



Curriculum Intent	Physical Education (PE) Intent
<p>Everyone at Brookland Infant and Nursery School recognises that our curriculum has to be broad and balanced, offer children opportunities to grow and make progress from whatever their starting points may be. We believe that childhood should be a happy and investigative time, where curiosity and a thirst for new experiences and knowledge is nurtured. We want our children to develop the necessary skills, knowledge and understanding to think and act in ways that will enable them to engage in the culture in which they live and to understand and appreciate the cultures of others. We believe that learning should be memorable, hands on, active and challenging. We also want to develop children's specific subject knowledge, understanding and skills. We want all our children to become confident and successful lifelong learners.</p> <p>Our curriculum is based upon 4 main principles:</p> <p><b>Creative:</b></p> <ul style="list-style-type: none"> <li>• Inclusive, exciting and engaging.</li> <li>• Stimulates creative thinking and problem solving.</li> <li>• Develops effective communication skills.</li> <li>• Discovers, nurtures and celebrates children's talents.</li> </ul> <p><b>Ambitious:</b></p> <ul style="list-style-type: none"> <li>• Ensures children seek out and enjoy challenges.</li> <li>• Teaches resilience and the ability to persevere.</li> <li>• Promotes independence and motivation.</li> <li>• Develops the ability to self-reflect and know how to move forward.</li> <li>• Fosters enthusiasm and a love of learning.</li> </ul> <p><b>Curious:</b></p> <ul style="list-style-type: none"> <li>• Encourages questions to be asked to extend thinking.</li> <li>• Enables ideas and experiences to be connected to help make sense of the world we live in.</li> <li>• Supports British Values and our School Values.</li> <li>• Practical, memorable and fun.</li> </ul> <p><b>Healthy:</b></p> <ul style="list-style-type: none"> <li>• Encourages a mentally and physically healthy lifestyle.</li> <li>• Nurtures and supports social and emotional development.</li> <li>• Encourages collaboration with others.</li> </ul>	<p>PE at Brookland Infant and Nursery School is taught to inspire children to develop a lifelong interest in physical activity to ensure that they continue to make healthy choices and an active life in the future. Children will develop fundamental movement skills including agility, balance and co-ordination through discretely taught PE lessons each week, as well as taking part in swimming lessons for a term in Reception, Year 1 and Year 2.</p> <p>At Brookland Infant and Nursery School we ensure that all staff are equipped with the skills to teach PE effectively and confidently in order to provide the children with necessary knowledge and skills.</p> <p>We ensure that a wide range of children are given the opportunity to participate in local events which gives them an opportunity to build on their cultural capital, such as the Barnet Bar No One Festival and Barnet Dance Festival.</p> <p>To further enrich our PE curriculum, we provide a variety of sporting after school clubs which are led by external companies. We ensure that these are accessible to all children.</p> <p>At Brookland and Infant School we recognise the importance of regular participation in PE as it is critical to children's physical, emotional and mental well-being as it instils self-discipline, resilience, promotes self-confidence and reduces stress levels.</p> <p><i>The National Curriculum for Physical Education aims to ensure that all pupils:</i></p> <ul style="list-style-type: none"> <li>• <i>develop competence to excel in a broad range of physical activities</i></li> <li>• <i>are physically active for sustained periods of time</i></li> <li>• <i>engage in competitive sports and activities</i></li> <li>• <i>lead healthy, active lives.</i></li> </ul>



## PE Implementation

At Brookland Infant and Nursery school we want our children to be active and healthy! We want our children to develop key basic sports skills that can be applied in various sporting activities.

In the **EYFS** at Brookland Infant and Nursery School we follow the EYFS Statutory Framework which is supported by Development Matters. The most relevant statements for PE are taken from the Personal, Social and Emotional Development, Physical Development and Expressive Arts and Design areas of learning. In the EYFS, PE is developed through continuous provision and through a weekly discrete PE lesson. In the outdoor classrooms are equipped with a variety of resources to enhance gross motor skills and support with negotiating space. Children progress their physical development by learning and understanding their own need, negotiating space and moving freely in a way that is safe and appropriate also mastering how to hold a pencil and developing the fine motor skills. Children will demonstrate good control and coordination which provides them with a secure foundation to move on to Key Stage 1.

In **KS1** at Brookland Infant and Nursery School, we follow Get Set 4 PE scheme of work to ensure the teaching of high-quality PE sessions with a focus in progression of skills. Children in Year 1 and Year 2 take part in discrete PE lessons twice a week and have an additional enrichment PE lesson with a Sports specialist teacher every 3 weeks (Sports 4 Kids). In KS1 children utilise the control and coordination obtained in the early years and begin to develop fundamental movement skills as well as further enhancing their balance and agility. By the end of KS1, children will have worked cooperatively in simple team games whilst recognising and applying rules to ensure games are fair. All these opportunities will ensure that the children have deep and secure knowledge and skills in a variety of physical activities.

All our children (from Reception to Year 2) are offered the opportunity to take part in swimming lessons for a term and are taught by a qualified swimming instructor.

At Brookland Infant and Nursery School, we provide many opportunities for extracurricular activities before and after school. This allows children to further develop their skills and continues to challenge them. As a school, we take part in many different events, providing children with experiences that are catered to all children.

## PE Impact

In PE our children at Brookland Infant and Nursery School will have a strong understanding of the importance of PE and how it not only keeps us physically safe and well, but it supports our mental wellbeing too.

The impact of the curriculum on our children is based upon 4 main principles:

### **Creative Learners: *How the children express themselves***

- Express themselves through dance and movement.
- Think creatively and use their imagination.



**Ambitious Learners: *How the children demonstrate positive learning behaviours***

- Confidently explain the importance of engaging in regular physical activity.
- Challenge themselves physically.
- Reflect on their learning by demonstrating the skills they have learnt to their peers.

**Curious Learners: *What the children learn and how it links to their understanding of their place in the world***

- Explore and use a wide range of equipment e.g. balls, bats, beanbags, hoops etc
- Recall prior learning and apply it to new sporting activities e.g. hitting, throwing, catching.
- Understand swimming as an important life skill.
- Start each new year of learning with the necessary skills and knowledge to build upon through a variety of different physical activities.

**Healthy Learners: *How the children ensure they are ready to learn***

- Know the importance of keeping mentally and physically safe and well.
- Understand the importance of rules when playing games.
- Develop resilience to help them to develop their understanding of 'sportsmanship'.

**If you were to walk into a PE lesson at Brookland Infant and Nursery School you would see:**

- Teachers delivering high quality PE lessons with confidence.
- All children are engaged, challenged and work collaboratively.
- Children demonstrating their understanding of the different benefits of taking part in Physical Education.
- A continuous skill progression within and between each lesson.
- Children demonstrating strong partner and listening skills.
- Children displaying the ability to reflect on their learning and finding ways to improve.
- All children from Reception to KS1 learning how to swim and building their resilience
- Children enjoying their PE lessons.