

## How can you help at home?

P.E. at Stannington Infant School is about allowing children to discover their aptitudes, abilities and preferences, and make choices about how to get involved in lifelong physical activity.

Here are some ways in which you can support your child at home and 'out and about':

- Be a good role model and allow the children to see you prioritising leading a healthy and active lifestyle.
- Talk as a family about being healthy and active.
- Make use of the local amenities (the park) to allow them to be active.
- Take your child swimming.
- Encourage genuine interests in sport (gym club, dance, football club, judo, boxing etc).
- Provide healthy snacks and water bottles.
- Ensure your child has full PE kit (with suitable footwear) in school on their PE days.
- Praise for **effort** when they are taking part in physical activity as well attainment.



### Useful Websites:

<https://www.nhs.uk/change4life>

<https://www.nhsinform.scot/healthy-living/keeping-active/getting-started/activities-for-parents-and-children>

<https://www.youthsporttrust.org/news/new-guidance-offers-parents-14-simple-steps-get-their-children-active>

<https://www.afpe.org.uk/physical-education/importance-of-pe-school-sport-physical-activity-resources/>

Feel free to contact the following person for any additional information:  
**Sarah Gore and Shannon Travis**  
PE Co-ordinators

# Stannington Infant School Physical Education

Information Leaflet  
for  
Parents and Carers





## What is Physical Development?

PE is much more than success on the sports field. It develops competent, confident young people who understand the importance of a healthy, active lifestyle both in and outdoors.

### Foundation Stage:

Physical Development in the Foundation Stage is encouraged through activities which provide children the opportunity to be active in their learning, helping them to improve and modify their skills of co-ordination, control, manipulation and movement in a safe and stimulating environment. Physical development is also closely linked to PSED (Personal, Social and Emotional, Development) as it builds on the children's confidence, positive self-wellbeing and promotes good health. In addition to this the Foundation Stage have PE 3 times per week in the school hall as well as regular outdoor sessions in the school garden.

### Key Stage One:

PE is timetabled twice a week (minimum), with further opportunities for the children to be active at regular intervals throughout the day. Lunchtime and after school clubs provide children with the opportunity to develop: gymnastics, archery, cricket and football skills. Year 2 children are also given the opportunity to be Sports Leaders. Forest School allow children to build upon a further range of skills as well as developing a love for the outdoors and working together as a team. Foundation Stage and Key Stage One also benefit from opportunities to participate in inter school competitions through the Links

## How is PE taught at Stannington Infant School?

The National Curriculum outlines the following aims:

- ✓ develop competence to excel in a broad range of physical activities
- ✓ are physically active for sustained periods of time
- ✓ engage in competitive sports and activities
- ✓ lead healthy, active lives

At Stannington Infant School we address these aims by supporting the children to become increasingly confident and competent in the development of the fundamental movement skills of agility, balance and co-ordination.

Our Physical Education curriculum is taught through three main areas:

### **Dance (Get Set 4 PE)**

Movement to music, rhythm and beat linked to the overall topic where possible.

### **Gymnastics (Get Set 4 PE)**

On the floor and apparatus:

Travelling, awareness of space, balancing, awareness of body parts, prepositional language and linking movements.

### **Development of the fundamental movement skills (Get Set 4 PE)**

It is a holistic approach which offers all children the opportunities to develop their physical fundamental movement skills. It develops children's skills through a range of sports.

## PE at Stannington Infant School

The importance of Physical Education (PE):

- PE develops children's physical competence and confidence; and their ability to use these to perform in a range of activities.
- PE promotes physical skilfulness, physical development and knowledge of the body in action.
- PE provides opportunities for children to be creative, competitive and to face up to different challenges as individuals, in groups and teams.
- PE promotes positive attitudes towards active and healthy lifestyles.

