



PHYSICAL EDUCATION



Our vision at Woodlands Infants and Nursery School is for all children to live an active, healthy lifestyle. We recognise that activities like sports, whether for recreational, professional or educational purposes, are not merely about fitness or victory; above all, they are an essential building block of a prosperous and healthy society.

At Woodlands, we believe physical activities are more important than ever to a child's physical, mental and emotional development. It is a fundamental part of a child's physical growth. Exercise helps children build stronger muscles and bones acting as a stimulus for the body to adapt to. We acknowledge that it great way for children to make friends and being part of a social group contributes to a child's self-esteem alongside improving a child's mental health and mood. All the developmental benefits of exercise have a significant impact on a child's long-term health and the benefits derived from exercise will prepare the children well for their teenage and adult years.

We strive to maintain a high profile for the subject within our school. Our desire to enthuse and inspire children to develop a lifelong love of physical activity is reflected in our curriculum, extra- curricular activities and learning environments.

Member of staff help to facilitate the development of motor skills to master the basic movements the children need for everyday life. The development of a child's motor skills means that basic feats such as feeding oneself, tying one's shoelaces and even writing can be attained much faster.

At Woodlands Infants and Nursery school we aspire to provide excellent opportunities for Physical Education so that children can:

- *Make meaningful links between classroom learning and the real world, adapting skills learnt to everyday situations.*
- *Nurture their talent and aspirations*
- *develop fundamental movement skills, become increasingly competent, confident and extend agility, balance and coordination, individually and with others.*
- *Provide opportunities for children to engage in competitions (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.*

In order for the above principles to be achieved, we will:

- *Provide a progressive curriculum which is skill focused*
- *Provide access to a broad range of opportunities*
- *Provide teachers with opportunities to further develop their subject knowledge*
- *Provide opportunities to access physical activities outside of lessons through outdoor provision*