

# Fit, Fun, Forever

The PE Vision at Drayton Infant School: to promote the health and well-being of every child in the school, through developing the whole child both mentally and physically.

**Fit:** every child is immersed in a healthy and active curriculum to become more physically and mentally confident and competent. This is achieved by following the realPE scheme, 1 hour per week, from EYFS through to Year 2, which teaches the Fundamental Movement Skills alongside Personal, Social, Cognitive, Creative, Physical and Health and Fitness. Each child also has weekly PE sessions, 1 hour, which gives them the opportunity to experience varied and exciting sports activities (see curriculum map). These sessions should enable all pupils to make rapid progress in their social and physical development.

**Fun:** realPE is taught through stories, games and songs and the children have differentiated yellow, green, red and blue challenges to complete at their own pace. The children experience exciting and fun sessions each week where they are actively engaged in new and varied physical activities using a variety of sports equipment.

**Forever:** Through all the sporting opportunities, experiences and physical activities we offer, we hope the children will develop a love and desire for sport and a healthy lifestyle, both mentally and physically, which continues into their later lives. Healthy eating is promoted across the school to also develop life style choices, which help the health and well-being of the children now and in years to come.

At Drayton Infants we believe that all children should have the experience to represent the school in sports competitions and festivals. We hope that in doing so the children will gain greater confidence, develop as a whole child, practise skills learnt in PE sessions, have fun and develop team work.

It is also important that we offer the children the opportunity to become a sporting leader during their time at Drayton Infants. We hope the children learn the importance of communication, organisation, team work, resilience, perseverance and a respect for rules and develop their leadership skills.

PE and Sport are of paramount importance at Drayton Infant School as we aim to immerse the children in a healthy and active curriculum, concentrating on developing their health and well-being both mentally and physically. We hope that PE continues to grow in the future and prepare our children for life after Drayton Infants.

Liz Dearden - PE Lead