PE & School Sport

intent, implementation, impact

intent

At Clover Hill VA Infant and Nursery School, we recognise the importance of PE and the role it plays in promoting long term and healthy lifestyles whilst developing the children's character, personality and interests. We provide opportunities and enhance physical literacy linked to values to encourage lifelong learning and instill a growth mindset for future success.

The intent of the PE curriculum here at Clover Hill is to provide all children with high quality PE and sport provision. We 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 being healthy and physically active. Throughout teaching of PE, we will provide opportunities for pupils to develop transferable life skills such as leadership, risk taking, communication, initiative, teamwork and problem solving.

Within the curriculum and our extra-curricular clubs, we provide our children with opportunities to experience a diverse range of sports and ensure they have access to local sport links for well-rounded development and opportunities to take part in competitive sport.

We also deliver a wellbeing programme for all year groups to develop their understanding of healthy lifestyles and support emotional wellbeing.

We have adopted the Real PE scheme of work to support us in achieving these aims:

- Develop children's fundamental movement skills (FMS) in a progressive and engaging way, focusing on agility, balance, and coordination (ABC).
- Build children's confidence and competence in a wide range of physical activities and sports.
- Foster a positive attitude towards physical activity and promote lifelong participation.
- Enhance children's physical literacy, enabling them to make informed choices about their health and wellbeing.
- Develop children's personal, social, and emotional skills through teamwork, communication, and resilience providing opportunities for reflection.
- Ensure all children, regardless of their starting points or abilities, have access to a broad and balanced PE curriculum.

implementation

We believe that physical literacy is a fundamental life skill and that every child deserves the opportunity to develop their physical competence, confidence, and provide the skills, knowledge and motivation to encourage children to participate in a healthy and active lifestyle.

We believe that PE is essential in developing the children's physical literacy, fundamental movement skills, builds character and our aim is for the children to achieve a lifelong love of physical activity by providing opportunities and strive to develop their physical competence, confidence, self-belief and for them to adopt a positive mindset for future success.

We have chosen RealPE as our core scheme of work to support us in achieving this vision.

The long-term curriculum PE plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

Our PE curriculum has been carefully planned for progression and depth of skills through a series of lessons, to build on the skills needed to meet the end of KS1 objectives in the National Curriculum.

implementation

The EYFS has one formal PE session a week which commences in the Spring term, after focusing in the Autumn term on Early Learning Goals of Managing Self and developing gross motor skills. The Early Years environmental physical provision provides opportunities to develop agility, balance and coordination whilst promoting thinking, problem solving, risk taking, communication and teamwork skills, alongside the Early Years curriculum.

In KS1, children participate in one high quality afternoon PE lesson each week, two afternoons if delivering as a split class session, these cover a different sporting discipline every half term. We teach the National Curriculum, supported by clear skills and knowledge progression. This ensures that skills and knowledge are built upon year by year and sequenced appropriately to maximise learning for all children. Children are given the opportunity to practise skills in a variety of ways and each lesson builds upon the previous skills, allowing them time to embed the skills taught.

We use the RealPE scheme to support the development of children's fundamental movement skills. Not only does this improve skills such as agility, balance and coordination, it promotes the growth and development of the whole child through six multi-abilities which are personal, social, creative, cognitive, physical and health and fitness. The long-term curriculum plan has been carefully thought about to ensure all these areas are covered by each year group.

Our PE curriculum ensures all children develop confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. PE lessons are inclusive to all, including children from the SRB and activities are adapted where necessary.

implementation

More able pupils are given opportunities to develop leadership skills. All children are given the chance to challenge themselves through making supported and independent learning choices. Children are also given time to reflect on their learning and take part in self, peer and group feedback within the lesson.

Opportunities for enhancing literacy skills are carefully woven into PE. Resources such as interactive whiteboards are used to introduce physical activities and new vocabulary is introduced, used regularly, reviewed and expanded on year by year.

In addition, children have additional active opportunities throughout the school day including active play provision, active starters in mathematics, Outdoor Explorers, increased outdoor learning and extra-curricular activities and clubs including Dance, Football Club and this year Calm Club will be introduced to support and nurture emotional wellbeing.

Children are invited to attend competitive sporting events within the local area. We work with the Norwich School Sport Partnership and all KS1 pupils attend a minimum of one event providing the children with an opportunity to go offsite and take part in a range of fun activities, meeting children from other schools whilst developing a variety of life skills including teamwork, communication, listening and leadership skills. Children are encouraged to try their personal best, take part and have fun. These events are very successful and are very much enjoyed by the children. We provide taster sessions and clubs with links to local sports clubs, in which we provide information and opportunities for lifelong learning.

implementation

Parents are invited each year to join us at our annual sports afternoon in the Summer term. Here the children compete in a variety of activities, with the emphasis on participation, having fun, self-belief and supporting teammates whilst providing the opportunity for improving their personal best, competition and accepting it's not about coming first, rather the participation, fun and celebrating others achievements. We support children to self-regulate and manage their feelings by applying skills taught in the curriculum and give time in lessons for the children to reflect upon their strengths and weaknesses and that both are positive and essential for growth and development to build resilience, character, personality and interests.

We provide competitive fun sports activities throughout the school year, for example, Santa Dash, an inclusive approach which endeavours to encourage not only physical development but also mental well-being. Children's achievements in and out of school are valued and celebrated throughout the year in Achievement Assembly, parents are involved in this by posting sporting successes on Tapestry.

Staff are regularly given opportunities to take part in external and internal CPD opportunities to ensure that a quality provision is continuous.
Provision is enhanced through the use of the Sports Premium Funding.
We regularly monitor and evaluate the effectiveness of the PE curriculum through pupil feedback, teacher observations, questionnaires, audits and data analysis. Termly meetings take place between the teacher and the school PE Lead to support with assessment and staff audits are responded to by providing necessary support or CPD opportunities.
Pupil Voice is used to influence decisions regarding sports clubs, external sports opportunities and enhancing the school's active provision.

impact

At Clover Hill VA Infant and Nursery School, our PE curriculum has a significant impact on our pupils by fostering a love for physical activity, promoting lifelong healthy habits, and developing essential life skills. Through the structured implementation of Real PE, children build their fundamental movement skills, including agility, balance, and coordination, ensuring they leave KS1 with the confidence and competence to engage in physical activities.

Our inclusive approach ensures that all children, regardless of ability, develop resilience, teamwork, and leadership skills. The integration of active play, extra-curricular clubs, and competitive sporting events provides opportunities for all pupils to thrive, build self-esteem, and enjoy the social and emotional benefits of physical activity.

Regular reflection, feedback, and participation in events such as the Norwich School Sport Partnership and school-wide sports activities further enhance children's engagement and enthusiasm for PE. Parental involvement in sports afternoons and recognition of achievements in assemblies celebrate and reinforce the importance of physical development.

Through continuous staff development, curriculum evaluation, and pupil voice feedback, we ensure our PE provision remains high-quality and impactful. As a result, our pupils not only make progress in physical education but also develop positive attitudes towards health, well-being, and personal growth that will support them throughout their lives.