

Booker Avenue Infant School: PE Vision

Intent:

At Booker Avenue Infant School, we aim to develop a love of sport and physical activity in all children and inspire them to become lifelong active people. We want all children to develop and improve the fundamental skills needed to access all physical activity such as invasion games, gymnastics or dance. Children will understand the importance of healthy competition against either themselves (personal best) or other children, the importance of an active and healthy lifestyle and the role that physical activity plays in achieving this, life skills such as team work, independence and resilience.

Implementation:

In EYFS, PE is one of the Prime Areas of Learning and underpins the development of other skills such as reading, writing and attention. As such, it is given lots of focus and is encouraged using both the indoor and outdoor provision. Specific areas and resources have been developed for children to learn and practice specific skills including balancing, climbing, jumping, throwing and catching, kicking and moving in a range of ways. PE teaching follows one discrete PE lesson delivered via a specialist sports coach, one dance lesson and a weekly active play session. These lessons equate to two hours of supervised PE per week, as set out in the recommended guidance by the DfE. They focus on developing particular skills using a varied range of equipment including parachutes, benches, balls, mats and climbing apparatus. Emphasis is put on creating fun and enjoyable sessions for the children which aim to inspire a love of sport and physical activity. Additional opportunities for short bursts of movement are built in throughout the day. PE opportunities are often linked to the children's current topic to engage and motivate all children. Parents are able to track their children's development in PE at Parent's Evenings. In the EYFS, children are introduced to the word 'healthy' and what this means. Children are given opportunities during their PE lessons and appropriate activities within provision to observe and discuss the physical effects that being active has on their bodies. They are encouraged to talk about how they link to 'being healthy'. Adults plan focus activities during the academic year which enable the children to explore a range of foods and develop an understanding of which are healthy or unhealthy and the reasons why.

In KS1, children engage in a variety of games, dance or gymnastics. Children build on the fundamental skills taught in EYFS and aim to master basic skill movements such as running, throwing, jumping and catching as well as beginning to develop balance, agility and coordination. Children are introduced to team games as well as individual sports. Basic tactics are introduced to the children as well as competitive sports whether that be competing against other children, teams or themselves. A healthy lifestyle is taught through Science, building on prior knowledge from EYFS.

PE is adapted when necessary to ensure it is fully inclusive and all children are engaged. Throughout KS1 class teachers follow our PE Progression of Skills using the Rising Stars Champions scheme as the basis of our lessons. The aim of this is to see a clear progression of skills throughout their school journey.

Impact:

Children leave school having a love of sport and physical activity both in and out of school, with this continuing into later life. Children will have worked on their own aspirations in relation to PE and this will be carried on after leaving KS1, with children continuing to participate for enjoyment or competitively. All children should be able to discuss the importance of a healthy lifestyle and how this is achieved as well as developed skills that underpin life such as teamwork, sportsmanship, self-motivation, resilience and independence