



PE Vision / Intent at Reepham Primary School

Through PE, School Sport and Physical activity at Reepham Primary, we aim to develop the whole child through a holistic approach, igniting a passion for movement and develop lifelong healthy habits. Inspiring all pupils to develop a love of physical activity, with opportunities to achieve in a variety of areas throughout their time at our school.

Fun

While lessons need to be informative and challenging, as well as enjoyable, the research shows that having fun during PE lessons as a child can really help to encourage people to stay fit as they age. This makes the fun factor one of the most important considerations!

Active

When children are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits: strong muscles and bones, healthy weight, decreased risk of developing type 2 diabetes, better sleep and a better outlook on life. Physically active children are more likely to be motivated, focused, and successful in school. And mastering physical skills builds confidence at every age

Boost

Regular physical activity, boosts mental health. Being physically active reduces stress, anxiety, depression and increases self-esteem. When children are involved in sports and have a quality experience, their mental health improves.

INSPIRE, CHALLENGE
& SUCCEED TOGETHER



PE Implementation at RPS

Curriculum

realPE Across all Classes to deliver consistent PE Approach for all pupils covering;

- Progressive Fundamental movement skills (ABCs) to provide a foundation for all.
- Multi Ability (Holistic approach) developing **personal/social/cognitive and creative skills** alongside physical and health skills.
- PERSONAL SKILLS (**Resilience & Self-Awareness**),
- SOCIAL SKILLS (**Empathetic, open minded, value difference**)
- COGNITIVE & CREATIVE (**Curious, Inquisitive, Exploratory problem solving learners**)

We apply these learned skills in a variety of additional Physical activities to give a broad and balanced offer;

e.g. Dance, Tag Rugby, Dodgeball, Netball, Hockey, delivered to practice, consolidate and use the skills taught in realPE.

Using PE as a cross curricular link to Maths and Literacy using Maths of the Day, BBC Super Movers.

Daily Physical Activity Opportunities for all through our Play Leaders.

Additional Activities

- Inter-school **competitions and festivals for all Y1 – Y6** children.
- **Sports Day** – School teams compete against each other.
- **Celebration of sporting achievements** recognised in assembly and part of the celebrations wall.
- **Extra-Curricular sports clubs**, e.g. football, CSF and karate.
- **Links to local clubs** in the area.
- **Curriculum Experience days** to develop the whole child, e.g. Mindfulness, Dodgeball, Karate and Power of Positivity.
- Learning about and being part **of world wide sporting events**, e.g. Rugby World Cup, The Olympics.

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