



Rickley Park Primary School Physical Education Curriculum Intent

What is the **intent** of Physical Education at Rickley Park Primary School?

The aim in Physical Education is to ensure that all pupils:

- 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.



They will learn how to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply principles suitable for attacking and defending
- develop co-ordination, flexibility, strength, technique, control and balance and apply these in a range of situations
- perform dances and gymnastics routines 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 those of others, understanding and demonstrating improvement to achieve personal bests
- communicate, collaborate and compete
- (KS2) swim proficiently over 25m, using a range of strokes and perform safe self-rescue



How is Physical Education **implemented** at Rickley Park Primary School?

At Rickley Park Primary School, high quality lessons are taught by a specialist PE teacher (or by a PE Coach). Children will all have two Physical Education lessons per week, one concentrating on indoor topics and the other focusing on outdoor Physical Education. Within these lessons, there is an **emphasis on implementing the learnt skills in to tailored and positive match play and competitive situations where possible.**

Indoor Physical Education includes:	Outdoor Physical Education includes:
<ul style="list-style-type: none"> • Gymnastics • Dance • Badminton • Volleyball • Dodgeball • Indoor Athletics • Circuit Training • Teams Games 	<ul style="list-style-type: none"> • Football • Netball • Basketball • Hockey • Handball • Rugby • Golf • Rounders • Cricket • Tennis • Athletics • Outdoor Adventure • Ultimate Frisbee
<ul style="list-style-type: none"> • Swimming (at a local swimming pool [Year 5]) 	<ul style="list-style-type: none"> • Rock Climbing (at local venue [KS2])





As children progress through the school, there is a gradual and measured progression of skills and expertise across all sports and curriculum areas. Lessons and skills are differentiated to allow all children to succeed and excel, this includes adaptations for SEN (special educational needs) and higher ability pupils. Children are assessed constantly to ensure understanding and that the knowledge and skills that they have been taught are being retained and then effectively applied in to future skill activities and game situations. PE Interventions are additionally utilised to further support physical development, pre-teach skills or support mental health and well-being through sport.

At Rickley Park we offer a wide range of extra-curricular after school sports clubs throughout the year and furthermore promote a 'Wake and Shake' morning sport club, an opportunity for all children to be active for 15 minutes every day. Additionally, higher ability pupils are pushed further through 'Elite Squad' development time, with regular sessions which are embedded in to the school timetable and after school. We also regularly take children on 'experience trips' to provide sporting opportunities which are not normally available in a school setting (eg. Rock Climbing, Paddle Boarding), **broadening horizons through sport.**

We engage in School Games wherever possible, celebrate Sport Week and compete both inter and intra school, **promoting sporting competition and excellence.** Finally, sporting house competitions are run throughout the year, **fostering a sense of community and belonging, increasing engagement in sport and championing healthy competition and living.**



What is the impact of Physical Education at Rickley Park Primary School?

As children develop and understand the importance of Physical Education they will see multiple short-term and long-term benefits. They will develop and improve their physical skillset, understand the importance of leading an active and healthy lifestyle and the positive effect it can have on the mind, body and mental well-being. **Teaching the whole child.**

Physical Skillset:	Active and Healthy Lifestyle:	Mind and Well-being:
<ul style="list-style-type: none"> • Speed • Strength • Agility • Co-ordination • Balance • Flexibility • Endurance • Stamina • Power • Accuracy 	<ul style="list-style-type: none"> • Better sleep cycle • Healthier heart • Healthier lung function • Help managing weight • Lowered cholesterol • Stronger muscles and bones • Strengthened immune system • Quicker recovery from injury • Higher energy levels 	<ul style="list-style-type: none"> • Reduced stress levels • Increased confidence and self-esteem • Improved mental health, regulation of emotions and sharpened focus • Create leaders • Build cooperation and collaboration • Strengthen resilience and determination • Find belonging.