

How can you help me from day to day?

Physical Education (PE) at Moat Farm Infant School contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. 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. Children complete our WOW travel tracker each day and can earn badges for their active choice in coming to school.
- 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.

YouTube offers a range of appropriate aged videos of dance and physical activity games. We use these in school with the children as warm ups and Brain Breaks

Extra 30 minutes PA

Each day MFIS aims to offer children 30 minutes of extra physical activity. This is done at various times in the day and is discrete. Children actively participate throughout the week in 15 minutes playtimes with opportunities to use equipment, 30 minutes physical lunch times (including a lunch sports club for Year 1), 30 minutes sports coaching sessions throughout KS1, brain breaks in the classrooms and after school clubs are available for children in KS1.

Brain breaks are a physical activity ranging from 30seconds to 3 minutes where children get moving and refresh their working brain. This type of morning activity has been shown to improve children's learning and focus in school. It also contributes to the improvement of their gross motor skills. However, the most important factor is that it is really FUN! Wake up! Shake up! Is also offered on Friday mornings in our school playground.

Please contact the following person for any additional information:

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Moat Farm Infant School

Physical Education

Information Leaflet for
Parents and Carers





What is physical education at Moat Farm Infant School?

In the national curriculum there are end of Key Stage 1 expectations in physical education. PE at Moat Farm Infants is categorised into three strands:

- Dance
- Games
- Gymnastics

Children are expected to develop practical skills in these areas in order to participate, compete and lead a healthy lifestyle.

As a school we will teach all skills at three cognitive domains:

- Emerging - Working towards the national expectations
- Secure - Meeting the national expectations
- Greater Depth - Meeting the national expectations at a greater depth

EYFS will have 1 x 30-minute session per week beginning in the summer term plus unlimited access to outdoor and indoor physical activities, which incorporates gross and fine motor skills.

KS 1 will have 2x 1-hour PE sessions delivered by their teacher each week. Throughout the year classes will access an extra 30-minute coaching session, delivered by our schools' coach.

PE is a compulsory part of the national curriculum at every Key Stage.

Moat Farm Infants sessions of PE are based on the departmental guidance.



How is physical education taught at Moat Farm 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.



P.E at Moat Farm Infant School?

Contribution of PE to teaching in other curriculum areas

English

PE encourages the children to describe what they have done and to discuss how they might improve their performance, thus contributing to the teaching of literacy in our school. Paired talk and self-assessment also play a vital part in speaking and listening.

ICT

We use ICT to support PE teaching when appropriate. In dance and gymnastics, recordings of their work and the works of others help the children to develop their movements and actions and improve the quality of their work. Digital cameras also play an important part in providing evidence as to what they children have been doing in PE.

PSED

Through PE children learn about the benefits of exercise and healthy eating and how to make informed choices about these things.

Spiritual, Moral, Social and Cultural Development

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with others in lessons. Working together in groups allows children to discuss their ideas and performances. It enables them to co-operate across a wide range of activities and experiences and to develop a respect for other children's work. Children learnt to respect and work with each other and develop a better understanding of themselves and of each other.

Maths

Through PE children are able to use mathematical vocabulary to describe position, direction and movement, including movement in a straight line and distinguishing between rotation as a turn and in terms of right angles for quarter, half and three-quarter turns (clockwise and anti-clockwise).