



## **Physical Education**

### **Curriculum Statement**

PE at Creswell Infant School aims to provide a progressive curriculum which enables children to develop their physical literacy, as well as their emotional and thinking skills.

### **Intent**

The PE curriculum has been designed to cover all of the skills, knowledge and understanding as set out in the National Curriculum and Early Years Foundation Stage (EYFS) Statutory Framework. It is our intent at Creswell Infant and Nursery School to teach the children the fundamental movements that will underpin the foundation of a variety of sports. We aim to provide high quality PE lessons in which the children are able to develop physical stamina (improving fitness), as well as their physical skills, including core stability. We want to encourage a love of physical activity while encouraging our Ranger Skills enabling all children to be engaged and achieve in every lesson. We want to support children and parents to understand the importance of a healthy lifestyle and how this goes beyond physical activity.

### **Implementation**

#### **EYFS**

A clear and comprehensive scheme of work in line with the National Curriculum and EYFS Statutory Framework will be detailed in the Long Term Plan for each year group. Whilst the National Curriculum and the EYFS Statutory Framework forms the foundation of our curriculum, we make sure that children learn additional skills, knowledge, develop further understanding, acquire additional vocabulary and experience enhancements to the curriculum as and when appropriate. A more detailed plan incorporating specific learning activities, skills, knowledge and vocabulary will be developed in the Medium Term Plan produced half-termly.

The Foundation Stage children receive daily access to activities indoors and outdoors that build on their fine and gross motor development as well as a one-hour PE session a week. Children are encouraged to develop their core strength and gross motor skills to ensure that they are ready for fine motor movements, through our Dough Disco, squiggle while you wiggle and pen pals gym. We encourage children to be active and use games, songs, dances and yoga within the class and outside. Our PE lesson takes place weekly and follows the scheme

'real PE' in line with the rest of the school; the children also have access to a balance ability intervention and a fundamentals intervention.

## **KS1**

All children take part in PE lessons every week where learning builds upon prior knowledge and skills. Children in KS1 are timetabled for 2 lessons per week covering Gym, dance, games and the fundamental skills. These lessons are planned from the scheme of work called 'real PE' and 'real Gym' by Create development. These schemes of work are inclusive and progressive and they are fully aligned to the National Curriculum. These lessons focus on the development of agility, balance and coordination, healthy competition against themselves and others, and cooperative learning. They allow all children to develop a range of abilities that will not only help them succeed in sport but in life. These include their creative, cognitive, social, personal, physical and health and fitness skills. The children are provided opportunities to transfer these skills into sports and some are able to take part in cluster PE events such as Gymnastics, football, cross-country and rounders. In order to promote healthy lifestyles, we discuss the impact of exercise on our bodies. We encourage parents to pack healthy lunchboxes and offer a fruit snack and water during the day. We build in opportunities for short bursts of activity and mindfulness, using a range of resources such as; Go Noodle, Just Dance and Cosmic Yoga.

## **Impact**

Children enjoy PE sessions and are active throughout most of the lesson. Children recognise the impact of physical activity on their bodies and can talk about healthy living. Children's physical stamina and skills develop over their time here, from FS1 to Year 2, enabling the majority of children to achieve the ARE's in Physical Education.