

# RYHALL CE ACADEMY

## Physical Education (PE) Curriculum Statement



### INTENT

At Ryhall CE Academy we provide opportunities for all who learn and work here to 'live life in all its fullness', enabling all children and adults to reach their full potential spiritually, academically and physically. Sport and physical education play a crucial role in this. We aim to provide a PE curriculum that pupils from Reception to Year 6 not only enjoy, but also allows them to experience a range of activities that help them to develop their health, fitness and all round wellbeing (physical and mental). We intend to offer a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed our school values - particularly those of respect and resilience.

The national curriculum for PE aims 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.

As a school, we are committed to working towards the PHE/Youth Sport Trust guidelines in promoting and leading a culture of physical health and wellbeing through curricular and extra-curricular offers, allocation of appropriate time (promoting active lessons in other subjects where it is practical to do so) and student voice to promote engagement. We will work with a range of partners to continue to develop our workforce and promote opportunities beyond school life.

Additionally, an imperative element of the curriculum at Ryhall CE Academy shows a need for healthy life styles, a balanced diet, positive growth mind-set and the resilience to persevere. We are passionate about the need to teach children how to co-operate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

### IMPLEMENTATION

Children have two designated one hour lessons per week which are led by teaching staff and a sports coach across all year groups. The curriculum is further enhanced by participation in numerous sporting tournaments with other schools in the area, as part of our engagement with the Rutland Sports Partnership, through lunchtime and after school clubs and through our commitment to daily physical activity & active learning.

As part of the Rutland Sports Partnership, we benefit from working towards a wealth of competitive and non-competitive events, allowing children to feel challenged as well as offering opportunities to progress further. Whilst this will determine a focus sport per term in Key Stage Two, all pupils work towards a progressive range of skills from EYFS to Year 6 across the disciplines of Athletics, Games, Gymnastics, Dance and Outdoor Adventure – all with a focus on 'health and fitness'.

We teach lessons that give children the opportunity to:

- Have fun being active
- Have the opportunity to participate in P.E at their own level of development

- Experience success through personal challenge
- Secure and build on a range of skills
- Develop good sporting attitudes
- Understand basic rules of a wide range of sports
- Experience positive competition
- Learn in a safe environment

Adopt enjoyment for lifelong physical activity, leaving primary school as physically active  
We have a team of House Captains who are also Sports Ambassadors. They all undertake Bronze Sports Ambassador Training through the Rutland Schools Partnership and have a responsibility for promoting and support intra-house competitions as well as leading a team of Play Leaders (Year 5 pupils) who work to promote physical activity during social times.

## **EYFS**

As part of the EYFS statutory framework pupils are taught a range of skills so that by the end of the Reception Year they can demonstrate:

- Physical development (Gross Motor Skills)- involves providing opportunities for young children to:
  - negotiate space and obstacles safely, with consideration for themselves and others.
  - demonstrate strength, balance and coordination when playing.
  - move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Personal, Social and Emotional Development – involves managing self and building relationships so that they can:
  - be confident to try new activities and show independence,
  - be resilient and show perseverance in the face of a challenge.
  - explain the reasons for rules, know right from wrong and try to behave accordingly.
  - manage their own basic hygiene and personal needs, including dressing.

## **Key Stage 1**

Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

## **Key Stage 2**

Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- use running, jumping, throwing and catching, striking and hitting in isolation and in combination
- play competitive games, modified where appropriate and apply basic rules and tactics suitable for attacking and defending

- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.




## Swimming

Pupils will attend swimming lessons for one term, usually in Year 5 with enhanced swimming offered to further those who are not yet able to meet the swimming requirements including safe self-rescue. Water Safety is enhanced through a bi-annual trip in Year 5/6 to the Warning Zone, Leicester.

## IMPACT

Our curriculum aims to improve the wellbeing and fitness of all children at Ryhall CE Academy; not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes. Through strong links with PSHE we promote the overall well-being and health of each child through teaching about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Since 2015, the school has been recognised for our commitment to physical activity and competitive sports through meeting the criteria of the School Games Award (2014/15 – Silver, 2015/16 – Silver, 2016/17 – Gold, 2017/18 – Gold, 2019/20 – Gold standard achieved but not awarded due to COVID impact).

## Our Golden Threads

Subject Name: PE		Subject lead: Ms Katy Walker		Date 2022-23	
How do the following 'Golden Threads' work within this subject?					
CHRISTIAN VALUES		LANGUAGE RICH		KNOWLEDGE RICH	
ACTIVE AND ENRICHED					
					
<b>This subject supports our Christian Values by...</b>		<b>This subject supports children's language use and acquisition by...</b>		<b>This subject provides children with rich knowledge by...</b>	
Developing <b>Respect</b> by giving pupil the opportunities to experience a wide range of sports for those of differing abilities – promoting equality and diversity,		Having the opportunity to develop oracy skills through personal and team evaluation and question-based approaches.		Through links with PSHE, Science and DT (specifically Food), pupils will have a wider understanding of the importance of developing a physically active and healthy lifestyle.	
Developing <b>Resilience</b> through setting of personal challenge and having an inclusive approach to competition.		Teaching pupils the correct terminology of a range of sports, including equipment and within rules of a game.		Developing a wider understanding of sports and sportsmanship, with links to Olympic Values as appropriate, through learning about different Sportspersons.	
				Through a wide offer, we aim for pupils to develop a love of at least one particular type of physical activity that they can use as a platform for further development / developing a healthy lifestyle.	