

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.

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 will us.

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.

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.

Sporting Excellence:

Making connections between the journey of learning skills and understanding that with the commitment required, building o skills in school and with links with extracurricular clubs can achieve opportunities for excellence.

Active Lives:

Daily routines give the children 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.

Our PE Curriculum
enables our children to
shine by.....

Gomer Infant School

PE Curriculum Intent



**Gomer
Infant
School**