

## PE at Knights Enham Nursery and Infant School

“Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination.” –Physical Education National Curriculum 2014.

“Friendship, Respect, Excellence”- Olympic Values.

“Determination, Inspiration, Courage and Equality.” – Paralympic Values.

We are very excited and proud of how our children experience Physical Education through their time with us at Knights Enham. We don't focus on individual sports, but work instead to give each child the maximum chance to have a go at as many different things as they can, and work towards meeting those Olympic and Paralympic values that are so important in Physical Sports.

We continue this year to give the entire school the opportunity to go swimming in lessons developed between ourselves and Hampshire Swimming Instructors, and it has been a fabulous experience to watch children's confidence, enjoyment and capability develop week on week each time they get into the water.

New sports are also new on our agenda, having recently added Trampolining, New Age Kurling and Trigolf. In Past years, we have used our Sports Premium Funding to purchase our own trampoline and equipment as well as training up our own coach to provide lessons to each year group in Key Stage 1.

Our children also really enjoy our gymnastics, dance, multi-skills, athletic activities and team games sessions that we also run through all year groups.

The children adore our daily sessions using 5-a-daytv to wake up those early morning brain cells, and love singing and dancing along.

We are lucky to have twice weekly after-school clubs that run throughout the year for our Key Stage 1 pupils, including gymnastics, trampolining and multi-skills. The children really love to have this extra opportunity to hone their skills!

We are here to inspire, challenge and provide leaders in sports for all those future years to come! One day we will see our children in the Olympic Sports Teams!