


PE

**Our learning values**

Celebrate	Care	Learning	Resilience	Respect	Happiness
Upottery pupils can present their ideas to others. They are aspirational in their learning. They try new sports.	Upottery pupils take a pride in their learning. They listen to and value their peers. They show team spirit and cooperation.	Upottery pupils ask questions. They are reflective learners. They learn about tactics.	Upottery pupils are self-motivated. They take risks. They persevere. They push themselves physically.	Upottery pupils make connections in their learning. They can show their learning in different ways. They make up their own games and routines.	Upottery pupils are collaborative. They share ideas and value the ideas of others. They play in teams, groups and pairs.

	<p><b>Building a Range of Skills</b></p> <p>Children will develop competence to excel in a broad range of physical activities</p> <p>They will have opportunity to engage in competitive sports and activities</p>	<p><b>Regular Prolonged Engagement</b></p> <p>Children will be physically active for sustained periods of time regularly.</p>	<p><b>Staying Healthy and Fit</b></p> <p>Children will learn the elements needed to lead healthy, active lives.</p>
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At Upottery Primary school, we believe all children should lead a healthy, active life. Through their time at school children have the opportunity to build skills and knowledge in a range of physical competences. Working alongside qualified coaches teachers provide lessons which help the children progress in basic skills and ability to work together as a team in games. Children compete within our **school community** and our **wider community** with links to the learning community for all year groups. Through residence trips children get the chance to experience other sports within water, climbing and cycling. Our fantastic grounds allow us to provide a regular forest experience which help develop their **team work** as well as the opportunity for physical development in an informal environment.

Children are taught the importance of a healthy lifestyle. They learn and experience the way we can keep our body and mind healthy by considering the foods we eat, keeping hydrated as well as keeping active. They begin to understand how these elements can help us keep our mind healthy. They recognise the importance of regular physical activity and being outside and how it improves feelings of happiness and mental well-being.