



Croftlands Infant School

Intent, Implement, Impact 2021/22

At Croftlands Infant School, we aim to provide a progressive curriculum which enables children develop their physical literacy, as well as their emotional and thinking skills.

Intent

At Croftlands Infant school we provide children with physical opportunities in a fun, engaging and exciting way. Our intent is for children to find a love for this. We aim to provide a progressive curriculum which enables children develop their physical literacy, as well as their emotional and thinking skills. We recognise the importance of children's postural development, co-ordination and dexterity, as well as teaching sport specific skills. Our broad, balanced and engaging PE curriculum tries to ensure that all children have a lifelong participation and an embedded love of sports. Understanding the importance of exercise, mental well-being and the need for a healthy, balanced lifestyle is covered through PE sessions.

Implementation in the Early Years Foundation Stage

Physical Education in the Foundation Stage encompasses structured physical education sessions inside and numerous free flow activities using the outside area. Throughout the day, children are exposed to continuous provision to support fine and gross motor development. Outside, children enjoy using the climbing apparatus, moving freely around the playground, using the bikes and scooters as well as more focused activities such as throwing a ball or skipping and balancing. Children learn how to move confidently in a variety of ways. Children use small and large equipment to develop their fine and gross motor skills to gain control and co-ordination in large and small movements. Through games they learn to adjust their speed or direction to safely negotiate space. Our PE lesson in Reception takes place weekly and follows the scheme 'real PE' and 'real Gym' in line with the rest of the school. Reception has external sports coaches per half term.

Implementation in Key Stage 1

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 skill into sports and some are able to take part in cluster PE events. In order to promote healthy lifestyles, we discuss the impact of exercise on our bodies. We build in opportunities for short bursts of activity and mindfulness, using a range of resources such as, GoNoodle, 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 Reception to Year 2, enabling the majority of children to achieve the ARE's in Physical Education. It will lead to a lifelong love for being physical. They will understand that sport is good for their social, emotional and physical wellbeing.