



## EAST BOLDON INFANT SCHOOL

### PHSCE CURRICULUM STATEMENT

#### **Intent:**

Our PE lessons are planned using the Get Set 4 PE platform. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school.

At East Boldon Infants we want children to develop knowledge, skills, understanding and enjoyment around sport and physical wellbeing. We 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. PE provides children with the opportunity to develop a positive attitude towards maintaining a healthy lifestyle.

#### **EYFS**

We recognise the importance of physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development: Moving and Handling and Health and Self-care

Children in the EYFS access time and space to enjoy energetic play daily in the outdoor learning area. The children also access specific physical development through timetabled PE lessons in Reception (in preparation for Year 1) which give the children the opportunity to learn and practice fundamental movement skills. They participate in activities where they can practice moving in different ways and at different speeds; balancing; rolling; throwing balls and bean bags; catching and kicking.

#### **KS1**

Within Key Stage one, children develop their fundamental movement skills through a range of activities and opportunities, where children work individually in pairs or in groups. We cover key aspects such as gymnastics, dance, games and athletics. We follow the National Curriculum for P.E. in Key Stage 1.

When children leave Key Stage 1 we expect them to be able to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

## **Implementation:**

At East Boldon Infants our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE, and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme, which ensures our children are increasingly challenged as they move up through the school.

- In EYFS, physical development is a key focus and is taught through both discrete PE lessons and throughout the learning that takes place every day. Children progress their physical development by learning and understanding their own needs, negotiating space, and moving freely in a way that is safe and appropriate, also mastering how to hold a pencil, and developing their fine motor skills. Children will demonstrate good control and co-ordination which provides them with a secure foundation to move up to Key Stage 1.
- In Year 1, children utilise the control and co-ordination obtained in the Early Years and begin to develop fundamental movement skills including running, jumping, throwing and catching, as well as further enhancing their balance, agility and co-ordination. Children will begin to work cooperatively in simple team games whilst recognising and applying rules to ensure games are fair.
- In Year 2, children will continue to build on, deepen and secure their knowledge and skills in a variety of physical activities. They will access a broad range of opportunities to extend their balance, agility and co-ordination both individually and whilst working with others.

Throughout the year we provide children opportunities to participate in competitive activities both in school and at a local level. We take part in festivals with the South Tyneside Schools Sports Network as well as competitions to challenge our greater-depth children. During our Health and Fitness Week we also provide an exciting sporting experience for our children. In reception, we visit the Urban factory and take part in gymnastics and parkour activities. In Ks1 we connect with our local community to provide sporting experiences for our pupils, such as the East Boldon Tennis Club and the South Shields Surf School.

In the Early Years outdoor learning area, children have outside access to equipment that develops their gross motor to support with negotiating space, core strength and co-ordination - a key element of the 'Physical Development' strand of the Early Years Foundation Stage (EYFS) curriculum.

In our school, there is a strong emphasis on supporting the children's mental health, as well as their physical health. To support this, the whole school takes part in active playtimes and lunchtimes, structured games have been set up at lunchtimes to ensure purposeful physical activity is happening with the use of Year 2 playtime pals to support the running of the activities. During lunchtimes, we have a sports coach running lunchtime clubs for all pupils 3x a week.

## **Impact:**

✓ We will be able to see that the children know more and remember more in PE, and therefore do more things, through evidence in their PE lessons and pupil voice. We will also see if they are able to recall prior learning and apply it. Children will then start their next year of learning with the necessary skills and knowledge to build upon.

✓ Children can confidently explain the importance of engaging in regular physical activity. A high percentage of children will have had the opportunity to participate in local competitions, promoting confidence.

✓ Teachers will feel confident when teaching PE as a result of observing a specialist sports coach and following PE hub planning lessons.

✓ With structured games at play times and lunch times, teachers will report that children come back in from playtimes more focused and ready to learn. Our active playtimes have improved not only the children's fitness, but also their attainment, mood, behaviour and general wellbeing.

If you were to walk into a PE lesson at East Boldon Infants you would see:

✓ All children are engaged, challenged and working collaboratively whilst enjoying their PE lesson.

✓ Each lesson has a key skill that is taught and then utilised in a variety of ways.

✓ Cumulative skills progression between and within lessons.

✓ Children demonstrating their understanding of the different benefits of taking part in Physical Education.