

Physical Education Intent

'Sport teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose. It teaches you about life.'

Billie Jean King

At Rydon, our PE curriculum is designed to ensure that every child experiences physical activity in a positive and encouraging environment. It is our aim to inspire and promote the lifelong health and physical and emotional well-being of all children in our school. We promote the health and well-being of the children, through high quality physical activity and health education which enhances, fitness, competence, skill development and a life-long enjoyment of physical activity.

We strive to promote sportsmanship through developing children's ability to accept defeat and to celebrate success. Physical activity enables children to learn important life skills and develop Rydon's values of resilience, respect, responsibility and teamwork.