



BROOK INFANT SCHOOL
AND NURSERY

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Physical Education Intent



At Brook Infant School, whenever we touch Physical Education in our curriculum, we always begin with the question 'How can we master and control our own movements?'. This is because we are passionate about giving children the grounding to succeed in all aspects of their physical education development and in later life to be able to specialise as they choose.

We want all of our children to experience as much physical activity as possible as we know this is good for their own physical health and fitness, but also their mental health and well-being. We want our children to develop healthy lifestyles.

In the background of this, is our hands on and connected approach to learning and we endeavour to make our provision of physical education no less hands on. We want all of our children to develop their own competence of skills, across different disciplines and sports, whilst having opportunities to extend their agility, balance and co-ordination.

We want our children to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individual participants, teams members and spectators, through experiences as well as well chosen sporting role models.

Our progression is developed through this intent as this structure provides the progression, along with our own professional judgement of the questions we need to ask the children at each point. As progress is made, less time needs to be spent on the grounding questions and we can spend time going deeper on the questions about refinement.

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HOW CAN WE MASTER AND CONTROL OUR BODIES AND OUR MOVEMENTS.

- Can you crawl, walk, run, jump, skip and hop?
- Can you make big and small movements and shapes?
- Can you make high and low movements and shapes?



WHAT SKILLS DO WE NEED TO MASTER?

- Can you balance on different parts of your body?
- Can you dodge, weave, travel, accelerate, decelerate and stop?
- Can you throw and catch to yourself and to others?
- How can I learn to control a ball in different ways, such as throwing, catching, bouncing and kicking?
- What specific language do we need to use? (See separate vocabulary list).



HOW CAN I APPLY THE SKILLS TO MOVEMENT PATTERNS, DANCES AND TEAM GAMES?

- Are you attacking or defending?
- Do you need to kick, bounce or throw the ball?
- Can you think about your position to help your team?
- What rules does your game need?
- Can you follow the rules of your game?
- Can you select a way to travel, balance and combine your movements in a sequence?



HOW CAN YOU APPLY YOUR SKILLS TO PERFORMANCES OR GAMES?

- How can you combine movements?
- How will you create simple movement patterns?
- What role will you play in a team game?
- What can we learn from observing professional dancers, gymnasts and sports people?



WE WILL ALWAYS ASK:

- How can you encourage each other?
- What is the equipment we need to use?
- Are there other skills we need to learn?
- How can you achieve your own best in a variety of physical activities?
- Is that your best personal performance?
- Are there ways you can improve?



OUR PROMISE IS THAT OUR CHILDREN WILL LEARN ABOUT:

- A wide variety of individual and team games.
- Attacking and defending.
- Dance.
- The importance of competition, both against yourself and against others.
- A range of sporting greats from different sources, including images, books and films.