



# A voyage of discovery - we're sailing to success together... PE



## Aims of the school?

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At Trafalgar infant school it is our intention to deliver a high-quality physical education curriculum that inspires our pupils to go on to enjoy and gain the benefits from physical activity throughout their lives. Pupils will develop their physical literacy, exploring and refining a range of movements and participating in different types of sporting activities. They will learn how to engage in physical activities safely and begin to recognise the benefits to their mental and physical health. Through our curriculum we make sure key sporting values are also embedded, such as team building, inclusion, perseverance and respect.

## What are we doing in school?

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To ensure the children are receiving the best possible PE learning, teachers use the school's 'Progression of Skills' document to ensure that knowledge and skills are built upon in a clear and developmentally appropriate sequence. Teachers ensure that all objectives are covered from the EYFS Statutory Framework and Key Stage One National Curriculum. All children will participate in at least two hours of high-quality physical activity each week. In Early Years, our focus is on fundamental movement skills and linking gross motor strength and coordination to fine motor control. In Key Stage One, teachers will ensure that lessons include the four key strands of PE; acquiring and developing skills, selecting and applying these skills, evaluating and improving their performances and having a secure knowledge and understanding of fitness and health.

Our curriculum is inclusive and each lesson is adapted to meet the needs of all learners. For some students we also provide additional interventions that support children's gross and fine motor skills. These include Sensory Circuits, 'Dough Disco' and small group 'Multi-Sport' sessions led by a PE Specialist.

We also focus on enrichment in PE: giving the children the chance to be part of a range of sporting events, participating in clubs that support their motor skills and introducing them to competition and new sports they may not be familiar with. These include Sports Day, dance workshops, tennis and football clubs and inter-school events.

We use every opportunity throughout the school day to develop children's physical literacy and well-being. This includes:

- PE lessons covering dance, gymnastic and game skills
- Our Daily 'Mile': where every day children can enjoy running, or moving, together; improving on their own goals and enjoy getting out of breath
- Active playtimes with opportunities for large scale construction; climbing and balancing; team games and bat and ball skills
- Promoting healthy eating during snack and lunchtimes
- Daily use of outdoor classrooms and the Reception garden for active learning across the curriculum
- 'Woodland Time' sessions for all classes to explore the natural environment

| What will the impact be on the children? |  |   |  |
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| <b>I<br/>M<br/>P<br/>A<br/>C<br/>T</b>   | <p>Children will leave Trafalgar Infant School with skills that they can transfer into sports and everyday activities. They will have the desire and confidence to engage in school and extra-curricular sporting opportunities.</p> | <p>Children at Trafalgar Community Infant School will achieve age related expectations and speak positively about their PE learning and enjoy PE lessons. They will understand key values for PE such as respect and communication and demonstrate these in their PE lessons. They will recognise risks with physical activity and participate safely, showing resilience when facing challenges.</p> | <p>PE lessons, our daily 'mile', lunchtime sporting opportunities and outdoor learning will improve the health and fitness of all children. Children will be able to talk about how to be healthy.</p> |