

# PE curriculum intent

At Gomer Infant school our PE curriculum provides the opportunity for children to develop their whole self in their physical and mental health and wellbeing.

Being exposed to a range of physical and sporting activities both within class sessions and in afterschool clubs enables children to make decisions on which they enjoy and identify those in which they might be able to develop skills or excel in. We want all children to believe that with support and determination excellence can be possible for them too. Afterschool activities also allow for the practice of sporting interests and at Gomer we have many strong links to clubs that run on site enabling children to further pursue their interest and passion in the sports of tennis, football, multi skills and dance.

Competition is an important concept for young children to be exposed to and is introduced within the safety of team participation. In our Sports day event we balance experience of team competitive activities that enable children to practice their skills taught within lessons and individual competitive races for those who wish to participate.

# Curriculum aims

**Healthy bodies and minds:**  
Our curriculum ensures the children learn the importance of healthy foods. Helping them to understand the changes to their body before, during and after exercise and the importance of rehydration.

**Active lives:**  
Daily routines give the opportunity for the children to have regular and short burst active exercise and brain breaks e.g. Just dance, Gomer daily mile. It is also important for sustained development and stamina.

**Developing skills and experience:**  
Through work with our PE specialists, staff training and development is always current. We can therefore ensure to meet safeguarding responsibilities and provides us with the best opportunities for networking with other local schools and colleges.

## The Gomer PE curriculum aims to....

**Sporting opportunities:**  
The children through their class lessons will be introduced to a range of sporting activities with a carefully planned progression of skills. This ensures development and improvement over their three years with us.

**Sporting excellence:**  
Making connections between the journey of learning skills and understanding that with the commitment required, building on skills in school and with links with extracurricular clubs can achieve opportunities for excellence. Our PE specialist shares her own story of achievement and participation at National level that we hope will inspire and motivate.

**Competitive sport and positive sportsmanship:**  
At Gomer we value these as important experiences. Interschool events and sports days both provide early opportunities within the safety of a team context. The teaching of positive sportsmanship is highly valued and celebrated in addition to the winning teams.