



## **The aims and intention of Physical Education.**

At Alton Infant School, we take pride in the high-quality Physical Education on offer and aim to develop every child's individual ability to excel in a broad range of physical activities that adhere and match the National Curriculum requirements.

It is our aim that pupils achieve success in a variety of physical activities at an age appropriate level and follow age-related expectations. The curriculum also aims to allow children to be challenged beyond age expectations in order that they can achieve at their potential level. Children will learn how to be physically skilful and have a good knowledge of the body in action.

Physical Education is viewed as a subject in its own right yet we understand that it impacts on the whole child and across all school subjects. Physical fluency is essential for success across many subjects. It is therefore our intention at Alton Infant School for all children to be physically active for sustained periods of time and to foster an understanding of the importance of leading healthy lives for continued long-term health and well-being.

We anticipate that our young children become physically confident enough so that they are able to cooperate and collaborate, even leading others, with an understanding of fairness and team work. We want to embed strong values and build character for lifelong learning through our Physical Education curriculum.

We intend that the young children at Alton Infant School can think in different ways to suit a wide variety of creative and challenging physical activities when they plan, perform and evaluate their actions and the actions of others.

We believe in the importance of all of our pupils having an enthusiasm for Physical Education. We aim for them to demonstrate a keen interest for participation in sport and healthy activity and show a highly positive

attitude in order for them to make informed decisions about engaging in future activities outside of school and into later life. We aim to create a love of all things active!

### **The implementation of Physical Education and how it is taught.**

Children at Alton Infant School follow a high-quality broad, balanced and challenging curriculum in Physical Education.

Children participate in a minimum of two lessons of Physical Education each week with other opportunities for additional movement and exercise included in the school day. Children regularly participate in 5A Day exercises for movement breaks or complete lap(s) of the 150m school track.

Physical Education lessons have clear objectives and success criteria. We teach lessons that give children the opportunity to participate at their own level, building on basic games, gymnastics and dance skills and knowledge. Knowledge and skills are embedded and then pupils progress through further challenges and learning. The skills that are taught in PE lessons progress within each year group and as children move up to their next year group.

Where appropriate, lessons develop good sporting attitudes with a relevance to rules and competition. Children at Alton Infant School learn in a secure environment, yet one where they can challenge themselves safely.

Each year we organise PE days which are planned for children to learn new sports skills and activities. Alongside this, existing skills are embedded and developed.

Our curriculum at Alton Infant School incorporates a variety of games, dance and gymnastic skills to ensure all children develop the confidence, tolerance and appreciation of their own and others' strength and areas for development.

Where appropriate, physical interventions are put in place and structured to support pupils needing extra help with motor control and physical development.

All of our pupils are included in Physical Education regardless of their physical ability and lessons are differentiated accordingly to include all abilities.

We provide opportunities for all children to engage in extra-curricular activities in addition to competitive events within school. Our strong links with other local schools provides the chance for inter-school competition. Our inclusive approach endeavours to encourage not only physical development of the children but also positive and healthy well-being.

***The impact of Physical Education and how it prepares children for their next stage of education.***

Our curriculum improves the well-being and fitness of all the children at Alton Infant School, not only through the sporting skills taught, but through the underpinning values and disciplines that PE promotes.

Through their Physical Education experiences at Alton Infant School, the children learn about their strengths, aptitudes and preferences and understand the benefits of choosing to lead a healthy, active lifestyle. They are prepared for making informed choices about how to get involved in activities and therefore adopt a lifelong desire to participate.

The children are taught well, allowed to achieve success and are inspired to continue to lead healthy and active lifestyles.

The opportunities given to compete in sports and other events build character and confidence and continue to embed values such as fairness and respect.

Within our lessons, children are taught about self-discipline and to take ownership and responsibility for their own health and fitness. The impact of our PE curriculum therefore motivates children to utilise the skills they have learnt in an effective and independent ways in order to live happy, active and healthy lives.