

Letchmore Infant and Nursery School

PE and school sport Curriculum Journey

Working in partnership with Premier Education

Subject Lead: Rebecca Pratt

Academic Year: 2023/2024

Intent - School Sport on a Page

Whole School vision and ethos:

Our Vision is to provide a magical inclusive community where all feel valued, nurtured and inspired to become lifetime learners.

School intent/vision statement for PE and sport:

At Letchmore Infants' and Nursery school, we recognise the importance of PE and the role it has to play in promoting long term, healthy lifestyles. The intent of the PE curriculum here at is to provide all children with high quality PE and sport provision. It is our vision for every pupil to succeed and achieve their potential as well as to lead physically active lifestyles. It is our mission to *inspire* our pupils through fun and engaging PE lessons that are enjoyable, challenging and accessible to all. We want our pupils to appreciate and know the benefits of a healthy and physically active lifestyle. Through our teaching of PE, we will provide opportunities for pupils to develop our school values and transferrable life skills such as fairness and respect which is key in becoming a responsible citizen as well as providing them with opportunities to take part in competitive sport. We want them to recognise that success comes in many forms and considering the needs of our school, contribute to raising their self-esteem through our growth mind-set approach to learning.

Whole School Sport Improvement Plan Aim/Objectives

1. To develop distributed leadership across the school based on the belief that everyone can be a leader.
2. To embed an inspiring, creative and empowering curriculum that equips our children for today and tomorrow.
3. To further enrich our nurturing culture and environment through a whole school ethos of positive mental health and wellbeing for all

School Sports Premium Funding Intent

The Government provides each primary school throughout England with additional funding which is to be spent on improving the PE and sports provision within schools. At Letchmore Infants' and Nursery School we believe a high-quality PE curriculum should be an integral part of the whole school curriculum and one that staff, pupils and parents understand and can contribute to. Our school recognises the values that a high-quality PE and school sport curriculum gives pupils, in addition to lunchtime provision, Child initiated Learning, after school clubs and wrap round care provision.

Our school uses funding to make additional and sustainable improvements to the quality of PE and sport we offer. We plan to see improvements across these five key indicators:

1. The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport
4. Broader experience of a range of sports and activities offered to all pupils
5. Increased participation in school sport

Competitions Intent

We work in partnership with Stevenage Sporting Futures to provide school games and/or competitive opportunities to all of our children. Each Year we will have a Sports day and other opportunities for children to compete at a school level.

National Curriculum Intent

Guidance from afPE for the progression within PE was taken into account- along with the national curriculum- when designing our PE curriculum.

Early Years

Physical development is one of the three prime areas within the [Early Years Foundation Stage](#) (EYFS). Each prime area is divided into Early Learning Goals, for physical development these are:

Gross Motor Skill

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Key Stage One




Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.



Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Implementation

Pupil Progression plan

	Reception ⇨	Year 1 ⇨	Year 2 ⇨
Team Games 	Fundamentals of Movement Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce	Multi Skills Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)	Multi Skills Theme: Working as a team Coverage: Consolidating fundamental movement skills (FMS) from Year 1 to include, kicking, Trapping, throwing, catching, bouncing, pushing, rolling
Dance 	Fundamentals of Movement - ABC Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	Dance Theme: Short stories or story based class/ school theme Coverage: Shapes and Patterns, Travelling, Change of speed/rhythm/level/direction	Dance Theme: Linked to class/school theme Coverage: Shapes and rhythm. Responding to rhythm. Negotiating space.
Gymnastics 	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Gymnastics Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space	Gymnastics Theme: Rolling and Jumping, Linking actions. Coverage: (FSS) Developing Rolling, Jumping skills and linking these actions

	Reception ⇄	Year 1 ⇄	Year 2 ⇄
Athletics 	Sports Day Preparation Theme: run, Jump, throw. Coverage: development of fundamental movement skills for run, throw, jump	Sports Day Athletics Theme: Different ways of running, jumping and throwing. Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self.	Sports Day Athletics Theme: Running, jumping and throwing skills, setting personal targets Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. others
Striking and Fielding 	Team Games Theme: co-operating, sharing, listening, taking turns Coverage: A variety of fundamental movement skills introduced through team activities.	Games Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.	Games (Striking & Fielding) Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for cricket and playing simplified versions of the game

Curriculum Overview

Below is an overview of the curriculum delivery topics that will be delivered throughout the year. We aim to create a broad and balanced PE curriculum that also revisits the skills developed at different touch points throughout the year to reinforce the learning within that topic. The curriculum will also be developed to link into other key values and topics within the school.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental movement skills	Ball/multi skills	Movement to music	Gymnastics	Ball/Multi Skills sports day	Team games
Year 1	Multi Skills	Gymnastics	Movement to music	Invasion games	Athletics and sports day activities	Striking and fielding
Year 2	Multi Skills	Gymnastics	Movement to music	Invasion games	Athletics and sports day activities	Striking and fielding

School PE curriculum

See the below for an overview of the progression of skills, experiences and developments within each topic. We have also included the year groups termly topic/theme which can be used for a possible line of enquiry for cross curricular links.

Early Years Foundation stage overview

We recognise that PE and sport can positively impact the EYFS prime and specific area of learning and development. Whilst EYFS do not have to do PE, we value the role PE can play within their development and have implemented the below overview to achieved specific early learning goals:

Autumn 1 Changes	Autumn 2 Celebrations	Spring 1 Super me super you	Spring 2 Jump into a book	Summer 1 Let's explore	Summer 2 let's explore
Fundamental movement skills	Ball/multi skills	Movement to music	Gymnastics	Ball/Multi Skills	Team Games

The above topics will help support/achieve the below early learning goals:

Physical development: Moving and handling: Early Learning Goal Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Physical Development: Health and Self-Care: Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Personal, Social and emotional development: Self- Confidence and self-awareness: Early Learning Goal Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

Expressive arts and design: being imaginative Early Learning Goal Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.

Key Stage 1 overview

Year 1	Autumn Term High quality PE teaching with opportunities to practise and perfect skills during Child Initiated Learning.		Spring Term High quality PE teaching with opportunities to practise and perfect skills during Child Initiated Learning.		Summer Term High quality PE teaching with opportunities to practise and perfect skills during Child Initiated Learning.	
	Term 1 Topic:- Good to be Me	Term 2 Topic:- Good to be me	Term 1 Topic:- A trip around the world	Term 2 Topic:- A trip around the world	Term 1 Topic:- Dinosaur detectives	Term 2 Topic:- On our doorstep
	Multi Skills	Gymnastics	Movement To Music	Invasion Games	Athletics/sports day activities	Striking and Fielding
	<p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts).</p> <p>Experience: Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts -shape/levels/direction, improving actions, making up a sequence.</p> <p>Develop: Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus</p>	<p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension</p> <p>Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures</p> <p>Develop: Develop making dances with clear beginning/middle/end; responding to rhythm, music, coordination and control</p>	<p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Skills of running, throwing, jumping, direction, control, accuracy</p> <p>Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>Develop: Develop an understanding of safe practice linked to the activities</p>	<p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, cricket, T-Ball, Softball.</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>

Year 2	Autumn Term High quality PE teaching with opportunities to practise and perfect skills during Child Initiated Learning.		Spring Term High quality PE teaching with opportunities to practise and perfect skills during Child Initiated Learning.		Summer Term High quality PE teaching with opportunities to practise and perfect skills during Child Initiated Learning.	
	Term 1 Topic:- Our amazing world	Term 2 Topic:- Our amazing world	Term 1 Topic:- Our amazing solar system	Term 2 Topic:- Our amazing solar system	Term 1 Topic:- Our amazing country	Term 2 Topic:- Our amazing country
	<p>Multi skills</p> <p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping</p> <p>Experience: Experience consolidating work identified in this section from Year One, adapting and improving control of actions</p> <p>Develop: Develop and consolidate work identified in this section from Year One with emphasis in repeating sequences of movements, linking activities on floor/apparatus, using pupils' own choices to link skills and actions in short movement phrases</p>	<p>Movement to Music</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions</p> <p>Experience: Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures</p> <p>Develop: Develop making dances with clear beginning/middle/end; responding imaginatively to rhythm, music, co-ordination, control, rhythmic responses, poise and elevation</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Skills of running, throwing, jumping, direction, control, accuracy and distance</p> <p>Experience: Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development</p> <p>Develop: Develop an understanding of safe practice linked to the activities</p>

Delivery of PE lessons

EYFS Nursery- children develop physical skills daily when accessing provision. In the moment planning allows practitioners to assess the needs of the children and provide opportunities to develop movement skills.

EYFS Reception- Weekly PE lessons are delivered by class teachers. Opportunities for Physical development are planned into daily continuous provision.

KS1- Weekly PE lessons are team taught by a Premier Sports coach and the class teacher. Class teachers are responsible for ensuring high quality PE lessons for all and supporting differentiation of needs for the children in their class.

Active 60

In addition to our weekly PE lessons, we aim for all our pupils to achieve 60 minutes daily activity.

Active lunchtimes/ Sports Leaders

Lunchtimes at Letchmore are active. The playground is zoned with a timetable of activities provided throughout the week. These activities include football, basketball, tennis, skipping, disco, obstacle courses and construction. The activities are supported by The lunchtime staff and a group of Year 2 sports leaders.

CIL

Across the school the children are provided with opportunities on a daily basis to develop their physical literacy and be active during their daily Child initiated learning. Resources are available in each year group for the children to use and teachers plan activities to develop skills taught during PE lessons or develop fundamental movement skills.

Wake up shake up

Timetabled brain breaks are provided throughout the day to get the children moving and improve concentration. These include dancing, yoga, aerobic activities, body percussion.

Movement Mondays

During CIL on a Monday the playground is set up with activities that support fundamental skills or build on skills taught in PE lessons. The children can practise their skills and work on their termly personal challenges.

Relax Kids

This year all students from reception to Year 2 will take part in sessions with the Happy Human Project. The aims of the programme are to support children's emotional and mental wellbeing by focusing on increasing self-awareness, learning self-regulation and building resilience, self-esteem and confidence.

Over the course of 12 weeks, children will learn a variety of strategies and techniques for coping with difficult emotions like stress, anger and anxiety. We hope this will leave the children with a better understanding of themselves, feeling more positive about their abilities, and more open to trying new things. The sessions will involve group and partner discussions, movement, games and calming techniques such as breath work, peer and self-massage and visualisation/relaxation.

Personal Challenges

Throughout the year children are given the opportunity to take on personal challenges. These allow the children to see the progress they can make overtime. This will be trying to beat their golden mile score during movement Mondays, a santa run, Jumping challenge and skipping challenge. All personal challenges will focus on physical literacy and fundamental movement skills.

Stevenage Sporting Futures

As members of the local sports partnership, we are able to offer the children additional opportunities to participate in sports and competitions. This includes a mini commonwealth games where we compete against the other local infant schools.

Enrichment days

Each term every year group has an enrichment day run by Premier education. This allows the children to experience a wider range of activities. This year's experiences will include Archery, fencing, tennis, dance and Mini Olympics.

Afterschool clubs

We offer a range of after school clubs available to pupils. This academic year these include Tennis, Football, Relax kids, Archery, Gymnastics and Dance.

Sports Day

Each Year group from Nursery to Year 2 will hold an annual sports day. This is an opportunity to showcase the skills taught throughout the year and teach the children about the competitive elements of sport.

Parental engagement

As part of Active 60 we work closely with parents to ensure that the children are active outside of school. Parents receive regular updates about PE learning and events in school. We share information about local events, online activities, and local sports clubs. Parents are invited to our Sports day and are invited to take part in the challenges we set throughout the year. Pupil premium and SEN children are invited to be part of our go bag scheme to promote physical activity and skill development at home.

Impact

Photos





Quotes

'This was the best day ever' Year 2 pupil Santa Run December 2022

'I loved working with my team and I can't believe we won against the other schools' Year 1 pupil Infant commonwealth games May 2023

'Being a sports leader has made me more confident, I loved teaching the new games and using to stopwatch' Lucy Year 2 sports leader 2023

'I love it, each week I try to beat my running total and I learnt how to skip' Olivia, Year 1 Movement Mondays.

'At first I couldn't skip and now I can do 20 skips in 1 minute' Reuben Reception Skipping challenge winner.

' They loved the santa run and want to start Junior park run now' Year 2 parent Active 60 survey January 2023

