



# Richmond Hill PE Policy

## At Richmond Hill we believe:

Every child has a right to a broad, balanced, coherent, consistent curriculum driven by high expectations of behaviour and achievement enveloped in a rich spectrum of experiences.

## Our Golden Rule:

'Our children are at the heart of everything we do.'

## Introduction

Physical Education is vital for the effective development of all children's mental and physical health. At Richmond Hill, we are passionate about providing our pupils with a positive experience of PE and school sport. To do this, we provide the opportunity to engage in a broad range of sports and activities, as well as providing two hours of high-quality PE per week. Additionally, we provide 30 minutes of extra physical activity each day, outside of PE lessons and extra-curricular activities.

## Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide 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 values such as fairness and respect.

## Aims

The national curriculum for physical education 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

## Objectives

- Children will participate in a range of motor/movement activities in order to develop personal physical skills (practical attainment/ABC's of sport Ability, Balance, Co-ordination)
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement (Kinaesthetic)
- Children will be made aware of simple psychological changes that occur to their bodies during exercise (Physiology)
- Be given opportunities to develop imagination and co operation to achieve shared goals (Teamwork)
- Be given opportunities to develop personal characteristics like initiative, self reliance and self discipline (Self Knowledge)
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged (problem solving)
- Be given the opportunity to evaluate, assess and improve their work and that of their peers
- Be given the opportunity to develop areas of activity in specific extra curricular time
- Make full use of the facilities and opportunities at our School and prepare a child mentally and physically for Key Stage 3 and beyond

## PE Curriculum Map

Reception	Introduction to PE : Unit 2	Dance : Unit 2	Gymnastics : Unit 2	Ball Skills : Unit 2	Games : Unit 2	Sports Day
	Fundamentals : Unit 2					
	+					
Year 1	Fundamentals	Invasion	Cricket	Fitness	Athletics	Gymnastics
	Ball Skills	Dance	Striking and Fielding	Sending and Receiving	Net and Wall	Target Games
	+	+	+	+	+	+
Year 2	Fundamentals	Invasion	Cricket	Fitness	Athletics	Net and Wall
	Ball Skills	Dance	Striking and Fielding	Sending and Receiving	Gymnastics	Target Games
	+	+	+	+	+	+
Year 3	OAA	Dodgeball	Fitness	Netball	Athletics	Tennis
	Tag Rugby	Football	Gymnastics	Dance	Rounders	Hockey
	+	+	+	+	+	+
Year 4	OAA	Dodgeball	Fitness	Netball	Swimming	Athletics
	Tag Rugby	Football	Gymnastics	Dance	Rounders	Tennis
	+	+	+	+	+	+
Year 5	OAA	Badminton Y5/6	Gymnastics	Cricket	Rounders	Dance
	Tag Rugby	Football	Basketball	Fitness	Swimming	Swimming
	+	+	+	+	+	Athletics
Year 6	OAA	Badminton Y5/6	Basketball	Cricket	Rounders	Swimming
	Tag Rugby	Football	Gymnastics	Fitness	Athletics	Dance
	+	+	+	+	+	Bowls
						+

Our school uses 'Get Set 4 PE' for the planning, delivery and assessment of PE. Teachers have said that this has increased their confidence and competence in delivering PE across the curriculum, due to being given the knowledge, skills and teaching points needed to deliver a high-quality PE lessons, as well as the equipment required for each lesson. Staff have also said that the Get Set 4 PE assessment tool is easy to use and effective in identifying pupils from previous units/year groups who can be targeted within PE lessons, therefore improving progress made.

### Intent

Our PE curriculum **intends** to engage all pupils in regular physical activity, encouraging personal development through building their confidence, resilience and knowledge on how to keep themselves mentally and physically healthy. Additionally, our curriculum intends to give pupils opportunity to constantly build up and develop a range of skills, enabling them to know more and remember more across a wide range of sports and activities.

### Implementation

We **implement** our curriculum through: high quality sequenced PE lessons from 'Get Set 4 PE' which meets the National Curriculum, investments in school sport and a relentless focus on increasing physical activity. A broad range of sports are offered through our PE Curriculum Map and throughout the school day to give children ample opportunities to become active and to inspire them to succeed in physically-demanding activities and competitive sports.

## Impact

The **impact** is that children have the knowledge, skills and understanding to become physically literate which enables them to lead and maintain healthy, active lives. Our PE curriculum contributes to the personal development and cultural capital of all our children. By working with our School Games Organiser and our local cluster, we are able to increase children's participation in competitive sports across Cumbria, enabling children to reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others whilst developing a life-long love of sport and fitness.