

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':

- Walk instead of taking the car or park a little further away.
- Allow them to ride a bike or scooter.
- 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.



Feel free to contact the following person for any additional information:

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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 develop good control and coordination in large and small movements. Children learn about the importance of good health and physical exercise. They develop an awareness of a healthy diet and ways to keep healthy and safe. In addition to this the Foundation Stage have PE 4 times per week in the school hall as well as regular outdoor sessions in the school garden.

Key Stage One:

PE is timetabled 4 times per week (2- 2 ½ hrs all together), with opportunities for extracurricular activities developing these skills further. The lunchtime and after school clubs have provided children with the opportunity to develop: rugby, gymnastics and netball skills. Forest School blocks of learning 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.

How is PE taught at Stannington Infant School?

PE is taught progressively through the three main elements of *Gymnastics, Games and Dance*.

This is a very brief overview of the skills taught in each element:

Dance

Actions: *Gesture, turns, transfer of weight onto different body parts.*

Dynamics: *Speed, shape, size, tension, direction, levels.*

Space: *General, personal*

Creating: *Responding to music, poetry, and instruments - copying and repeating movement patterns.*

Performing and Appreciating: *Observing and talking about movement.*

Gymnastics

On the floor and apparatus:

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

Games

*Development of motor skills (walk, run, jump)
Development of skills (sending and receiving) using a variety of games equipment (beanbags, bats, balls etc)*

Simple competitive games played as an individual, in a pair or small group.

Orienteering and team building

Athletics

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.

