



PE statement

“Healthy body, Healthy mind.”

Intent

At St Ives Infant School we aim to provide our children with the tools, knowledge and understanding to live a healthy and active lifestyle and supports both their physical and mental well being, now and in the future. We aim for all our children to experience a wide range of sports and physical skills, which will enhance life-long fitness and healthy living choices. Physical education can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children resilience through playing team and individual games and activities. In addition to this our children will be able to develop creative skills through dance and gymnastics.

Implementation

At St Ives Infant School PE is taught by a combination of class teachers, PE specialists and qualified sports coaches. Children have opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, after school clubs, outdoor learning, lunch provision and special events.

At St Ives Infants School the PE curriculum is structured to provide a range of sports experiences during which every child participates to develop their skills and learning through competitive, team and individual sports. As an infant school, our main focus is teaching the children sports skills they will need to succeed and then adapting these learnt skills to different small games and sport situations. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately for all children. We support this by using professional sports coaches to deliver some of our curriculum lessons. When possible, we will also get specific sports coaches into school to work with the children on specific sports such as cricket. These sessions are always skills based to develop the children’s general sports skills and then on to support small sided, simplified games with that sport. This enables children to gain experience of a variety of fundamental skills with a focus on agility, balance, co- ordination and fitness.

In addition to our National Curriculum offer we also develop important life skills such as swimming and bikeability, which that we feel are vital to support our children living a safe and health life within Cornwall.

Impact

St Ives Infant & Nursery School PE Statement



The impact of our approach to PE at St Ives Infant School is developing a clear understanding of what a healthy life style is. When children are able to make positive choices for their physical and mental wellbeing, today and in their future. This is shown through physically active children throughout the school and an increase in participation in sports and after school clubs.