



The Physical Education curriculum in the Riviera Education Trust is constructed to be ambitious and provide all pupils with the opportunity to develop the knowledge and cultural capital they need to succeed in life.

The curriculum is planned to be progressive, developing physical skills and movements that can be effectively transferred across a range of activities and sports. Opportunities are given to show variety and creativity through independent and collaborative activities. Social skills are nurtured through cooperative learning, roles and responsibilities. Pupils develop their cognitive skills, understanding how to improve their own and others performance, following instructions and rules and have the ability to explain why. Pupils embrace challenge and take responsibility for their own learning, recognise strength and weaknesses and react positively to success and failure, persevere with a task and improve performance through practice. Pupils can describe changes in their body when they exercise, explain the benefits of exercise and how to practice safely, plan for activity and explain individual needs in health and fitness.

As pupils progress through the key stages they will follow the Real PE curriculum alongside a broad range of sporting activities. There are continual opportunities for pupils to challenge themselves and others within lessons, extra-curricular clubs, inter house competitions and sports festivals, inter school team events and School Games events. Our curriculum aims to improve the well-being and fitness of all children at Riviera Education Trust, not only through the skills taught, but through enjoyment and the underpinning values and disciplines PE promotes.