

Physical Education

Intent

At Larkfields Infant School our intent is that our children have access to a range of quality, enjoyable and inclusive PE opportunities to enable them to be the best that they can be and also begin to understand the contribution of activity to a healthy lifestyle.

The children develop their confidence and fundamental movement skills and can use these to take part in a range of sporting activities. Through these activities the children can practise and develop their skills individually, collaboratively and cooperatively. Whilst taking part in PE and school sport important values such as fair play and resilience are embedded alongside our Larkfields **STAR** values of **Safe**, **Team Player**, **Active Learner** and **Respect**.

Concept	Foundation Stage 2	Year 1	Year 2
Gymnastics	Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing. Progress towards a more fluent style of moving with developing control and grace. Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.	Develop balance, agility and coordination and begin to apply these in a range of activities.	Practise and refine balance, agility and coordination and begin to apply these in a range of activities.
Games	Use their core muscle strength to achieve good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use arrange of large and small apparatus indoors and	Develop basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities. Begin to participate in some simple team games.	Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination and begin to apply these in a range of activities. Begin to participate in team games developing simple tactics for attacking and defending.

	outdoors alone and in a group. Develop overall body strength, balance, coordination and agility.		
Dance	Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups.	Perform dances using simple movement patterns. Learn basic dance terms.	Perform dances using simple movement patterns but with a developing level of complexity. Learn additional dance terms Create own phrases of movement/routines
Physical Health and Wellbeing	Know and talk about the different factors that support overall health and wellbeing: regular physical activity.	To know about physical activity and how it keeps people healthy.	Children should know the characteristics, mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this: for example walking or cycling to school or other forms of regular vigorous exercise.

Enrichment opportunities

After school activities involving a range of sports and interests with a physical theme including tennis, Tri-golf, Zumba, football and yoga.

Whole School Sports Day involving teams comprising of children from FS2, Year 1 and Year 2.

Whole School Activity Day involving all children taking part in a carousel of activities. Some activities are directly related to specific sports eg football or tennis. Some related to fun activities with a physical focus eg an inflatable obstacle course and parachute games.

Also an activity related to healthy eating.

Activities organised by Eastwood and District Sports Association including a Key Stage 1 Football Festival, Key Stage 1 Inclusive Sports and the Chance to Dance Showcase.

EMET Sports Event for Key Stage 1 children.