



Physical Education

Rational

At Pens Meadow we believe that physical education is an integral part of our curriculum and that all our pupils benefit from frequent opportunities to develop their fine and gross motor skills throughout the week. We aspire to ensure that all our pupils have opportunities to develop their competence in PE whilst enjoying and participating in a broad range of sports and physical activities through high quality teaching. Our PE curriculum encompasses the key areas of gymnastics, dance, sport, athletics and swimming as well as our bespoke physical and sensory pathway, hydro swimming and developing of core muscles through Kinetic letters handwriting.

Through our curriculum coverage we ensure that our pupils are physically active for sustained periods of time and understand the importance of leading healthy active lives so that they can begin to make informed, appropriate lifestyle choices in the future. We know that swimming and water safety is a key skill and our pupils have regular swimming lessons throughout their time in school.

Our PE curriculum is a conceptualised curriculum based upon up-to-date research about how children learn as well as how to meet the ranging needs of learners with complex difficulties. It aspires to give pupils opportunities to develop, acquire and refine their practical skills and techniques, further knowledge and understanding of PE concepts and principles through an inclusive and challenging programme of study. It builds upon the expectations of Birth to Five Matters and the National Curriculum whilst reflecting the views of all school stakeholders at Pens Meadow School. These documents have been carefully broken down into meaningful components and carefully sequenced to enable pupils to revisit and review previous learning and build upon their developing skills and understanding.

Curriculum coverage has been planned to ensure that pupils develop their knowledge, skills and understanding up to key stage five. In year 14, pupils participate in games and athletics throughout the year as part of their preparation for adulthood provision.

Our cyclic approach, to the PE curriculum coverage, ensures that all pupils have opportunities to develop their knowledge and skills progressively as they move through school, whilst revisiting key content ensuring learning is embedded.

Our PE progression document enables learning to be pitched at individual pupil's zone of challenge in line with their development level enabling the planning of accurate end points and targeted progress.

Intent

At Pens Meadow School we aim to prepare our pupils for life beyond school. We believe that physical education provides an integral part of this process teaching pupils the importance of PE, sport and physical activity on their general health, fitness and mental well-being.

We ensure that our pupils are provided with rich, high-quality learning that aims to:

- Enable pupil to communicate their understanding and interest in P.E. through carefully adapted experiences supported by a total communication environment.
- Learn the benefits of P.E. through a fun, high quality curriculum.
- Explicitly teach P.E. vocabulary alongside new skills
- Develop resilience and constantly strive to give their best efforts to achieve their potential and personal best.
- Support pupils to co-operate and collaborate effectively as part of a team.
- Build an awareness of transferable skills including fairness, tolerance, sportsmanship and respect to build lifelong values.
- Give pupils opportunities to succeed and enjoy learning.

