



PE Intent Statement

Belong
Enjoy
Aim high
Respect

Why we teach PE at Chaucer Infants and Nursery School.



Intent

Physical Education is a beautiful opportunity to develop the whole child. Children are entitled to a rich, broad and balanced PE curriculum. Through PE lessons, children should develop behaviour and attitudes that will benefit them throughout school life and beyond.

Through Physical Education, Children at Chaucer Infants:

- experience a broad range of activities through curriculum PE time, including gymnastics, dance, games, outdoor Education, athletics, and swimming.
- Know how to stay fit, healthy, and active and enjoy doing so, choosing to engage in physical activity and sport in their own time.
- Learn to win and lose, support others and be supported, showing sportsmanship and good character
- Work as part of a team towards a common goal as well as individually improving their performance.
- Be allowed to be creative in a range of activities.
- Play competitively, respecting officials and other players.
- Develop spiritually, morally and culturally through diverse activities and opportunities.

Our Curriculum, shaped by 'The PE hubs' units of learning, is inclusive and progressive and is fully aligned to the National Curriculum.

'The PE Hub' lessons focus on children:

1. Becoming Physically competent, physically active.
2. Learning Tactics & strategies, becoming a decision maker, creative and competitive.
3. Developing a I can, I want to, I will attitude

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.

- Implementation

Early Year Foundation Stage

Early Years children receive daily access to activities indoors and outdoors that build on their fine and gross motor development as well as, in Reception, a one hour PE session a week.

Children are encouraged to develop their core strength and gross motor skills to ensure that they are ready for fine motor movements, through daily 'Dough disco' and 'Squiggle while you wiggle' sessions.

We encourage children to be active and use games, songs, dances and yoga within the class and outside.

Reception's PE lesson takes place weekly and follows 'The PE Hub' school curriculum and lessons taught by our Specialist PE coach along with class staff, in line with the rest of the school.

KS1

All children take part lessons every week where learning builds upon prior knowledge and skills. Children in KS1 are timetabled for 2 lessons per week covering Gym, dance, games and the fundamental skills. These lessons are planned from The PE Hub' school curriculum and lessons taught by a Specialist PE coach along with class staff, in line with the rest of the school.

The children are provided opportunities to transfer skill into sports and some are able to take part in Federation PE events such as football competitions.

Forest Schools

All children have access to Forest School curriculum two terms a year. Forest schools' holistic approach to a child's education means it has a pivotal role in not only their **Physical development** (both fine motor skills and gross motor skills are developed in the outdoor environment) but also the Emotional and Social skills needed for sports and their future (such as stamina, positive can do attitude, risk taking and team work.) needs.

After School Clubs

We believe that high quality, extra-curricular learning is of great importance to our children. We provide many opportunities for them to participate in after-school PE activities and competition. Our school-employed specialist sports coach fully supports and further enhances the children's physical learning and development by taking an active lead in after school sports clubs, based upon the children's needs and interests. Extra-curricular activities are further encouraged through active play and dinnertimes .

Healthy Mind and Body

In order to promote healthy lifestyles, we discuss the impact of exercise on our bodies. We encourage parents to pack healthy lunchboxes and offer a fruit snack and milk during the day. We build in opportunities for short bursts of activity and mindfulness, using a range of resources such as Wake and Shake, GoNoodle, Just Dance and Cosmic Yoga.

Impact

Using 'The PE Hub' to inform our lessons and staff CPD, we ensure that all children have access to quality Physical Education that will develop the whole child, teaching them skills for the future:

- Strengthening thinking and decision-making skills
- Building and increasing confidence and self-esteem
- Developing character and resilience
- Enhancing their commitment and desire to improve
- Allowing opportunities for enjoyment, fun and to be free-spirited
- Fostering feelings of safety and security