

# Physical Education – Triple I



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Intent</p>	<p><b>To develop a curriculum which:</b></p> <ul style="list-style-type: none"> <li>• promotes high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills.</li> <li>• Is inclusive for all, including SEND pupils.</li> <li>• teaches children skills to keep them safe such as being able to swim.</li> <li>• teaches children how to cooperate and collaborate with others as part of an effective team.</li> <li>• develops an understanding fairness and equity of play to embed life-long values.</li> <li>• improves the wellbeing and fitness of all children at Ridgeway Primary School not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.</li> <li>• promotes a love of physical activity across a broadened curriculum.</li> <li>• develops an appreciation of different aspects of PE.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Implementation</p>	<ul style="list-style-type: none"> <li>• to provide a challenging and enjoyable learning through a range of sporting activities including; invasion games, net &amp; wall games, strike and field games, gymnastics, dance, swimming and outdoor &amp; adventure.</li> <li>• The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.</li> <li>• Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities.</li> <li>• Children can attend after school sport clubs four evenings per week.</li> <li>• 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 and are very much enjoyed by the children.</li> <li>• 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 lunchtime clubs, our annual Sports day and any other Sporting activities.</li> <li>• Children participate in workshops covering a variety of sports throughout the year. For example fencing, fundamentals and tennis, again providing the children with an opportunity to develop, improve their fitness and to try something new.</li> <li>• Children in Year 4 and 5 swim once a week for 10 weeks during the Spring and Summer Term.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Impact</p>	<p><b>Whilst in school, children have access to a varied programme, which allows them to discover areas of strength, as well as areas they might like to improve upon.</b></p> <ul style="list-style-type: none"> <li>• To motivate children to participate in a variety of sports through quality teaching that is engaging and fun.</li> <li>• Children learn to take responsibility for their own health and fitness many of whom also enjoy the success of competitive sports.</li> <li>• We equip our children with the necessary skills and a love a sport.</li> <li>• Our children will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired though PE.</li> <li>• We ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities.</li> </ul>