

Curriculum Intent

Physical Education enables children at Southbroom Infants to progress both physically and mentally through a broad, inclusive and engaging curriculum. Our PE curriculum aims to develop competence in a wide range of activities; ensure all pupils are physically active for sustained periods and lead healthy lives. We continually strive to create a culture that inspires an active generation to enjoy physical education (life-long learners), encourage each other and achieve their best. We, along with our school physical education partner provider PH Sports, provide a safe, stimulating and supportive environment for children to flourish in a range of different physical activities. Throughout PE lessons, all children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and use the medium of a range of different sports to increase their physical and mental development. In line with the national curriculum, we will ensure that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.

The aims of our physical education curriculum ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
 - Become physically active for sustained periods
 - Engage in competitive sports and activities
 - Lead healthy, active lives

Our curriculum sets out a progressive programme of skills to continuously build on the children's prior learning and develop their prowess in a range of different sports. Along with the curriculum skills, children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. Thus, our pupils will learn that sport and physical activity should be accessible to all by embedding life-long values such as cooperation, honesty and equity of play.



PE
in a Nutshell
2023/24



Curriculum Implementation

Southbroom Infants teaches a skills-based PE curriculum, along with sports provider PH Sports. PH sports, a specialist sports provider, provides outstanding teaching. Lessons are taught in blocks on a half termly basis one by a specialist coach and once by the class teacher. The second lesson is a consolidation session building on skills through different sports. This ensures children get adequate time to practice their newly acquired skills, consolidate knowledge and have time to apply these further within different sporting activities. All PE lessons take place either outside in the enclosed space or inside our spacious hall. At Southbroom Infants, we aim to create high-quality teaching and learning of PE and sport that inspires every pupil to participate in physical activity. Every pupil is allowed to apply and develop a broader range of skills where each lesson sequentially builds upon their previous learning. Therefore, all PE lessons promote teamwork, resilience, and the importance of reflection and continue to embed the school's values. PE equipment and resources are carefully planned into lessons and are utilised to support children's physical development. As a result, the equipment can be used to differentiate activities, ensuring every pupil's needs are met and allowing the opportunity to develop their skills.

Curriculum Impact

Physical activity has a multitude of benefits for children both physically and mentally. The outcomes of a rich, rigorous and balanced physical education curriculum at Southbroom will be pupils who can:

- Demonstrate knowledge about gameplay (invasion games) in a range of different sports
 - Use a high level of skill to engage in a range of sports
- Understand why physical activity is important and how it fits into the broader picture of a healthy lifestyle
 - Demonstrate some level of confidence with physical activity and always be willing to participate.
 - Have a passion for and a commitment to the subject.

The benefits of regular physical activity lessons also have a positive impact in other areas of learning such as improved concentration during lessons, the ability to communicate with others effectively and an improved understanding of how to work as a team.