



St Paul and St Timothy's Catholic Infant School

Our Vision for Physical Education (P.E.)

At St. Paul and St. Timothy's Infant School, we believe that physical activity plays a vital role in the development of Early Years and Key Stage 1 children. Our P.E. curriculum is designed to equip our children with the key skills necessary to help them prepare for their future years in school and beyond as young adults.

Curriculum Intent

At St. Paul and St. Timothy's Infant School, we believe that Physical Education experienced in a safe and supportive environment is essential to ensure children attain optimum physical, emotional development and good health. The skills learnt in P.E. such as communication, resilience and leadership will aid the children to develop and learn about themselves, the importance of a healthy lifestyle, self-expression and concepts such as fair play and respect. We believe these are invaluable in preparing children for their years ahead in school and beyond as young adults. By participating in P.E. activities children learn to work co-operatively with others, communicate effectively and develop a sense of responsibility and leadership.

We recognise the importance of developing fundamental movement skills at an early age, which will not only enhance children's physical development but also aid their cognitive and social development. Our P.E. program is designed to enable children to develop co-ordination, balance, spatial awareness, co-operation, working collaboratively with others, understand fairness and control of their body. We do this through a variety of activities such as gymnastics, dance, games, athletics, team games and mindfulness. We provide a fun and engaging learning experience that is accessible to all children.

Curriculum Implementation

Our long-term plan sets out P.E. units which are taught throughout the year and ensures that the requirements of the National Curriculum are fully met. We are committed to providing a P.E. program that nurtures a love for physical activity and encourages children to make healthy choices. By instilling a positive attitude towards physical activity at an early age, we hope to lay the foundation for a healthy future. At St. Paul and St. Timothy's Infant School, we are dedicated to

promoting an inclusive environment that allows all children to achieve their full potential.

In Key Stage 1 children build on the fundamental skills taught in EYFS and aim to master basic skill movements such as running, throwing, jumping and catching as well as beginning to develop balance, agility and coordination. Children are introduced to team games as well as individual sports. Basic tactics are introduced to the children as well as competitive sports whether that be competing against other children, teams or themselves.

At St. Paul and St. Timothy's Infant School, we want to teach our children how to co-operate and collaborate with others as part of an effective team, understand fairness and equity of play to begin to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children not only through the sporting skills taught, but through the underpinning values and disciplines P.E promotes.

Curriculum Impact

At St. Paul's and St Timothy's Infant School, we follow the Getset4pe scheme. This scheme is progressive and each unit has clear objectives which are built upon. P.E. lessons are adapted when necessary to ensure it is inclusive and all children are engaged. At the end of the year, there are separate, EYFS, Year 1 and Year 2 sports days where parents are invited in to support their children and for the children to demonstrate their skills.

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. Our children begin to be able to discuss the importance of a healthy lifestyle and how this is achieved as well as develop skills that underpin life such as teamwork, sportsmanship, self-motivation, resilience and independence and also enjoy the success of competitive sports.