

### **Physical Education Curriculum at Stamshaw Infant School Intent:**

At Stamshaw Infant School, we aim to provide all children with fun, engaging and active PE lessons. We encourage each child to participate in competitive and non-competitive physical sports/activities to develop their skills and abilities. It is important to us that all children understand the importance of leading an active and healthy lifestyle. We believe that ensuring all children are active throughout the school day will improve their fitness, health and mental well-being. Children will be given the opportunities to be a successful team player through building respect towards others, personal self-belief and success during their sporting activities which is reflected through our school values.

#### **The national curriculum for PE aims to ensure that all pupils:**

- 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:**

Children participate in weekly PE lessons both indoors and outdoors. The curriculum is taught through various PE programmes to improve their movement, agility, balance and co-ordination. Some of the exciting PE programmes we follow are REAL PE, The PE Hub and Beam where the skills developed are demonstrated during our very successful annual Sports Day. We also welcome an external gym coach half-termly for the children develop their gymnastic skills by following the REAL GYM syllabus. Throughout the year, children are able to compete in numerous sporting competitions against other local schools in our area. This allows the children to learn how to participate in competitive games together with enjoying the competition. We are currently part of The Portsmouth Sports Partnership and Hampshire School Games programme which supports and encourages children to be physically active during their school day. As we inspire to be an active school, we believe it is important for all children to be physically active for at least 30 minutes each day. These opportunities throughout the school day include; breakfast and teatime club, active playtimes and lunchtimes, daily wake and shakes and regular brain breaks and relaxation. Year 2 children attend weekly swimming lessons at our local swimming pool focusing on becoming competent, confident and proficient swimmer. All PE lessons are taught following the guidance of the National Curriculum ensuring that each lesson is inclusive to all children's physical needs.

#### **Impact:**

All children experience physical activities during their school day to maintain a healthy lifestyle and good mental health. We prepare our children to understand the skills required for various sports and find a love for sport. The benefit of being an active school has improved the concentration and focus of most children during core subject lessons. This shows positive impact on their stamina, core strength, fine and gross motor skills. After PE lessons, children will be able to verbally discuss any improvements they make towards their own personal physical abilities. All children will develop and improve their physical skills from their starting points, no matter of their physical abilities or individual needs.