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**Statement of Intent for Physical Education.**

Physical Education is an integral part of life at St Michael’s Infant School. Children are naturally full of energy and we aim to take this and develop it to give them a life-long love of being physical and living a healthy lifestyle.

We believe that physical education is more than just a few hours a week of taught lessons. Being physical and healthy impacts on many areas of the academic curriculum and on school life in general. By developing good physical wellbeing, we find that our children are more focused for learning with increased stamina, perseverance and resilience. It also has a positive impact on their mental and emotional health. We are an inclusive school and all children are given opportunities to participate at their own level in every physical activity.

The children are given many opportunities each day to be physical.

They have two playtimes a day where they have the space to run around and play actively with their friends. We also supplement this with a range of sports equipment such as skipping ropes, balls and rackets. The children also have access to our amazing outdoor play equipment which allows them to develop their balance, core strength and agility. Year R can continue this physical activity in their large outdoor area which contains play equipment, bikes and space to run around.

To enable children to be more active throughout the school day, we have created an outdoor classroom within our school grounds. This is used for active cross-curricular learning, for example children building minibeast hotels as part of their longitudinal study and learning about microhabitats in Science.

Each class also participates in the Daily Run, where the children try to complete as many laps of the playground in a set time. This has greatly increased physical stamina which has been transferred to increased mental stamina in the classroom.

We have introduced yoga sessions into the week, as an alternative way to keep healthy. This is helping to develop core muscle strength and also giving the children a sense of calmness and relaxation in their fast-paced lives.

Through our sports coach MSport Active, we offer after school football and multi sports clubs. Our Headteacher also teaches an after-school dance club.

In addition to daily physical activity the children also have two taught sessions of PE per week, one taught by the class teacher and the other by our sports coach MSport Active. Learning in physical education is underpinned by the statutory requirements of the National Curriculum/ Early Years Foundation Stage and delivered through our school values. We have chosen to use ‘Get Set 4 PE’ as a resource to teach games and dance because it supports teacher subject knowledge, focuses on subject-specific vocabulary and broadens the range of games skills we teach, preparing children well for their learning in Key Stage 2 and beyond. We have written our own bespoke gymnastics planning which is tailored to the needs of our children, focuses on developing core strength and gross motor skills and is specific to the layout of our hall and the resources that we have. P.E. lessons provide all children with opportunities to develop their co-ordination, agility and balance and master simple movements such as running, jumping and skipping, and climbing, and encourages children to be co-operative. creative and respectful.

The highlight of the PE year is our Sports Day which we hold each summer. This gives the children the chance to showcase the skills and activities that they have learnt during the year to their families. This forms part of our Happy and Healthy Week, which is an exciting week full of visitors, healthy eating and lots of fun physical activities.