

## **Physical Education Overview**

### **Intent:**

At Burlington Infant School we believe that Physical Education enables every child to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferable life skills such as fairness and respect.

We fully adhere to the aims of the Early Learning Goals and National Curriculum for physical education to ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

### **Implementation:**

#### **Teaching of PE in the Foundation Stage:**

Children within EYFS undertake a range of daily physical exercise within their classrooms, continuous provision areas and structured weekly PE sessions. Cross curricular links enable PE activities to take place during English and Maths.

#### **Teaching of PE in Key Stage 1:**

The PE curriculum is taught through the Val Sabin scheme, which meets the National Curriculum. This is used to aid teaching staff in their subject knowledge. Teachers are able to adjust and change lessons to suit the needs of their classes but the scheme provides a strong basis of what is expected. Where applicable, PE is also integrated within other curriculum areas/topics. Each class has access to 2 hours of high quality PE lessons every week. These are either taught by the class teacher or specialist First Steps coaches. Children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed it. Different skills are recapped throughout and across the years, each time they are being built upon; allowing children to know more and remember more.

We facilitate a range of after school/lunchtime clubs which enhances the P.E curriculum and provide different sports 'taster' sessions for children who might not have experienced some sports at such a young age.

**Impact:**

At Burlington Infant School, we provide tailored learning opportunities and experiences for children to become physically confident in a way which supports their needs, health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect as well reinforcing the 5 Rs and our school motto of 'Always do your best and be your best'.