

# P.E.

At Purbrook Infant School, physical education has always been highly regarded with both staff and pupils showing great enthusiasm for delivering and participating in active lifestyles. PE is a valued element in our DARE curriculum allowing children to develop diligence, aspirations, resilience and enthusiasm towards physical activity and competitive challenges.

At Purbrook Infant School we follow the national curriculum through the provision of 4 strands of Physical Education; games, dance, gymnastics and athletics. Lessons follow the knowledge based DARE curriculum supporting children to learn knowledge of varied movements which become increasingly sport and physical activity specific as they progress through the years; knowledge of safe and effective participation, leading to healthy lifestyle habits. Finally, our PE curriculum imparts children the knowledge of basic rules, tactics and strategies – perfect for transitioning to KS2.

Each class participates in two sessions of PE per week, in both indoor and outdoor learning environments. One of these sessions a week is with a specialist sports coach with expertise in physical education. We have guest teachers introducing new sports or activities as part of the continual professional development increasing our team's knowledge, understanding and experiences of a subject area



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such as gymnastics or cricket. As well as traditional activities like football, we also provide after school sports clubs with focus on diverse participation and activities, including SEND learners. Children at Purbrook Infants have opportunities to compete in inter-school competitions which gives them a sense of achievement and also develops their role in the wider community and culture of the society in which they live. In addition to these, equipment and supervision are provided to make break times physically active. Our school works closely with

external agencies to provide outstanding sports events such as sports day. Children's enthusiasm and motivation to take part demonstrates the positive impact of the PE curriculum.

Physical Education at Purbrook Infants is taught in line with the school's commitment to the SMSC programme. Lessons are designed to allow all children to explore their own abilities and talents in an inclusive environment, regardless of gender, race, age, nationality and physical or mental ability. Pupils are encouraged to sculpt and drive their own learning, harnessing their natural creative instincts and imagination. Children are aware of the links between physical education and well-being, including mental health. At Purbrook Infant School we are proud to be active and champion the importance of active lifestyle across the curriculum. The attainment and achievements in physical education at Purbrook exhibit success across each year group.

