

What is PE?

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.

Foundation Stage:

The teaching of PE fits in to the curriculum area of Physical Development and PSE (Social and Emotional)

Key Stage 1:

PE is timetabled twice per week, with opportunities for it to be included at other



times when enrichment activities are available, for example: Archery, Tag Rugby, Fencing, Tennis, Tri Golf, Country Dancing and Inter School Sports Competitions.

Brain Gym is a daily activity for all.

The Trailblazer is used to develop the skills learnt in PE.

The Aims of PE



The importance of Physical Education (PE):

PE develops pupils' physical competence and confidence; and their ability to use these to perform in a range of activities.

PE promotes physical skilfulness, physical development and a knowledge of the body in action.

PE provides opportunities for Pupils 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.

The PE Curriculum

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, 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, linking movements.

Games

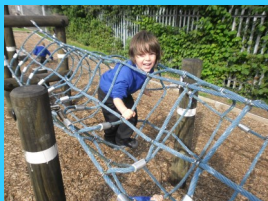
- Development of motor skills (walk, run, jump).
- Development of skills (sending and receiving) using a variety of games equipment (beanbags, bats, balls etc).
- Simple competitive games played.
.as an individual, in a pair or small group.

How can you help?

PE at Summerhill 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 when learning about PE:

- Walk instead of taking the car
- Allow them to ride a bike/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, football club, judo, karate etc).



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

Mr Walton

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Summerhill
Infant School

Physical Education



This leaflet aims to give you a brief overview of Physical Education at Summerhill Infant School