

Subject On A Page - PE

Implementation – How do we achieve our aims?

PE at Riston Academy provides challenging and enjoyable learning through a range of sporting activities.

Lower Key Stage 2 attend swimming lessons each year to meet the National Curriculum requirements. Pupils participate in at least 2 hours of high-quality PE lessons each week, covering one or two different sports/ skills focuses each half term. CPD and high-quality specialist teaching is delivered to each class weekly by Tigers Trust.

The Long-Term planning for each class 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. Lessons are planned based on the Progression of Knowledge and Skills document.

Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increases children's physical activity. Clubs are offered to both KS1 and KS2 children, occasionally Foundation Stage too.

Children in Upper Key Stage 2 have the chance to become Play Leaders in school. The Play Leaders develop into sporting role models for the younger children, assisting with and organising games at break times.

Through the SSP, children are invited to attend competitive sporting events and festivals within the local area and beyond. 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 children.

Intent – We aim for our children to

At Riston, we believe that Physical Education should give the children the knowledge and understanding to develop their health, fitness and wellbeing. We aim to offer a varied curriculum that offers high-quality lessons that inspires pupils to enhance their lifelong fitness and lifestyle choices. Children should develop their resilience, determination, confidence and self-esteem during these lessons and wider opportunities.

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

Impact – How will we know we have achieved our aims?

We aim to help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness. Many children enjoy the success and challenge of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.