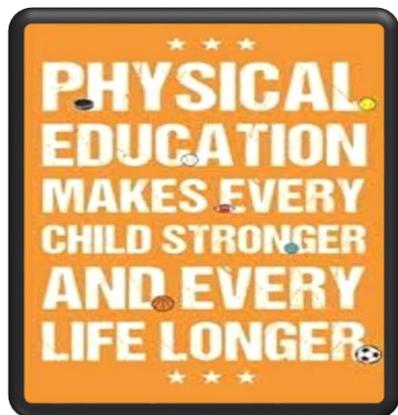


Responsibility Resilience Independence Curiosity Respect Kindness Honesty Self-belief



## Pinewood Infant School and Foundation Unit

### The roots to grow and the wings to fly

Our vision for PE at Pinewood is that our children leave Pinewood:

- To develop a love of physical activity and recognise that exercise is enjoyable.
- To develop physical competence and confidence by developing fine and gross motor skills.
- To understand what happens to your body during exercise and promote a healthy lifestyle.
- To promote a positive, mental attitude to support well-being of all children.
- To be able to link movements with increasing control to show changes of direction, level and speed.
- To develop creativity in movement.
- To build self-esteem through growing physical competence and to describe own achievements and that of others.
- To promote resilience, independence and teamwork skills.

### What does PE at Pinewood look like?

We have a trained Sports coaches who delivers high quality sessions to all children from F1 to Year 2 every week.

We run PE after school clubs a week with a high uptake. These clubs also change each term to allow the children to experience different sports.

In the EYFS, as a prime area, Physical education is high priority. Children are encouraged to learn skills in the outdoor areas such a climbing, running and dodging obstacles, throwing, kicking, catching, riding a bike with control: the opportunities are endless!

We have a key knowledge progression document, showing clear progression throughout the year groups. All children are encouraged to be physical during playtimes and are given scooters, skateboards, litter pickers, footballs and other PE equipment.

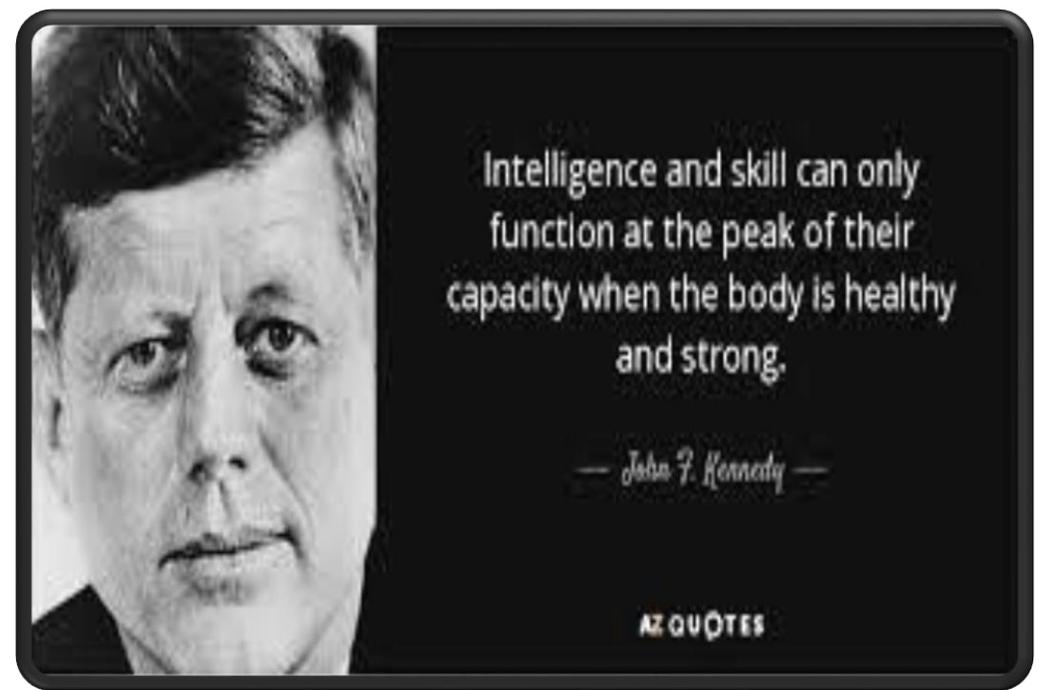
Children are taught how to live a healthy lifestyle and in the EYFS, children are taught explicitly how to clean their teeth, wash their hands and keep themselves clean. We also get professionals in when appropriate such as nurses and doctors.

Mental health is of great importance at school and Mrs Symmons is our well-being lead.

We teach from the PSED & RSE programme SCARF which has different units around healthy lifestyles, positive mind-sets and emotions.

Pinewood is a healthy eating school with delicious school dinners on offer every day. In the EYFS, children explore healthy eating through topics and get to make healthy foods such as fruit kebabs and porridge.





At Pinewood, we want our children to be fit, healthy and lead active lives. We want to give them the knowledge to help them succeed. We want them to use their knowledge and apply that to other parts of their lives and learning. They apply this knowledge through taking part in competitive games. The children leave in Year 2 ready, with the knowledge and skills in P.E, to develop and progress in Key Stage 2. We want the children to be exposed to a range of different sports to develop curiosity and challenge themselves. We have different after school clubs on throughout the week which change every term!

# We want our children to be happy and healthy!

## Key Knowledge

Physical education at Pinewood is about teaching the children the fundamental movement skills, encompassing both gross and fine motor skills. Children are given opportunities to develop agility, control, balance, co-ordination and manipulation of objects.

We have a specific key knowledge for P.E and they are broken down into each year group from F1 to Y2.

These detail what knowledge progression we want children to leave each year with ready to start the next stage.



## Well Being

Every child's wellbeing is of great importance to us. We prioritise relationships in school and we pride ourselves with being warm and nurturing towards the children. We aim for the children to feel safe, loved and cared for every day. All children are celebrated for who they are. Pinewood is truly a lovely place to be!

From F2 to Year 2, we have a well-being champion who has regular meetings with Mrs Symmons our well-being lead. Our children's mental health will always be a priority

Another programme we use within school to help use promote personal, social and emotional development is SCARF. Within SCARF we look at how we can have a healthy lifestyle, positive relationships and learning to be resilient.

## Keeping Healthy

We want our children to leave Pinewood with clear understanding of how to keep themselves healthy. We learn about the importance of exercise, eating healthy, keeping clean and getting plenty of sleep.

We also learn about how and why exercise effects our bodies.

We have a yearly visit from the Life Bus who teaches the children about healthy lifestyles using Harold the giraffe.

Throughout the year, we have different visitors in school to promote hygiene. We teach the children how to clean their teeth and wash their hands properly. We also teach the children about which foods are good for fueling their bodies.



# Our knowledge progression document

Coverage and progression	F1	F2	Y1	Y2	Y2 Exceeding		
Vocabulary	Levels speed space dynamics direction		Levels Dynamics	Speed Unison	Direction Canon	Pathways Sequence	Movement Performance
<b>DANCE</b>	<p>Know how to move to music and express myself. Splish, Splash Splosh</p> <p>Know how to respond and move to rhythm and music Splish, Splash Splosh</p> <p>Know how to begin to move rhythmically. Splish, Splash Splosh</p>	<p>Know how to move to music Splish, Splash Splosh</p> <p>Know how to copy basic actions and movements Splish, Splash Splosh</p> <p>Know how to investigate different ways of moving Splish, Splash Splosh</p> <p>Know how to have an awareness of space Splish, Splash Splosh</p> <p>Know how to safely perform teacher led warm ups Splish, Splash Splosh</p> <p>Know how to create movement in response to music. Splish, Splash Splosh</p>	<p>Know how to perform my own dance moves Where can a painting take us?</p> <p>Know how to copy &amp; explore basic body patterns &amp; movements Where can a painting take us?</p> <p>Know how to remember simple dance steps &amp; perform in a controlled manner Where can a painting take us?</p> <p>Know how to show changes in pathways, dynamics &amp; directions Where can a painting take us?</p> <p>Know how to choose actions &amp; link them with sounds &amp; themed music Where can a painting take us?</p> <p>Know how to describe &amp; discuss others work Where can a painting take us?</p> <p>Know how to begin to make a sequence by linking sections together Where can a painting take us?</p> <p>Know what works well in a gymnastic or dance sequence Where can a painting take us?</p>	<p>Know how to copy &amp; explore body patterns &amp; movements Where can a painting take us?</p> <p>Know how to remember dance steps &amp; performs with fluency Where can a painting take us?</p> <p>Know how to perform changes in pathways, dynamics &amp; directions as part of a sequence Where can a painting take us?</p> <p>Know how to effectively choose actions &amp; link them with sounds &amp; themed music Where can a painting take us?</p> <p>Know how to mirror &amp; match partners actions Where can a painting take us?</p> <p>Know how to move appropriately to different types of music Where can a painting take us?</p> <p>Know how to identify areas for improvement in a performance and can articulate it with clarity Where can a painting take us?</p> <p>Know how to dance with</p>	<p>Know how to respond imaginatively to a variety of musical stimuli Where can a painting take us?</p> <p>Know how to vary dynamics, levels, speed &amp; direction with confidence Where can a painting take us?</p> <p>Know how to work individually or as a group to perform own sequence with different formations Where can a painting take us?</p> <p>Know how to discuss my own &amp; others performance with increasing vocabulary Where can a painting take us?</p> <p>Know how to choose movements to communicate mood, feeling or idea Where can a painting take us?</p>		

At Pinewood we want our children to be fit and healthy and to lead healthy and active lives. Skills are dependent on specific knowledge. A skill is the capacity to perform and in order to perform a deep body of knowledge needs to be acquired and retained. We want them to be excited to attend after school PE clubs and to actively participate in all aspects of sport and PE, working co-operatively with others and challenging themselves to improve. Our knowledge progression overview clearly shows the skills and knowledge we want our children to know in each year group. It shows how these skills are revisited and built upon in each year group.

# Our Amazing Outdoor Areas



**Keeping our bodies and hearts healthy**

We are so lucky to have such an amazing outdoor area. This allows us to develop our gross motor skills.



## Our Amazing Sports Coach!



**Mr Mitchell**  
Teaches F1, F2 and  
Year one on a  
Tuesday and Year 2  
on a Wednesday  
afternoon

## After school clubs!

We have great after school sports clubs for our year 1 and 2 children, some are run by trained coaches, some by staff in school.

Term	Club 1	Club 2
<b>Autumn 2024</b>	Multi skills	Football