

The PE curriculum aims to support the Meadows curriculum pathways leading to three broad outcomes: Learning for Life, Learning for Independence, Learning for Employment. For the lowest ability students outcomes might include ASDAN programmes, sensory development and fine and gross motor developments. For the more able students outcomes will be related to the National Curriculum. The proportion of students on each pathway can vary from year to year.

The three pathways lead to distinct outcomes in terms of accreditation but there will also be wider outcomes we aspire to see in the adults who leave the school. The first pathway will aim to develop adults who can care for themselves, keep themselves safe, be healthy and have the communication skills to experience some level of independence including independent living. The second pathway will aim to develop adults who as well as the former also have some functional skills and the life skills to live independently, some of whom may continue their education by accessing specialist colleges. The third pathway will aim to develop adults who have functional skills and the accreditations to go onto to access education placements in colleges, who will live independently and secure employment. All the pathways will seek for the individual to maximise their potential and be successful members of their local community.

### **1. Aims and Objectives**

#### **Aims:**

- At the Meadows we aim to maintain and further develop existing skills and abilities surrounding physical education.
- Students at the school will receive a balanced programme appropriate for students of all abilities with opportunities for each student to develop physically, emotionally, socially and cognitively, this will be supported by providing access a range of activities differentiated according to their needs.
- Students will be supported and encouraged to participate and progress in PE not only in aim to achieve their maximum potential, but warranting students an enjoyable outlook on physical education as well as and enriching students with a focus on healthy living.
- Students will have an opportunity to develop positive attitudes including the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators as well as how to cope with success and limitations in performance and being mindful of others and the environment.
- Students will develop awareness of the need for personal hygiene in relation to vigorous physical activity.
- Students at the Meadows will be invigorated to promote leadership qualities as well as participate in inter school competition regularly provided through NSSSSA events, fixtures and tournaments.
- The Meadows will Maintain an inclusive learning environment at all times using multi-sensory approaches, including information and communication technology

#### **Objectives:**

Statutory requirements for the teaching and learning of Physical Education were laid out in the National Curriculum PE Document. The national curriculum for physical education aims to ensure that all students:

- Develop competence to excel in a broad range of physical activities
- Students are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

**Key Stage 3:** students should be given opportunities to build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

**At Key Stage 4:** where appropriate students may go on to tackle a variety of complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

At the Meadows, swimming will be provided for students in key stage 3 and key stage 4. In particular, students should be taught to:

- develop basic safety awareness, learn basic movement skills and water confidence skills
- swim competently, confidently and proficiently over a distance of at least 25 meters
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Most pupils in school participate in swimming on a weekly basis at Brough Park Leisure Centre in Leek.

The Meadows will also provide opportunities for hydro therapy for those students that require the benefits of this, this is based at Springfield Primary School.

## **2. Curriculum Planning and Organisation**

- Long term planning is based on the National Curriculum and informed by the National Strategy and organised in blocks.
- PE supports inclusive practice.
- It is essential that all outside coaches provide the coordinator detailed plans of the sessions they take within school.
- Targets set are linked to the Annual Review and ultimately the Statement of Education Need for each individual student.

### **Resources**

Most PE lessons take place in The Fulmar Centre that includes a sports hall, gym and dance studio. Students are also able to access the Astroturf pitches that belong to Leek Hockey Club.

- Facilities are shared with Leek High School and other local schools / colleges / clubs. In agreement with Leek High School's PE coordinator.
- A range of basic resources (eg balls, bats, cricket set, rackets) are available centrally to all staff (Office storeroom). Some teachers have their own resources to suit their and their students' needs.

### **North Staffs Special Schools Sports Association (NSSSSA)**

The North Staffs Special Schools Sports Association was formed 30 years ago. Its principal aim is to promote and develop inter-school sporting and social links for pupils with special needs in the North Staffordshire area. The association has always been inclusive. Pupils with a variety of special needs are able to participate in a wide range of sporting activities including football, basketball, cricket, unihoc, cross country, athletics, swimming, tag rugby, fishing, softball and short tennis.

### **Learning outside the classroom**

Learning Outside the Classroom is an important part of every subject. In PE, a large part of the curriculum is outside of the classroom, however we focus on taking learning not just beyond the classroom but into the community as it increases engagement and allows students to develop wider skills.

Some activities we use outside the classroom, in the community include:

- NSSSSA competitions
- Swimming at the local leisure centre
- Hydro therapy at Springfield
- Access to a local gym for Sixth Form learners
- Participating in a variety of trips and visits e.g., sailing at Tittesworth, residentials at Standon Bowers
- D OF Eb activities and expeditions

### **Health and Safety**

PE will be taught with due regard to pertinent Health and Safety regulations as detailed in the School Health and Safety Policy. Further guidelines on Safe Practice can be found in the "Safe Practice in Physical Education and School Sport" manual.

To ensure safe practice, pupils will be taught to

- Respond readily to instructions
- Recognise and follow relevant rules, laws, codes, etiquette and safe procedures for different activities or events in practice and during competition
- Be aware of the safety risks of wearing inappropriate clothing, footwear and jewellery and why particular clothing, footwear and protection are worn for different activities
- Lift, carry, position and use equipment safely
- Warm up and recover appropriately from exercise

PE Co-ordinator: Miss Amy Chappell / Mr Peter Hiscock



### **3. Assessment and Target Setting**

Each student is assessed by a range of methods dependant on their age and ability

- Assessment is through end of Key Stage requirements and ongoing teacher assessment.
- Class based tasks are used within the context of the lesson.

Students are assessed against National Curriculum Levels, pre level descriptors and their learning outcomes (EHCP).

### **4. Monitoring and Review**

Delivery of PE will be reviewed and monitored though:

- Long term plans
- Learning Walks
- Evidence for learning

This policy will be reviewed according to the emerging needs of our school.

Policy Renewed: April 2023	Policy agreed:
Signed:	Chair of Governors
Signed:	Head teacher
Review date:	