



PE

at



Langley Mill Infants

Being Physically Active

The government say children should be physically active for at least 60 minutes a day- 30 minutes within school and 30 minutes at home.

At Langley Mill Infants we work hard to ensure the children are physically active as much as possible. Each class has 2 hours of PE a week and we try to encourage the children to be physically active during dinner time and play time. We love getting lots of fun equipment out, the pom poms are a favourite as well as the footballs.

Is your child physically active e.g. running, jumping, playing a sport for at least 30 minutes a day?

We have lots of opportunities outside of PE lessons for children to take part in active learning. We use Teach Active to make elements of our Maths and English lessons more active, we have after school sports clubs available every term and at least 1 is sports based (please keep a look out for these and sign up), we have a FUN Day every summer which includes a heavy focus on physical activities and we have wonderful sports days for EYFS and KS1.



Practising our football skills



Dancing in Year 2



Making 2-digit numbers using our bodies during a Teach Active session. Can you guess the number?



Learning to cycle in EYFS

Our LTP for PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Gross motor	Gross Motor: DTF PE: Striking and Fielding DTF: Gymnastics lesson 1 Dance Let's Move: Autumn (3)	Gross Motor: DTF PE: Invasion Games DFE: Gymnastics lesson 2 Dance Let's Move: People who help us (2)	Gross Motor: DTF PE: HRF Dodgeball DTF: Gymnastics lesson 3 Dance Let's Move: Winter Wonderland (4)	Gross Motor: DTF PE: Net Games DTF: Gymnastics lesson 4 Dance Let's Move: Opposites (Spring) (2)	Gross Motor: DTF PE: FUNdamental Football DTF: Gymnastics lesson 5 Dance Let's Move: Minibeasts (3)	Gross Motor: DTF PE: Athletics DTF: Gymnastics lesson 6 Dance Let's Move: Under the sea (2)
Year 1	DTF Gymnastics DTF PE: Striking and Fielding	Dance: Time to Move – Playground Games & A Victorian Christmas DTF PE: Invasion Games	DTF Gymnastics (recap & use VAL Sabin to enhance) DTF PE: HRF Dodgeball	Dance: BBC Let's Move – Life in the Rainforest and Greedy Zebra DTF PE: Net Games	Gymnastics - VAL Sabin DTF PE: Fundamental Football	Dance: Let's Move – Knights, Castles and Dragons & Time to Move – The King's New Clothes DTF PE: Athletics
Year 2	Dance: Let's Move – Can we build it? Gym: DTF Gymnastics DTF PE: Striking and Fielding	Dance: Let's Move – Space Gym: DTF Gymnastics/Val Sabin Gymnastics DTF PE: Invasion Games	Dance: Time to Move – African Waterhole Gym: Val Sabin Gymnastics DTF PE: HRF Dodgeball	Dance: Time to Move - Antarctica Gym: Val Sabin Gymnastics DTF PE: Net Games	Dance: Let's Move – Pirates Gym: Val Sabin Gymnastics DTF PE: FUNdamental Football	Dance: Time to Move - Fruit and Veg Gym: Val Sabin Gymnastics DTF PE: Athletics

Please ask class staff if there is anything you want to ask about the PE lessons in school.

We love joining in with competitions and events with other schools in our local area that are organised by Amber Valley Schools Sports Partnership (AVSSP). We have even had a third-place rosette for taking part (which is displayed in our entrance to school). We are hoping to do as well or better this year.



Please get in touch if there is anything you want to ask us about PE. Our Sports Funding document is on our website so you can see what we have spent the funding on in school. We are hoping to buy lots of new resources this year with the funding.

Mrs. Gardner (PE Lead)