



## Physical Education

### Curriculum Design

Our PE Curriculum is designed to equip pupils with the key skills they need to access and enjoy a wide range of sports in Key Stage 3 and beyond. The curriculum is structured around the following core components of: Gymnastics, Dance, Team Games, Ball Skills, Athletics, and Orienteering. Each year group also takes part in a summer sporting event within school. Each year group will teach key vocabulary to help unlock their understanding and make connections with prior learning.

We value physical activity and recognise the important role it plays in supporting children's physical and mental health. These conversations begin in the Early Years, where pupils learn simple techniques across the six key areas and begin to understand how these activities help them stay healthy and active.

We recognise the importance life skill in pupils learning to swim so all pupils in Year 4r 4 take part in swimming lessons.

In Key Stages 1 and 2, pupils continue to build upon these foundational skills and are offered opportunities to participate in sporting events both in school and within the wider community. For our Year 6 pupils, they are invited to attend extended stay at an outdoor and adventurous residential trip.

While these extra-curricular events and competitions are encouraged, participation is always a choice. We want our pupils to choose hobbies and interests that make them feel safe and confident.



### Curriculum Intent

Our intent for Physical Education at Richardson Dees is to spark **ambition**, build confidence, celebrate **achievement**, and encourage a lifelong enjoyment of being active. We want pupils to develop the skills they need to take part in a wide range of physical activities, enjoy friendly competition, and make healthy, active choices.

Our PE curriculum offers pupils lots of chances to try different sports and activities, both in school and through links with local sports providers. These experiences help children see the many ways they can get involved in sport and stay active.

**Collaboration** is a key part of what we do. We promote teamwork, fairness, and respect so that pupils not only develop their physical abilities but also learn what it means to work well with others and be a positive, supportive team player.

