

Physical Education Rationale

Learning to Live, Living to Learn

The Rushwick Physical Education curriculum aims to inspire all our pupils to develop a love of active and healthy lifestyle. Through good physical education, we aim to nurture confident, resilient children who will strive for their personal best and are inclusive of others. We provide them with a range of active experiences and clubs in which to find an activity that they enjoy. Our delivery of Physical Education allows all pupils to have the skills and mind-set to leave primary school, with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond. We strive to educate both our children and families, to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being. We have strong links with local clubs and partnerships within our community to ensure the children and families receive the support and knowledge they need.

Rushwick Curriculum Programme:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE : Unit 1 Introduction to PE : Unit 2	Ball Skills : Unit 1 Fundamentals : Unit 1	Dance : Unit 1 Fundamentals : Unit 2	Ball Skills : Unit 2 Games : Unit 1	Dance : Unit 2 Gymnastics : Unit 1	Games : Unit 2 Gymnastics : Unit 2
Year 1	Fundamentals Ball Skills	Fitness Invasion	Dance Team Building	Target Games Gymnastics	Striking and Fielding Sending and Receiving	Athletics Net and Wall
Year 2	Fundamentals Ball Skills	Fitness Invasion	Dance Team Building	Target Games Gymnastics	Striking and Fielding Sending and Receiving	Athletics Net and Wall
Year 3	Cricket Hockey	Fitness Ball Skills Y3/4	Gymnastics Netball	Dance Tennis	Tag Rugby Swimming	Cricket Tennis
Year 4	Cricket Hockey	Fitness Ball Skills Y3/4	Gymnastics Netball	Dance Tennis	Tag Rugby Swimming	Cricket Tennis

Year 5	Athletics	Fitness	Hockey	Gymnastics	Tag Rugby	Cricket
	Rounders	Netball	Dance	Disability Sports	OAA	Tennis
Year 6	Athletics	Fitness	Hockey	Gymnastics	Tag Rugby	Cricket
	Rounders	Netball	Dance	Disability Sports	OAA	Tennis

At least two hours of curriculum Physical Education are taught every week across the school. By following the curriculum programme, we can ensure our children have access a range of physical activity that matches the demands of the National Curriculum.

Detailed plans are followed from our GetSet4PE subscription. This ensures a full range of activities can be taught to a high level.

Children will also have many opportunities to participate in competitive sport both in school and at School Games events. House captains will be democratically elected to lead in school events. Half termly sport events across the year, finishing with a Key Stage 1 and Key Stage 2 Sports Day. Out of school competitions to include: netball, football, cricket, tag rugby, new aged kurling, arrows, boccia, rounders, swimming and athletics tournaments.

Children will also experience sporting participation days at the University of Worcester and Chase High School. These will include gymnastics, dance, multi-sports and cross country events.

In Year 6, children will also experience a range of outdoor adventurous activities during a residential visit.