Newhall Junior School

PE

Intent

Our PE curriculum is ambitious, inclusive and designed to ensure that all pupils, including those with SEND and disadvantaged pupils, develop the knowledge, skills and confidence to lead healthy, active lives. Through a carefully sequenced curriculum, pupils build progressively from fundamental movement skills to more advanced techniques, enabling them to know more, remember more and do more over time.

We aim to:

- Develop competence and confidence across a wide range of physical activities.
- Promote physical and mental wellbeing through regular participation in sport and exercise.
- Foster resilience, determination, teamwork and leadership.
- Encourage pupils to adopt healthy, active lifestyles.
- Ensure all pupils can access, participate in and succeed within PE.

Through a broad range of sports, physical activities and competitive opportunities, pupils develop enriched cultural capital and gain experiences that prepare them for life beyond primary school. Our curriculum promotes key values such as respect, responsibility, resilience, reflection and sportsmanship, helping pupils become positive and active members of their communities.

By the end of Key Stage 2, pupils are equipped with the knowledge, skills, motivation and positive attitudes needed to participate confidently in physical activity, sport and healthy lifestyles throughout their education and into adulthood.

Implementation

Newhall Junior School whole school curriculum map

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 3	OAA Gymnastics	Netball Dance	Lionheart Character Awards Basketball	Football Lionheart Character Awards	Lionheart Character Awards Tennis	Athletics Lionheart Character Awards
Year 4	Lionheart Character Awards Gymnastics	Dance Lionheart Character Awards	Football Dodgeball	Tag Rugby Hockey	Athletics Rounders	Cricket Tennis
Year 5	OAA Gymnastics	Netball Dance	Basketball Fitness	Football Golf	Athletics Cricket	Tennis Rounders
Year 6	Golf Dodgeball	Dance Basketball	Gymnastics Tag Rugby	Badminton Cricket	Athletics Rounders	Hockey Tennis

The PE curriculum is carefully sequenced to build upon prior knowledge and develop pupils' competence, confidence and enjoyment of physical activity over time. Learning is progressive across Key Stage 2, ensuring that pupils revisit and refine key skills whilst applying them in increasingly challenging contexts.

Key features of our curriculum include:

- Progressive development of fundamental movement skills, games, gymnastics, dance, athletics and outdoor and adventurous activities.
- High-quality teaching through a combination of direct instruction, modelling, practice and reflection.
- Regular retrieval and revisiting of previously taught skills to strengthen understanding and performance.
- Opportunities to apply skills in both competitive and non-competitive situations.
- Inclusive and adaptive teaching to ensure all pupils, including those with SEND and disadvantaged pupils, can access, participate in and succeed within PE.
- Opportunities to develop teamwork, leadership, resilience, sportsmanship and personal challenge.

Teachers and specialist coaches work collaboratively to deliver high-quality learning experiences, supported by ongoing professional development. Assessment is

ongoing and informs future learning through observation, questioning, pupil reflection and performance outcomes.

Pupils experience a balance of skill development, application and evaluation, enabling them to improve their physical competence, develop healthy lifestyles and foster a lifelong enjoyment of physical activity and sport.

Impact

The impact of our PE curriculum is reflected in pupils' confidence, physical competence and enjoyment of sport and physical activity. Through a carefully sequenced curriculum, pupils develop secure knowledge and skills, applying them confidently across a range of sports, games and physical activities.

Pupils demonstrate increasing levels of fitness, coordination, balance, agility and teamwork, alongside a growing understanding of how physical activity contributes to a healthy lifestyle and positive wellbeing. Assessment, pupil voice and monitoring show that children know more, remember more and can do more over time, demonstrating clear progression in both physical skills and knowledge.

Children develop resilience, determination, collaboration and sportsmanship, learning how to compete fairly, support others and strive for personal bests. They participate in a wide range of intra-school and inter-school competitions, celebrating both individual and team success.

Our curriculum enriches pupils' cultural capital through exposure to a variety of sports, physical activities and competitive experiences. It promotes lifelong positive attitudes towards exercise, improves health and fitness, and encourages pupils to lead active and healthy lives. Team and individual achievements are recognised and celebrated across the school community, including through the school website and social media platforms.

By the end of Key Stage 2, pupils leave Newhall Junior School with the knowledge, skills, confidence and motivation to participate successfully in physical activity, sport and healthy lifestyles throughout their education and beyond.

Lionheart Character Award

Intent

The Lionheart Character Award provides pupils with meaningful opportunities to develop the knowledge, skills and personal qualities needed to thrive both in and beyond the classroom. Built around the Lionheart Trust's **6Rs**, the programme encourages pupils to develop and apply key character traits through a range of practical, challenging and real-life experiences.

We aim to:

- Develop resilience, responsibility, reflection, resourcefulness, reciprocity and respect.
- Build confidence, independence and leadership skills.
- Encourage teamwork, communication and problem-solving.
- Foster positive attitudes towards learning and personal development.
- Enable pupils to recognise how character strengths can be applied in everyday life.

Through a broad range of experiences, pupils develop the confidence and character needed to succeed in school, contribute positively to their communities and prepare for future challenges.

Implementation

The Lionheart Character Award is delivered through experiential, pupil-centred learning that develops character and learning dispositions both inside and outside the classroom. Pupils engage in practical challenges, collaborative tasks and problem-solving activities that encourage them to apply the 6Rs in meaningful contexts.

Key features of the programme include:

- Practical, enquiry-based learning experiences.
- Opportunities for collaboration, leadership and independent thinking.
- Reflection activities linked to the 6Rs.
- Progressive challenges that build confidence and resilience.
- Real-life skills including navigation, first aid and environmental awareness.
- Social action projects that encourage community engagement and positive citizenship.

Following each activity, pupils reflect on the skills and character traits they have demonstrated, evaluate their performance and identify how these qualities can be transferred to everyday learning and life experiences.

Throughout the programme, pupils develop teamwork, communication and cooperation skills before progressing towards leadership, initiative and problem-solving opportunities. The programme culminates in a social action project, planned and delivered by pupils, allowing them to apply their learning in a meaningful and purposeful way.

Impact

The impact of the Lionheart Character Award is reflected in pupils' confidence, resilience and personal development. Through participation in a wide range of practical and collaborative experiences, pupils develop the character strengths required to overcome challenges, work effectively with others and become reflective learners.

Pupils demonstrate increasing confidence in applying the 6Rs across the curriculum and in wider school life. They develop stronger communication, leadership and problem-solving skills and are able to recognise how these attributes support success in learning and everyday situations. Pupil voice consistently reflects high levels of engagement and enjoyment, with children valuing the opportunities to challenge themselves, learn new skills and work collaboratively with others.

The programme supports pupils in becoming responsible, resilient and active members of their school and wider community. Through reflection and real-world application, pupils develop the confidence, character and aspiration needed to succeed in the next stage of their education and beyond.