



Learning & growing together,  
taking every opportunity.

ACHIEVE · RESPECT · ADVENTURE

# Physical Education

All pupils leaving Newton Poppleford Primary School will be physically literate and possess the knowledge, skills, and character necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.

In physical education, we provide a range of activities designed to maximise enjoyment for all children. They are taught to improve children's physical and mental confidence, to develop skills within a range of sports and games, and to build perseverance, problem-solving and thinking skills and values such as fairness and respect through teamwork.

We have organised our curriculum to ensure that children achieve the following by the end of Key Stage 2: **to apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement; to enjoy communicating, collaborating, and competing with each other; to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success; and to swim competently, confidently, and proficiently over a distance of at least 25 metres.**

PE is taught by qualified and competent staff who deliver two high-quality PE lessons each week for children of all abilities. Lessons aim to develop PE skills and knowledge by encouraging children to solve problems, be creative in their approaches, and reflect on their own, and others, performances. This approach follows them throughout the school to build on prior learning as children revisit a range of activities. Within our PE curriculum, we offer all children the opportunity to participate in swimming at Sidmouth Leisure Centre. At Newton Poppleford Primary School, the PE curriculum inspires and encourages children to acquire skills and knowledge, develop physical movement and healthy lifestyles, learn through physical literacy, and introduce them to competitive and non-competitive sports and games.

In EYFS, we introduce children to: play-based activities that develop motor competence and fundamental movement by energetically running, jumping, dancing, hopping, skipping, climbing, and throwing and catching a large ball, while being safe with equipment and kind to other children.

In KS1, we seek to: build progression in children's motor competence and fundamental movement skills by introducing them to athletic movements and techniques including running, jumping, and throwing, showing increased coordination, balance, and control.

In KS2 we build on this to ensure the children: use running, jumping, throwing, and catching in isolation and in combination; play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending; develop flexibility, strength, technique, control, and balance; perform sequenced dances using a range of movement patterns; take part in outdoor and adventurous activity challenges both individually and within a team; and compare their performances with previous ones and demonstrate improvements.

Along with our curriculum aims, we also seek to ensure that we: give opportunity for a sustainable programme of extra-curricular activities covering a broad range of sports; actively teach how our school values—respect, adventure, and achieve - can be applied in each lesson or activity; train Play Leaders and Sports Leaders to teach and inspire children to be active during play and lunchtimes, create a fun and engaging environment; and provide opportunities for all pupils to participate in competitive activities, through intra-and inter-school competitions and events. Through a rich and stimulating PE curriculum from the Early Years to Year 6, children participate in and understand the importance of regular physical activity to develop health and fitness, physical wellbeing, and opportunities to engage in PE in a positive manner and build healthy habits for future activity.