

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.

Early Years Foundation Stage (Reception):

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

Key Stage One (Year 1 & 2):

PE is timetabled twice per week, with opportunities for it to be included at other times when enrichment activities are available, for example:

Archery, Fencing, Tag Rugby and Inter

School Sports Competitions.



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

We deliver the P.E. curriculum through a scheme of work called Real P.E. We supplement this with enriching activities such as dance and using large P.E. apparatus.



Children acquire these skills through different contexts:

Team games

Fencing

Target games (including archery)

Athletics

Gymnastics



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.

