

## Physical Education, School Sport and Outdoor Education

At Ratcliffe we believe that regular involvement in sport and physical activity can improve quality of life, improve health, promote inclusion, raise self-confidence and provide opportunities for moral, social, spiritual and cultural development.

Our school can play a key role in promoting the benefits of active lifestyles to our young people through developing their attitudes, knowledge, confidence and competence. In the long term we aim to encourage a lifelong commitment to physical activity.

At Ratcliffe pupils take part in Physical Education and Outdoor Education lessons as part of the curriculum. They are also encouraged to take part in a broad range of activities outside of the curriculum during break, lunchtimes and after school.

Most of our pupils take part in intra-school competitions or special sporting events; others go on to compete against local schools in organised matches or festivals. Some go on to compete in higher level competitions and many are encouraged to follow established pathways into community sports clubs or groups.