



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



Aims of the school?

I
N
T
E
N
T

At Trafalgar Community Infant School we deliver a high-quality physical education curriculum that inspires our pupils to be physically active throughout their lives. Pupils will develop their physical literacy, exploring and refining a range of movements and building on locomotion, stability and manipulative fundamental movement skills. They will learn how to engage in physical activities safely and begin to recognise the benefits to their mental and physical health. Our curriculum embeds our school values through team building, inclusion, perseverance and respect.

What are we doing in school?

I
M
P
L
E
M
E
N
T
A
T
I
O
N

To ensure the children are receiving the best possible PE learning, that builds on children's knowledge and skills purposefully, teachers follow our Long Term Plan. This covers all objectives within the Early Years Foundation Stage 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 'Physical Literacy' sessions.

We also focus on enrichment in PE: giving the children the chance to experience activities that may be new to them such as New Age Kurling and Yoga and offering active before and after school clubs such as Kung Fu and Dodge Ball. We hold a Sports & Wellbeing Week each year; which includes Year Group Sports Days, with an element of competition; as well as focussing on mental well-being and healthy lifestyles.

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 outside areas for active learning across the curriculum
- 'Woodland Time' sessions for classes to explore the natural environment

I	What will the impact be on the children?
M	
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.
A	
C	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 and how to look after their own well-being.
T	
	Children will leave Trafalgar feeling enthusiastic about physical literacy and with the skills and motivation to engage in a wide range of sports and ways to be active.