

## **PE at Hyde Park Infant School**

### **Intent**

The way in which our curriculum is planned, the organisation of each day and the methods that our teachers use are all in response to our knowledge of how young children learn best. We have developed an active approach to learning and teaching which enables us to respond to the needs of our children as they move from Reception and then on to Year 1 and 2.

**At Hyde Park Infant School** we believe that physical education and sport have a vital role to play in the physical, social, emotional and intellectual development of children.

The aim of our Physical Education curriculum is for children to develop physical competency and to promote a love of physical activity.

We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We will teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

It is our duty to educate our children about the importance of physical activity and healthy lifestyle choices by providing children with the knowledge, understanding and the tools needed to make informed choices about healthy living.

Our curriculum will provide our children with the opportunity to express themselves physically, challenge themselves and others, experience different environments and activities, work together and release energy which, in turn, will help children to remain calm, regulate their emotions and lower anxiety levels. Research is very clear about the positive relationship between physical activity and improved mental health. Therefore, providing children with these learning experiences through our PE curriculum will have a positive impact on each child's own physical health and mental health and well-being and, as a result, should enable children to have a longer, fulfilling and healthier life. It is our aim to enable all children, regardless of their ability, race or gender to be able to access and enjoy their PE lessons. We will ensure that children experience physical education in a safe and secure environment and that activities are planned for which stimulate and engage all children to participate fully in all lessons.

### **Implementation**

#### **Teaching and Learning**

Our PE curriculum aims to ensure that all children develop the fundamental knowledge, skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum. Children are provided with a breadth of curriculum coverage including dance, gymnastics, games, and outdoor adventure. Teachers use the school's Progression of Skills document to ensure that there is a clear progression of knowledge and skills taught across the school. Teachers ensure that objectives are covered from the EYFS Statutory Framework and Key Stage One National Curriculum and all children will participate in at least two hours of high quality physical education each week. This includes structured physical activity at lunchtimes.

Physical Development is a Prime Area in the Foundation Stage Curriculum and children will have opportunities to be active and interactive, developing co-ordination, control and movement. They will develop their understanding of the importance of physical activity and how to make healthy choices

from the very first days of their education. Children will access well-planned and stimulating learning activities which will be a balance of both adult lead and child initiated.

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. Children will also be educated about healthy living through the schools work with Healthy Schools, Circle Time and PSHE/ activities, through our Move and Play Home pack, and additional events that we participate in throughout the year.

Skills across all areas of the Physical Education curriculum will be taught and revisited throughout each term to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively. Children will spend sufficient time on each area of the curriculum as to secure the learning and enough depth to secure their understanding.

Teachers will use the school's Progression of Skills to ensure that new knowledge and skills build on what has previously been learnt.

### **Assessment**

In Early Years Foundation Stage children will be assessed against the Foundation Stage Profile and in Key Stage One pupils progress will be tracked through the school's Progression of Skills document. Learning Journeys, observations and videos will be used as the key assessment tool for all year groups.

### **Extra Curricula opportunities**

Children are provided with a vast range of opportunities to develop their physical education experience. They have the opportunity to take part in a range of lunchtime and After School Clubs which include, Football, B Active, Ballet, Tap, Acrobats and fencing.

### **Competitive Sports**

A high quality physical education curriculum can inspire all children to succeed and excel in competitive sport and other physically demanding activities. Competitive sport is included at least once a week during lunchtime sport sessions for each year group, twice weekly for years 1 and 2.

A Skipathon, Runathon and Sports Day are held annually where the children across the whole school take part in a variety of competitive activities. A multiskills event is also held each year for Year One and Two, with support from a specialist sports coach and trained Sports Leaders from Year Six at Hyde Park Junior School.

### **Celebrating achievements**

Parents are informed of their child's progress in PE through Reports with achievements celebrated in our Celebration Assemblies.

### **Impact**

Our PE curriculum improves the wellbeing and fitness of all children not only through the sporting skills taught but through the underpinning values and disciplines that Physical Education promotes. Within lessons, children develop self-discipline and resilience and an understanding that to be successful you need to take ownership and responsibility for your own health. Therefore, children are motivated to utilise these underpinning skills independently and effectively in order to live happy and healthy lives and in turn this will have a positive effect on their academic achievements and their own mental health and Wellbeing.