

Physical Education (PE) Curriculum

Intent

At Hazel Wood Infant School, we provide every child with a **Journey of Opportunities** that inspires a love of learning through **independence, creativity, resilience and teamwork**. Our Physical Education curriculum promotes positive physical and mental wellbeing by developing children's confidence, physical competence and enjoyment of being active. We believe that every child should have the opportunity to succeed, challenge themselves and experience the joy of movement, whatever their starting point. Through a broad, inclusive and engaging curriculum, we encourage children to develop healthy, active lifestyles and foster a lifelong love of physical activity.

Implementation

Physical Education is delivered through our **Inspiring Curriculum** and is carefully planned to meet the requirements of the **Early Years Foundation Stage Framework** and the **National Curriculum**. Children take part in at least **two high-quality PE lessons each week**, alongside specialist coaching opportunities, and are encouraged to be physically active throughout the school day.

In the Early Years, children develop their fundamental movement and gross motor skills through purposeful play and structured activities, building the foundations for future physical learning. As children progress through Key Stage 1, they develop agility, balance, coordination, strength and control through a wide range of activities, including games, gymnastics, dance and athletics. Alongside physical skills, children learn the importance of teamwork, communication, perseverance and good sportsmanship.

We provide opportunities for both cooperative and competitive experiences through intra-school events, festivals, clubs and inter-school competitions. Staff receive ongoing professional development to ensure high-quality teaching, while assessment is used to celebrate achievement, inform planning and provide appropriate support and challenge so that every child can achieve their potential.

Impact

Our PE curriculum equips children with the knowledge, skills and confidence to enjoy being physically active throughout their lives. By the time they leave Hazel Wood Infant School, children have developed secure fundamental movement skills and can participate confidently in a wide range of physical activities. They demonstrate improved agility, balance, coordination, teamwork and resilience, alongside an understanding of the importance of leading a healthy and active lifestyle. Most importantly, children leave us with positive attitudes towards physical activity, the confidence to embrace new challenges and the foundations for lifelong participation in sport, exercise and overall wellbeing.

