



PE at Healdswood

Intent

At Healdswood Infant and Nursery School, we recognise the integral part that PE plays in promoting long term, healthy lifestyles. The intent of our PE curriculum is to provide all children with high quality PE and sport provision. It is our vision for every pupil to succeed and achieve their potential as well as to lead physically active lifestyles. We aim to deliver high-quality teaching and learning opportunities that supports and challenges all children to achieve their personal best. This approach is achieved through the use of Get Set for PE, which starts from EYFS all the way through to the end of Key Stage 1. From this, children at Healdswood are able to develop and focus on their agility, balance and coordination, promotion of healthy competition and cooperative learning. We want to support children and parents to understand the importance of a healthy lifestyle and how this goes beyond physical activity.

Implementation

PE is taught at Healdswood Infant & Nursery School as an area of learning in its own right as well as integrated where possible with other curriculum areas. Every class across the school undertake weekly PE Sessions which are adapted from the 'Get Set for PE' schemes of work. These schemes of work are inclusive and progressive and they are fully aligned to the National Curriculum. These lessons focus on the development of agility, balance and coordination, healthy competition against themselves and others, and cooperative learning. 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.

In addition to weekly PE sessions:

- Year 2 attend a 10-week block of swimming lessons.
- All children from Foundation 2 to Year 2 take part in the daily mile for 15 minutes of running daily.
- After school sports clubs such as dance and gymnastics are offered to children in KS1.
- The whole school takes part in an annual Healthy Living Day which promotes healthy lifestyles through physical exercise, mental wellbeing and nutrition.
- Healthy lunchboxes and school meals are promoted for all children.
- Squiggle Whilst You Wiggle is used with Nursery children as a burst of exercise throughout the day which focuses on building gross motor strength.
- Children in the EYFS and Year 1 receive daily access to activities indoors and outdoors that build on their fine and gross motor development.

Impact

The P.E provision at Healdswood Infant and Nursery school is well planned, exciting and allows all pupils to develop fundamental skills in this early stage of development. Careful monitoring and evaluation has shown that our pupils are physically active and this has a positive impact on their learning in the classroom. The high quality approach to teaching should significantly improve attainment in PE and we find most our pupils leave our school with the skills they need to succeed in KS2.

The impact of our provision and resources will increase the profile of sport and physical activity across the school. Physical Education at Healdswood Infant and Nursery School is held in high regard with our families and pupil/parent voice has demonstrated that P.E is well liked, well taught and enjoyed by most if not all. Pupils are beginning to understand how to lead a healthy lifestyle and understand the importance of regular exercise.

We aspire for pupils to develop their physical literacy skills, so they have the motivation, confidence, physical competence and knowledge to understand and enjoy PE. We hope to develop a love of sport and activity for many years to come and for pupils to aspire to their sporting heroes.