

How Can You Help?

P.E. at Stocksbridge Infant School is about allowing children to discover their skills, abilities and passion, 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 to begin their lifelong physical activity journey:

- Be a good role model and join the children in leading a healthy and active lifestyle. The NHS guidelines aim for children to have an average of at least 60 minutes of moderate intensity physical activity a day across the week – 30minutes of which should be in school each day.
- Try to use the local amenities (the park, leisure centre and local clubs) 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 drink plenty of water.
- Talk as a family about being healthy and active.



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

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P.E.

Physical Education

**An Information
Booklet for Parents
and Carers**

How is P.E. taught at SNI?

PE is much more than winning on sports day or playing for a local club. It develops competent, confident young people who understand the importance of a healthy, active lifestyle both indoors and outdoors. It is the beginning of a lifelong journey of active living and it can be the basis of friendships and social situations later in life.

The basis for our PE is centred on the fundamental movement skills of agility, balance and coordination. These skills are the key prerequisites to teaching sports in KS2. Once children have mastered all three they can begin to fine tune their skills in sports like football tennis, rugby etc.

Agility is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. For example, changing directions to hit a tennis ball.

Balance is the ability to control or stabilise the body when a person is standing still or moving.

Coordination is the ability to use the senses together with body parts during movement. For example, dribbling a basketball. Using hands and eyes together to coordinate movements.

Foundation Stage

Physical Development is encouraged through activities which provide children the opportunity to be active in their learning, helping them to improve and modify their skills of agility, balance and coordination as part of their continuous provision. Physical development is also closely linked to PSED (Personal, Social and Emotional, Development) as it builds on the children's confidence, positive self-wellbeing and promotes good health.

In addition to their continuous provision, children in our Foundation Stage have access to two timetabled PE slots. These lessons focus on developing dance and gymnastics as well as developing skills such as catching, throwing, kicking, running, jumping. They also take part in a weekly 'Welly Wednesday' where the children engage in outdoor learning and learn to ride balance bikes.

Key Stage 1

At Stocksbridge Infant School we address these aims by supporting the children to become increasingly confident and competent in the development of the fundamental movement skills of agility, balance and co-ordination. This is to develop children so they can become increasingly competent and confident so they can access a broad range of opportunities.

Our Physical Education curriculum is taught through three main areas: Dance, Gymnastics and Games which are taught every week. Each class has two PE slots a week: one outside and one inside. Inside we teach dance and gymnastics on an alternating half termly rota inside and games are taught outside weekly whatever the weather. Mixed in to games we teach orienteering through Forest School activities.

We aim to promote competition within the PE curriculum. This could be through beating personal goals or via our weekly intra class competitions. As well as this, we provide our children with the chance to take part competitively against other children from different schools in a safe and friendly environment.