

## SUBJECT ON A PAGE

PE

AT RIDGEWAY FARM WE BELIEVE THAT NOT ONLY DOES EXERCISE IMPROVE A CHILD'S OVERALL HEALTH AND FITNESS. IT HELPS TO IMPROVE THEIR MENTAL HEALTH AND COGNITIVE DEVELOPMENT AS WELL. BY DOING PHYSICAL EXERCISE, CHILDREN ARE MORE LIKELY TO CONCENTRATE AND MAINTAIN FOCUS IN LESSONS. AS WELL AS STRENGTHENING MUSCLE AND BONES, EXERCISE BUILDS CONFIDENCE, INSPIRES POSITIVITY AND IMPROVES SOCIAL SKILLS.



### Intent — We aim to...

To instil a love of PE in all our children in a safe, secure and nurturing environment and to offer a range of opportunities to inspire our learners.

For all children to make at least good progress within PE/ physical activities and school sport.

To build independent learners and effective leaders who show character and resilience through team work and co-operation.

From EYFS to the end of KS2, children will be taught a range of knowledge helping them develop the skills needed to build a lifelong love of PE, physical activity and sport, and of how to stay fit and healthy.

We will ensure every child is active throughout each lesson and for a minimum of 2 hours per week whilst in school.



### Implementation — How do we achieve our aims?

We offer, and teach, a wide range of sport, giving children opportunities to excel within a field of their liking. We support all children as appropriate so that everyone can access the curriculum. Formative Assessment is embedded through lessons and all staff will use assessment for learning to ensure all lessons are relevant and will help to plan next steps and fill gaps. We use PE Champions to support our teaching of PE. Staff have also had CPD in sports such as lacrosse, archery, curling and tchoukball. Children are asked to become sports leaders and take on roles of responsibility. This can be through helping younger years children at play times, leading warm-ups or cool-downs or as role models during lessons. As a school we are part of the Golden Mile initiative and every child takes part in a daily 'run' of at least 10 minutes, calculating miles each year and working towards different rewards/achievements.



### Impact — How we will know we have achieved our aims

Children will enjoy PE and will want to continue sport/activities outside of school.

Children become proud of sporting achievements and want to be more active for the betterment of themselves. All children are given the opportunity to represent the school. Children are happy within themselves and value exercise. All of this

Cycling proficiency. All children to be able to cycle safely and to encourage cycling to and from school to increase physical activity.

Measurable impact of swimming through high % of children achieving, or exceeding, the government's target.

Children explore and are engaged by a wider range of sport leading them to be more active and become champions of sport leading to higher self-esteem and belief.

OPAL impact—Lunch times have completely changed and children now have a range of activities to do during break and lunch times. There is an excitement and children are physically at play and in constantly moving. Equipment such as tyres and cables reels have

Children understand the reasons for exercise and healthy living and the impact a healthy lifestyle has on them.