

Elson Infant School Curriculum Intent

Provide a rich and varied curriculum where there are opportunities to try a range of sports and participate in all areas of the curriculum, opening them up to find something of interest/expertise to develop and continue into adult life.

Provide opportunities to watch live sporting events and meet athletes.

Provide opportunities to compete both in school and against other local schools

Plan opportunities which reduce the time spent sedentary and break up long periods of not moving with some activity.

All children have the opportunity to take part in a variety of types and intensities of physical activity across the week to develop muscles, bones and movement skills

Provide the opportunity to take part in Stormbreaks to develop the children's toolkit needed to support their own wellbeing.

Provide opportunities for the children to learn about their body, how it works and changes as it exercises.

All children have the opportunity to achieve the recommended 60 minutes of moderate to vigorous physical activity each day (Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer).

Inform children and families of local clubs and teams they could join in the area.

Our PE curriculum enables
our children to SHINE
by...

