



RCFS Rationales for KS1 and LKS2 PE

| Physical Health and Fitness | Cognitive and Academic Benefits | Emotional and Mental Wellbeing | Supports Emotional Regulation |
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| <p>Promotes an active lifestyle: Our PE lessons help children to develop a routine of regular physical activity, reducing the risk of obesity and associated health problems.</p> <p>Builds motor skills: Early exposure to physical activities improves coordination, balance, and fine/gross motor skills.</p> <p>Encourages lifelong fitness habits: Instilling a love for movement and exercise early on encourages children to maintain healthy habits throughout their lives.</p> | <p>Improves focus and concentration: Physical activity has been linked to improved cognitive function, helping children focus better in academic subjects.</p> <p>Enhances brain development: Research shows that regular physical activity supports brain health, improving memory and problem-solving skills.</p> <p>Boosts academic performance: Studies have found a correlation between physical fitness and better performance in reading, math, and other academic areas.</p> | <p>Reduces stress and anxiety: Physical activity is known to release endorphins, which can improve mood and reduce feelings of stress or anxiety.</p> <p>Builds confidence: Successfully learning new skills or improving performance in sports boosts children's self-esteem and sense of accomplishment.</p> <p>Encourages resilience: PE teaches children how to deal with setbacks, such as losing a game or not mastering a skill immediately, building mental resilience.</p> | <p>Helps manage energy levels: PE provides a productive outlet for children to release excess energy, helping them stay calmer and more focused in the classroom.</p> <p>Develops emotional control: Children learn how to manage frustration, disappointment, and excitement in a structured environment.</p> |



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| Social Skills and Teamwork | Development of Life Skills | Understanding of Health and Wellbeing | Prepares for Future Participation in Sports |
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| <p>Fosters cooperation and communication: Through team sports and group activities, children learn how to communicate effectively, collaborate, and work as part of a team.</p> <p>Teaches respect and empathy: PE helps children understand fair play, respect for others, and how to handle both winning and losing graciously.</p> <p>Promotes inclusion: PE offers opportunities for children from diverse backgrounds and abilities to participate equally, encouraging an inclusive environment.</p> | <p>Encourages discipline and time management: Regular participation in PE teaches children the importance of following routines and time management.</p> <p>Fosters goal-setting: PE provides opportunities for children to set personal goals, track progress, and celebrate achievements, which is a skill applicable in all areas of life.</p> <p>Builds perseverance: Learning a new physical skill requires effort and practice, which helps children develop a "growth mindset" and persistence in tackling challenges.</p> | <p>Educates about the body: PE helps children understand how their bodies work, the importance of nutrition, and how to maintain a healthy lifestyle.</p> <p>Promotes healthy lifestyle choices: Through physical education, children learn the importance of not just exercise, but also rest, hydration, and balanced eating</p> | <p>Encourages lifelong engagement in physical activities: By introducing children to a wide range of sports and activities, PE helps them find something they enjoy, potentially leading to lifelong engagement in sports or physical activities.</p> <p>Opens pathways to competitive sports: PE serves as an introduction to organized sports, where children may discover and develop their talent</p> |