



### **Curriculum and Extra-Curricular Opportunities**

- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills.
- Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.
- Children participate in workshops covering a variety of sports throughout the year. For example archery, outdoor and adventure, boxing and skipping, again providing the children with an opportunity to develop, improve their fitness and to signpost them to clubs that they may not have previously considered attending.
- Children in Year 3 swim once a week in the Autumn Term. Those children who do not meet the required standard then have extra swimming lessons the following year.

### **Impact:**

- Pupils have the ability to confidently execute the skills.
- Pupils are able to swim to the required standard with confidence and competence.
- Pupils enjoy participating in the competitive and engaging lessons.
- Pupils are able to make cross-curricular links.
- Pupils have access to extra-curricular opportunities.
- Pupils feel proud to represent St. Michael's in competitions.