



Newbold Church of England Primary School

At Newbold we aim to support each other to live, learn and excel together as a Christian community.

"Therefore encourage one another and build each other up," 1 Thessalonians 5:11

Physical Education

At Newbold CofE Primary School, we want our pupils to recognise the importance of PE as part of a healthy lifestyle. We therefore strive to give all pupils the opportunity to develop their knowledge and understanding during curriculum time, while also benefitting from the chance to represent the school in competitive events. We believe there is a type of physical activity for everyone and therefore give pupils a broad range of experiences, so they have the confidence to continue physical activity throughout their lives.

The Youth Sport Trust passionately believes that providing children with the best possible experience of being active at school is vital to build the foundations for future physical and emotional health. In addition, our evidence, which is backed up by wider academic research, demonstrates the positive relationship between physical activity and pupil learning and achievement. It is therefore essential that daily physical activity sits at the heart of the school day.

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our overarching aim for PE is to promote high standards of physical confidence to support health and fitness.

We aim to enable children to:

- develop competence to excel in a broad range of physical activities
 - be physically active for sustained periods of time
 - engage in competitive sports and activities
- lead healthy, active lives

Within the EYFS, the specific area of physical development involves providing opportunities for young children to be active and interactive, and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food. Continuous provision is resourced to ensure that pupils have the opportunity to be active, develop their co-ordination, control and movement in a wide range of contexts.

Extra-curricular provision:

At Newbold CofE, we have a number of additional opportunities for children to take part in physical activity. Whether it be Play leaders, sports coaches or happy lunch time provision during the school day, we also provide after school sessions by external coaches to encourage participation for all, across a broad range of sports.