



Nurturing the Future, Inspiring Success

## **Physical Education**

### **Intent**

At North Farnborough Infant School we aim for Physical Education (PE) to be enjoyable and engaging for all children, to develop the important skills to excel in a wide range of physical activities. We provide a broad and balanced curriculum which promotes children to understand the importance of leading a healthy, active life at school and beyond.

Our core values are embedded into our PE curriculum consistently promoting, co-operation, confidence, independence, respect, happiness and responsibility. In our PE Curriculum, we plan and organise a range of inclusive activities to ensure that all children can access a physical education. We start by teaching the ABCs of physical literacy which are agility, balance and co-ordination as these are the most important to learn at a young age.

We acknowledge the importance of providing high quality PE to the children which in hand plays an important part in our school's curriculum. A high quality PE curriculum will develop physical literacy, resilience, self-expression and concepts such as fair play and respect. It also contributes to developing a variety of other skills which include decision-making, analysis, creativity and social skills such as teamwork and communication.

### **Implementation**

P.E. is taught at North Farnborough Infant School as an area of learning in its own right. It is taught twice a week.

The key knowledge and skills of each topic are mapped across each year group. This ensures that children develop their knowledge of athletics, games, dance and gymnastics. The skills in these areas are also therefore developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years. Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the 2014 National Curriculum.

Lessons are taught so that children:

- Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Enjoy communicating, collaborating and competing with each other.
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Lessons are planned to utilise cross curricular links, as well as the context of the school (including school grounds and access to facilities and community role models, such as sports coaches, with

specialist skills). The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in sport.

All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a strong focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity.

Safe      Respectful      Ready