



# West Hove Infants-‘Aim High and Smile’



## Curriculum Overview for P.E.

The P.E. curriculum delivers a high-quality physical education curriculum inspiring all pupils to succeed and excel in a range of physical activities. Children are provided with 5 hours per week Physical Development in the Early Years Foundation Stage. 1.5 hours per week in KS1 with an extra half an hour of targeted activities linked to current P.E. lessons provided at lunch time to support children to consolidate learning.

Opportunities to compete in such P.E. lessons and lunch time activities build character and help to embed values such as fairness, team work and respect which link to our West Hove characteristics of learning. Children are also awarded P.E. certificates in weekly celebration assemblies linked to our West Hove characteristics of learning which are displayed for parents and children to see.

The P.E. curriculum is chunked into areas of learning which are taught in half termly units. This supports a thematic approach to cohesive learning as the children revisit key skills and knowledge week upon week. Links are made in year group topics where appropriate for example: Dragon dancing, Rainforest dancing and Space dance. Children will take part in gymnastics, dance, games and athletics. Adhering to the KS1 P.E. national curriculum children will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

Children are taught 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



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simple tactics for attacking and defending and perform dances using simple movement patterns. Children develop these key skills within their P.E. lessons, competitive sporting events, lunch time games and additional special events.

Active brainbreaks also allow development of key skills and are included in our learning cycle.

Children are assessed against the key skills at the end of each academic year.

The P.E. Curriculum is accessible to all children through appropriate differentiation for support and Challenge. Teachers adapt planning to meet the needs of all pupils including the most able. The curriculum will inspire a passion for and a commitment to the subject. A termly newsletter is sent out to parents highlighting key activities that have taken place that half term and active challenges are set for children and parents to complete at home. A range of extra curriculum clubs are offered after school from yoga to karate and football.

West Hove Infant school is very proud to have been awarded a **Gold Quality Start Award**. This award recognises and rewards schools for their commitment to P.E., School Sport and Healthy and Active Lifestyles.