



PE at Milford Infants' School

Intent

Through their PE learning, Milford children have a positive start to life-long active learning and have the **confidence, ability and resilience** to develop their skills and understanding when having new experiences, meeting new physical challenges and finding themselves building on previous skills. We share a cohesive vision to help children to **understand value and celebrate their sporting achievement**. It is our intent that the children leave our school **feeling active and physically confident** with the skills of resilience, team work and understanding the importance of physical activity and how we can support this with a healthy lifestyle.

Teaching in the Early Years follows the Educational Programme and ideas from Development Matters relevant to our children's needs. Teachers follow and plan for children's interests throughout the year ensuring high quality physical opportunities, both fine and gross motor are provided so that children can demonstrate the skills of the Early Learning Goal (ELG) by the end of the year confidently.

PE is much more than just a series of physical activities. It plays a vital role in a child's overall development, impacting their physical health, cognitive skills, social interactions, emotional wellbeing, and academic performance. Early positive experiences in PE can lay the foundation for a healthy, active lifestyle, and foster key life skills that are important for success both inside and outside the classroom. Encouraging physical activity from a young age is a vital part of education that supports the development of well-rounded, healthy individuals.

Pre-School	Reception	Key Stage One
<p>EYFS Statutory Educational Programme: Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.</p> <p>By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>		<p>Pupils should 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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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 simple tactics for attacking and defending • perform dances using simple movement patterns.

Implementation:

The curriculum for PE is taught throughout the whole school making sure they are exposed to a variety of different skills and sports. All children starting from Reception have a minimum of taught PE time, as well as active playtimes, outdoor classrooms and movement breaks.

In EYFS physical Development focuses on gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness and develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Gross motor the Pre-school have Yoga weekly, both Reception and pre-school use equipment and a daily outdoor classroom focus to use a variety of resources and apparatus, such as bikes, trikes, obstacle courses, slides, tyres, wooden blocks as well as team-based games which are supported by adults. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Everyday there will be an adult lead fine motor skill, in order to strengthen and develop their muscles, additional intervention will be carried out for children who need more focus in mastering the core skills.

At KS1 PE is implemented twice weekly, both by specialist external coaches, making sure all children have the minimum time of 2 hours weekly. Teacher taught lessons follow a whole school progression plan in order to make sure basic physical co-ordination, resilience and team-based, competitive activities are re-enforced and introduced based on previous learning. Specialist coaches work closely with Teachers and Subject lead in order to make sure basic skills are embedded across the school. Children are exposed to a variety of different games, with the same skills, which have been adapted for the different abilities. Children that are not meeting age related objectives are targeted and interventions are put in place, as well as an additional adult in order to support specialist coaches. In Year 2 children are more exposed to team-based games with a more competitive nature where appropriate. Team work is discussed, characteristics taught in order to know what makes good sportsmanship.

Impact

1. Physical Development

- **Motor Skills:** PE helps children develop their fundamental motor skills such as running, jumping, throwing, catching, balancing, and kicking. Mastery of these skills is vital for further physical activity as children grow older.
- **Coordination & Balance:** Activities in PE encourage children to improve their coordination, balance, and spatial awareness, which are essential for everyday movement and other activities.
- **Strength & Stamina:** Regular physical activity promotes physical health by increasing muscle strength, cardiovascular health, and stamina.
- **Physical Fitness Habits:** Engaging in PE fosters an early understanding of the importance of staying active, which can lead to lifelong healthy habits.



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2. Cognitive Development

- **Concentration and Focus:** PE activities often require children to pay attention, follow instructions, and focus on tasks. This enhances their cognitive skills such as memory, attention span, and problem-solving.
- **Understanding Movement Concepts:** Through games and structured activities, children begin to understand more complex concepts like speed, direction, and balance, which supports their cognitive development.
- **Learning through Play:** PE in KS1 often involves games and activities that encourage critical thinking and decision-making, helping to improve children's ability to analyse situations and make appropriate choices.

3. Social and Emotional Development

- **Teamwork and Cooperation:** PE encourages children to work together in teams, teaching them the importance of cooperation, sharing, and respecting others. These social skills are important in all aspects of life.
- **Confidence and Self-Esteem:** Success in physical activities, no matter how small, can boost a child's self-esteem. PE helps children to develop a positive attitude towards their bodies and their abilities.
- **Emotional Regulation:** Physical activity can have a calming effect on children and help them manage emotions such as stress or frustration. Through PE, children learn to cope with winning and losing, as well as managing both positive and negative emotions in competitive contexts.

4. Health and Wellbeing

- **Obesity Prevention:** PE helps combat the rise in childhood obesity by promoting physical activity, which is essential for maintaining a healthy weight. Encouraging children to be active from an early age can help establish healthy habits for life.
- **Mental Health:** Physical activity is known to release endorphins, which improve mood and reduce anxiety. By introducing children to the benefits of physical activity early on, PE can contribute to mental wellbeing.
- **Healthy Lifestyle Habits:** PE provides an opportunity to teach children about the importance of staying active, eating healthily, and looking after their bodies, which can set the foundation for a healthier lifestyle in adulthood.

5. Academic Benefits

- **Improved Academic Performance:** Studies have shown that regular physical activity can improve cognitive function, including memory and concentration. PE provides a mental break from the classroom environment and helps children return to their academic work with better focus.
- **Brain Development:** Physical activity stimulates brain function, improving the development of neural connections. Regular movement helps support a child's ability to learn and perform academically.

6. Inclusion and Equality

- **Promoting Inclusivity:** PE in KS1 allows children of different abilities to participate in various activities, fostering inclusivity. Teachers can adapt activities to ensure all children, regardless of their physical abilities, are able to participate.
- **Reducing Bullying:** As children work together in physical activities, they often form friendships across different social groups. PE helps reduce social barriers, which can also contribute to a reduction in bullying.

7. Long-Term Impact

- **Encouraging Lifelong Participation:** Early positive experiences with physical activity can create a lasting appreciation for sports and movement, encouraging children to continue being active throughout their lives. This can be key in reducing the risk of chronic health conditions such as heart disease, diabetes, and mental health issues later in life.
- **Sporting Talent Development:** While this may not apply to all children, early exposure to different sports and activities can help identify natural talents and interests that may develop into future athletic ability.