**PE At Dogsthorpe Infant School, we believe that all children should have access to physical activity that supports their health, fitness and wellbeing and promotes an active lifestyle.**

**SUBJECT ON A PAGE**

**Intent – We aim to…**

Develop their fundamental skills that can be built year on year in a range of sports and physical activities.

Provide opportunities for children to be active outside of timetabled PE lessons.

Teach vocabulary to name and describe key actions, skills and movements.

Develop children’s understanding of the importance of a healthy and active lifestyle by promoting the benefits of healthy living.

Improve their agility, balance and coordination.

**Implementation – How do we achieve our aims?**

**Wider curriculum and/or**

**home learning**

Our Science & PSHE curriculum covers the importance of good exercise and diet which we use to support the promotion of a healthy and active lifestyle. We make links to the effect exercise has on our mental health and how it can support us to be mentally healthy.

After school sports clubs are offered to extend skill development but also to access sports not covered within timetabled lessons.

**Organisation**

We use specialist sport coaches from Premier Education to deliver a 1-hour lesson in Key Stage 1 and EYFS. Key Stage 1 also access a 1-hour lesson delivered by the class teacher. Units taught cover the teaching of dance, gymnastics, games, multiskills and athletics. EYFS children access a wide range of opportunities to develop their moving skills which encourage sports and active play through their outdoor provision as part of their Physical Development.

**Resources**

Teachers and specialist sports coaches both deliver units planned in co-operation with Premier Education.

Staff have access to a range of equipment to support PE lessons both indoor and outdoor including low level apparatus. The use of resources is adapted to meet the needs of pupils and specialist equipment is available to support children with SEND.

**Impact – What will we see?**

All pupils will access a broad and balanced PE curriculum where they can develop skills to participate in different sports and physical activities. Pupils will develop movement skills and engage in opportunities to extend their agility, balance and co-ordination. Our curriculum structure ensures key skills are developed progressively across year groups to allow pupils to build upon foundational knowledge and movement. Our pupils will be able to work individually but also co-operatively with others to partake in team games. Pupils will observe and talk about others work using key vocabulary taught within lessons to give clear feedback. Pupils will use equipment and apparatus safely during lessons and will take care to observe safe practices when putting these away.