

St Ives Infant & Nursery School - Physical Education Statement.

Intent

At St Ives Infants School the intent of teaching physical Education is to give children the tools and understanding required to make a positive impact on their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills, which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team-based physical activities. Within dance it will allow children to explore their personal and spiritual identity.

Implementation

PE at St Ives Infants School is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, clubs, outdoor learning, lunch provision and special events.

At St Ives Infants School the PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately for all children.

Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, co-ordination and fitness. Children take part in individual skills, group and team games, using PE.

Impact

- Our children will acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE
- High levels of physical fitness
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting life-long health and well-being
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport
- Through our provision, children can aim to flourish at sports in which they have a particular interest or flair for
- A willingness to practise skills in a wide range of different activities and situations, alone, in small groups, and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance