



READY RESPECTFUL ENGAGED

INTENT

At Ravensdale Infant and Nursery School, we aim to develop children's knowledge, skills and understanding by providing a high-quality PE curriculum. We have a varied curriculum in place with activities including; gymnastics, dance, fundamentals, football, basketball and games for understanding. We believe in the importance of outdoor learning and encouraging children to lead and develop an active and healthy lifestyle. The children receive opportunities to compete in competitive sport and activities with peers to cooperate and collaborate as part of a team. Fundamentally, this supports children to build character and embeds core values such as respect, fairness and equity of play. PE enables the children to become physically confident and develop competence to excel in a range of physical activities. The children will take part in activities and games which develop their skills and tactics whilst focusing on strengthening their balance and coordination.

IMPLEMENTATION

All children participate in weekly PE and sporting activities delivered by teaching staff, sports instructors from the Derby County Community Trust (DCCT) and Premier Education. Teachers use Complete PE Curriculum to ensure lessons across year groups show progression and are suited to the children's needs and abilities by following the long term plan. Staff are regularly given opportunities to take part in internal and external CPD using DCCT to ensure children receive a high quality provision. As an active school, we aim to provide the children with opportunities to participate in active lessons outside of their regular PE lessons. In addition, cross-curricular links are also generated during Literacy, Music and Science. The children have opportunities to participate in extra-curricular activities before, during and after school. As part of the school day, children spend their lunchtime participating in sporting activities and games which are led by the DCCT coaches and the midday supervisors. We offer a range of after school activities for all children to access such as; dance, gymnastics, football and multisport club.

Early Years Foundation Stage

As part of the Early Years Foundation Stage curriculum the children spend a large portion of the day outside within their outdoor area whilst also accessing the school grounds and Woodland Climber. By encourage outdoor learning the children have opportunities to be active, develop their co-ordination, stability, balance, spatial awareness and control in large and small movements whilst moving confidently and negotiating space.

Fine motor control and precision activities will be carried out to help develop hand-eye co-ordination and to strengthen smaller muscles. The children will learn about the importance of a healthy diet, physical exercise and talk about ways to keep our bodies healthy.

Key Stage 1

All children in Key Stage 1 participate in two hours' worth of planned physical exercise each week which is delivered by the class teacher sometimes supported by a coach from an external agency. All children have a morning break and have regular opportunities to exercise and re-energise during 'Wake and Shake' and taking part in the daily mile. As part of the curriculum the children will develop fundamental movements and become increasingly competent and confident whilst accessing opportunities to extend their balance and coordination. The children will take part in competitive physical activities and games which will enable them to develop simple tactics for attacking and defending alongside their peers. The children will have an opportunity to work with their peers to create and perform dances using simple movement patterns.

IMPACT

At Ravensdale Infant and Nursery School, we aim to improve children's wellbeing and fitness through physical education activities. We hope children experience enjoyment whilst understanding and demonstrating core values and the importance of fairness and respect. We aim for our children to be physically active which has a positive impact on their learning in the classroom environment. The use of observations, discussions and assessment improves the quality of lessons by reflecting upon practice. All children by the end of KSI should be competent in the core skills and be physically ready for KS2 education.