



Physical Education at Rackenfords Primary School

Intent

At Rackenfords Primary School, the intent of teaching Physical Education is to provide an ambitious and positive relationship with physical activity for life:

- Lessons develop a love to be active in a fun and enjoyable environment, which is inclusive of age, ability and challenge.
- We want all our children to have a positive experience, learning to explore different ways to move and engage in a variety of games to challenge themselves through a broad provision of fundamental movement skills that enhance lifetime fitness and life-long choices.
- Our PE curriculum aspires and promotes positive learning behaviours, teaching our pupils strategies to learn to cope with both success and failure.
- We strive to develop positive mental health, self-esteem, creativity and physical confidence.
- To show an ability to work as an individual striving for personal goals as well as working as a team in both competitive and non-competitive environments across individual and team based activities.
- We believe active healthy children achieve more and therefore we aim to provide a broad range of challenges and new experiences that will benefit and promote a healthy and happy lifetime of active or even sporting prowess.

Implementation

We work alongside Premier Education to ensure our PE curriculum provides an ambitious, progressive programme of fundamental movement skills. The skills and knowledge explored are built on year upon year and sequenced appropriately to maximise learning for ALL children.

- We strive to shift the responsibility from a teacher led activity or skill set, supporting our pupils to become more proactive. Developing a culture of independence with the ability to work safely when developing skills across agility, balance, co-ordination and fitness.
- Through our curriculum we develop the whole child, their well-being, mental, and physical health.
- Promote opportunities for our pupils to experience new and unfamiliar activities, which aim to develop further interests and encourage them their new interests to flourish in sports in which they show a particular flair.
- Pupils are encouraged to take part in a range of fundamental movement skills, where effort and success is rewarded.



- Our children participate in two one hour PE lessons a week including a term of swimming whilst they are in KS2, which not only improves stroke development but learning about water safety and hazards in our environment.
- We further promote healthy, active children, developed through our extra-curricular programme, through participation of inter and intra school sports. In addition to this, we use our outdoor learning environment during break and lunchtime to enhance children's physical activity and well-being.

Impact

At Rackenford Primary School our pupils will

- Understand that physical activity and a healthy lifestyle is an important part of their daily routine and they will encourage family members to participate in active lifestyle choices too.
- Have confidence riding a bike independently and safely on roads.
- Be able to swim at least 25 metres before the end of Year 6 and gain valuable knowledge in how to remain safe in and around water.
- Take part in a range of activities in our local community, as well as taking part in national events.