

# Riversides School

## Physical Education Policy / Vision Statement

All pupils leave school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

### Our Vision

At Riversides School we strongly believe that all children should have access to a thoroughly planned, progressive physical education programme, which places a real emphasis on developing a wide range of physical competences, while encouraging healthy competition and teamwork.

Throughout their time at Riversides School, our teachers strive to equip all children with the necessary skills, knowledge and range of physical experiences to motivate them to lead lifelong active, healthy lifestyles in which they continue their participation in physical activity and sport.

### Curriculum

Our physical education curriculum is carefully planned to include a range of indoor and outdoor based lessons throughout the year and provides a varied and progressive learning programme. All children will receive at least two hours of engaging, high quality and enjoyable physical education lessons per week, as well as taking part in at least half an hour of physical activities per day.

Appropriate provision is in place to support a range of learning needs and abilities and ensure positive outcomes for all children.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Pr 1</b>	*Fitness/Activity Circuits *Target Throwing *Basketball	*Street Hockey *Lacrosse	*Tag Rugby *Dodgeball *Table Tennis	*Handball *Netball	*Athletics *Badminton	*Rounders *Short Tennis *Kwik Cricket
<b>Pr 2</b>	*Fitness/Activity Circuits *Target Throwing *Basketball	*Street Hockey *Lacrosse	*Tag Rugby *Dodgeball *Table Tennis	*Handball *Netball	*Athletics *Badminton	*Rounders *Short Tennis *Kwik Cricket
<b>Pr 3</b>	*Fitness/Activity Circuits *Basketball *Street Hockey	*Lacrosse *Netball *Football	*Tag Rugby *Dodgeball *Table Tennis	*Handball *Badminton	*Athletics *Baseball *Short Tennis	*Athletics *Cricket *Tennis
<b>Yr 7</b>	*Fitness/Activity Circuits *Basketball *Street Hockey	*Lacrosse *Netball *Football	*Badminton *Dodgeball *Table Tennis	*Tag Rugby *Handball	*Athletics *Baseball *Short Tennis	*Athletics *Cricket *Tennis
<b>Yr 8</b> <b>Yr 9</b>	*Fitness/Activity Circuits *Basketball *Street Hockey	*Lacrosse *Netball *Football	*Badminton *Dodgeball *Table Tennis	*Tag Rugby *Handball	*Athletics *Baseball *Short Tennis	*Athletics *Cricket *Tennis

## Aims

Through PE, children will:

- participate in a wide range of sports and physical activities;
- develop and apply teamwork skills;
- develop resilience, determination and drive to achieve their best;
- compete in a range of competitive events;
- organise and lead their own activities, events and games, where appropriate;
- develop and model the skills of 'good sportsmanship', including respect for rules and the ability to win or lose gracefully.

Through PE, teachers will:

- model a positive attitude to sports and physical activity;
- encourage active participation and engagement in a range of physical activities;
- seek and embrace opportunities for their own CPD;
- plan and lead a range of regular sporting clubs or other physical activities;
- seek and plan events where children can perform or compete;
- celebrate children's success and personal achievements in sports and physical activity.



**RIVERSIDES**  
EVERY STUDENT MATTERS

We aim to give all children the opportunity to experience competitive sport by planning and participating in regular school-based events such as sports days and other local or regional events that may be appropriate and available.

Examples include:

- Various School Sports Days
- Summer Athletics Day
- Matches against local schools

In addition to this, we will try to offer weekly sports clubs and activities where children can develop skills in sports or other physical activities in which they have a particular interest or expertise. Through these, additional opportunities for competition or performance may arise.

Examples include:

- Football Club
- Tag Rugby Club
- Cricket Club

Written: February 2021

Actioned:

Review Date:

