

## P.E

Our P.E curriculum is developed around the children learning and building on fundamental skills and developing the ability to shine in a variety of physical activities through a range of opportunities provided by our staff, coaches and outside experiences. We ensure that all children are physically active for sustained periods of time throughout the day such as through P.E sessions, break and lunch times, the daily mile, after school clubs and competitive sport opportunities in the local area. This supports the children's understanding of how to lead healthy and active lives.

The P.E curriculum is created to allow all children to work collaboratively, co-operatively and how to be a team player. This supports our pupils' emotional development through a holistic approach. The curriculum is planned to ensure progression across the year groups. Year 1 and Year 2 are taught the same unit topic at the same time throughout the year. It allows the fundamental skills to be developed each year with clear intentions and outcomes set for each year group. The unit plans created are designed to keep the whole class learning the same topic at the same time. Differentiation is planned for within each lesson and the activities set to allow staff to assess, support and challenge providing opportunities to apply skills in a more challenging activity or be given a simplified set of instructions to work on a fundamental skill.

Key Stage One receive one teacher led session and one coach led session per week, both one hour each. Our P.E coaches teach the children fundamental skills such as mastering basic movements such as running, jumping, as well as developing balance, agility and co-ordination and applying these skills in a range of activities. Coaches plan team games to develop the children's tactic skills and to support the development of team building skills. Staff support lessons led by coaches to support CPD in P.E.

EYFS develop their Physical Development engaging in activities throughout the day including access to the EYFS outdoor areas. Opportunities are provided for climbing, balancing, throwing and catching equipment. Directed tasks are planned for each week to ensure children are given the opportunity to develop these fundamental skills. Nursery and Reception have daily yard time to use equipment and develop physical skills through gross and fine motor activities. Reception participate in coach led sessions to introduce them to formal P.E lessons in preparation for Year 1 in the Summer Term. Children are taught the life skills of keeping themselves healthy and the importance of physical exercise.