

At Bramley Sunnyside Infant School we are passionate about ensuring our children are as active as possible. We want all our children to have positive and motivating experiences of PE which will build the foundations for a healthy and active lifestyle.

All our children are provided with high quality PE lessons throughout school. Our staff work alongside specialist coaches from Live and Learn Sports to:

- Ensure pupils are receiving high quality PE teaching
- Expose children to a broad experience of a range of sports and activities.
- Engage pupils in regular physical activity, at **least** 30 minutes per day in school.
- Ensure all pupils have opportunities to participate in competitive sport.
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Mr Richardson



Mr Mimms

Pupils in Key Stage one also take part in the 'Daily Mile' initiative. This involves children walking, jogging or running around our playground at their own pace for 15 minutes a day. The benefits of this have been evident not only physically, but also in the concentration and engagement of pupils in other subject areas.

### **Foundation Stage**

As well as participating in high quality PE lessons our children in foundation stage also take advantage of our outdoor environment to develop their physical skills. Outdoor provision is carefully planned and is highly engaging for all pupils. Children are developing their gross motor skills daily through running, jumping, climbing, digging, cycling and skipping. They also love to play sports such as football, rugby and hockey as part of our outdoor continuous provision. Fine motor skills are enhanced in both indoor and outdoor provision through a range of activities such as mark making, playdough, threading, tweezers and small construction.