: Yvonne Coates

8 July 2026

Dear Parents and Carers,

At St Michael's Catholic Academy, we are committed to promoting healthy, active lifestyles and ensuring that all students have the opportunity to develop their physical, social, and emotional wellbeing through Physical Education (PE).

PE is a statutory subject within the National Curriculum, meaning that **participation in PE lessons is a legal requirement** for all students unless there is a valid medical reason supported by appropriate communication from home.

Why PE is Important

Regular participation in PE provides students with numerous benefits, including:

- Improving physical fitness, strength, coordination, and overall health.
- Supporting mental wellbeing by reducing stress and improving confidence.
- Developing teamwork, leadership, communication, and problem-solving skills.
- Encouraging resilience, determination, and a positive attitude towards challenges.
- Establishing healthy habits that can last a lifetime.

Research consistently shows that active students perform better academically, have improved concentration, and develop stronger social skills.

PE Expectations

To ensure all students gain the maximum benefit from lessons, we expect every student to:

- Attend PE lessons fully prepared and participate to the best of their ability.
- Wear the correct St Michael's PE kit.
- Bring all required equipment.
- Demonstrate a positive attitude and show respect towards staff, peers, and facilities.
- Follow all health and safety instructions.

If a student is unable to participate due to illness or injury, a note from home should be provided. Where possible, students may still be expected to take part in alternative learning activities within the lesson.

Extra-Curricular Opportunities

We are proud to offer a wide range of extra-curricular activities throughout the year. These provide students with additional opportunities to:

- Improve sporting skills.
- Represent the school in fixtures and competitions.
- Develop friendships and teamwork.
- Increase confidence and leadership abilities.
- Enjoy physical activity in a fun and supportive environment.

Details of clubs and activities are regularly shared with students and families.



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Rewards, Competitions and Leadership Opportunities

Students who demonstrate excellent commitment, effort, sportsmanship and attendance in PE may be recognised through:

- Positive behaviour points on Arbor.
- Achievement awards and certificates.
- Sports Day and inter-form competitions.
- Selection to represent the school in fixtures and tournaments.
- Sports leadership and officiating opportunities.
- Opportunities to support younger students and assist with school events.

We encourage every student to take advantage of these exciting opportunities.

PE Kit and Participation Sanctions

To maintain high standards and ensure fairness for all students, the following sanctions will apply for non-participation without a valid reason or failure to bring the correct PE kit:

First Offence (per full term)

- Verbal warning.
- Incident recorded on Arbor.

Second Offence (per full term)

- 15-minute lunchtime detention.
- Phone call home.
- Behaviour point recorded on Arbor.

Third Offence and Every Offence Thereafter (per full term)

- After-school detention.
- Phone call home.
- Behaviour point recorded on Arbor.

PE Kit Sanctions reset at the start of each full term:

- Term 1: September – December
- Term 2: January – April
- Term 3: May – July

We appreciate your support in ensuring that your child arrives fully prepared for every PE lesson and takes advantage of the many opportunities available through Physical Education.

Should you have any questions regarding PE provision, kit requirements, or extra-curricular activities, please do not hesitate to contact the PE Department.

Yours sincerely,

The PE Department



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