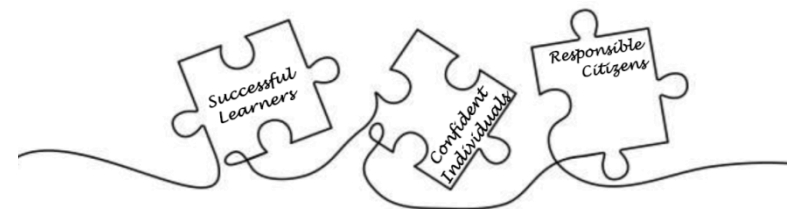




PE Curriculum

Intent, Implementation and Impact



Intent	Implementation	Impact
At Rockcliffe, we believe that every child should have the opportunity to find enjoyment in being active, and aim to provide them with a wide range of experiences so that they are able to determine their sporting preferences whilst discovering and developing their own unique potential. Not only do we strive for all children to develop the skills and knowledge necessary to meet National Curriculum expectations, we also aspire to provide experiences that promote the development of non-cognitive skills and values, such as those outlined in our Rockcliffe Learning Superpowers. We recognise the value and importance of physical education, and aim to provide an engaging, inclusive, broad and balanced curriculum that inspires passion and interest in the subject - A curriculum which fosters positive attitudes towards physical activity and sport, and encourages healthy lifestyle choices and lifelong participation.	• PE at Rockcliffe provides challenging and engaging learning through a range of sporting activities including: invasion games, net & wall games, strike and field games, athletics, gymnastics, dance, swimming and outdoor & adventure. • The PE curriculum overview sets out the sequence of units which are taught within year groups across the year. • Children develop the skills and knowledge necessary to meet National Curriculum expectations by following the Val Sabin scheme of work. Lesson plans are adapted by teaching staff to ensure they both reflect assessment and meet the needs of individual children/classes. This also includes the consideration of individual risk assessments and adjustments so that all children can achieve physical success. • Children are taught about the importance of physical education, keeping fit and leading an active and healthy lifestyle, and this is reinforced through the wider curriculum. • A progression of skills is used to ensure PE lessons support children to build on and develop their skills in each area, with regular assessments in each lesson. • The timetabled hours in PE are non-negotiable. Pupils participate in two high-quality PE lessons each week, covering two sporting disciplines every half term. • In Nursery and Reception, carefully planned provision is designed to support children's physical development. In addition to weekly PE lessons, children are provided with daily opportunities to engage in physical activity, for sustained periods of time, both indoors and outdoors. Through Beach Schools, frequent exploration of the local environment and encouragement to use outdoor learning environment, children are able to develop gross and fine motor control, balance, coordination, confidence and problem-solving skills. They explore meditation, yoga, mindfulness and relaxation techniques, and share a range of healthy snacks to develop their understanding of the importance of a balanced and healthy lifestyle. • Specialist coaches work alongside teachers/PE apprentice in PE lessons to upskill staff in the delivery of their lessons. • In Key Stage 2, all children attend swimming lessons at the local leisure centre where they are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes. • In Year 4, children will have the opportunity to visit the Robinwood Activity Centre for 3 days where they will participate in a wide range of outdoor and adventure	• In PE, Children are engaged learners who experience a wide range of learning challenges within the subject. • Children of all abilities and backgrounds take part in physical activity lessons twice per week. • Children make progress in the subject and meet National Curriculum objectives. • Children develop their fitness levels by remaining physically active for sustained periods of time during PE lessons. • Through PE, school sports and physical activity, children have enhanced their non-cognitive skills. • Children talk positively about their PE lessons and can discuss what they have been learning and what they need to do in order to be successful in their lesson. • Children have an understanding of the importance of physical activity and how to lead a healthy lifestyle. • Children strive to be 'the best they can be' in their PE lessons.

	activities. • Each term a small number of Year 4 children are invited to become Sports Leaders for the school. They develop into sporting role models for younger children, represent and respond pupil voice in relation to PE, school sports and physical activity, assist in the development and delivery of break and lunch time activities and support during Big Health Days, Sports Day and other significant Sporting activities. • Children are encouraged to achieve 30 active minutes within school time through participation in the range of extra-curricular activities on offer. Outdoor equipment and termly, timetabled sports activities are available each day during break and lunch times. Children are provided with opportunities to attend a range of after school sports clubs. • Children will participate in competitive sport alongside other schools at local competitions and festivals • Children will experience competitive sport in school, both individually and when competing as a team. • Active travel is promoted and encouraged across school; not only does this support the Government target of all children being active for at least 60 minutes a day, it is also an important feature of the school's commitment to environmental sustainability.	
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