

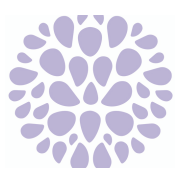
# PHYSICAL EDUCATION LEARNING JOURNEY

## LOWER KEY STAGE 2



Pupils are actively encouraged to utilise their leadership skills, to promote and develop pupils understanding of the benefits of Physical Education.

Pupils in Lower Key Stage 2 are offered the opportunities to experience swimming lessons. The aim is to enable pupils to swim competently, with confidence over a distance least 25 meters. To be able to use a range of strokes effectively and perform safe self-rescue in different water-based situations.



## I-CURRICULUM

At The Rushmere Park Academy We continuously build on pupils' previous knowledge and understanding. We enable pupils to develop at their own pace, feel comfortable in their own ability and achieve as they learn. Physical education can encourage all pupils to stive for more. At The Rushmere Park Academy we provide the steppingstones to achieve their goals. We empower our pupils to attain the skills required to participate in competitive sport or for leisure, we enable pupils to ascend to leadership roles, to promote life skills. Our bespoke curriculum enables all pupils to have a comprehensive understanding of healthy eating, the advantages of physical education and the links to hygiene and development. Through, careful planning and review, other subjects: PHSCE, Science, Mathematics, Music, Literacy and outdoor learning can be entwinned effectively within the Physical education programme. Our Teachers are experts and their knowledge of the needs and interests of their classes is unquestionable. Teachers can relate the overriding curriculum topic to a physical education lesson, promoting imagination and creatively, communication and cooperation, Health and hygiene - linking one subject to another – giving learning a purpose.

