



DURANTS SCHOOL – POLICY DOCUMENT

Physical Education (P.E.)

June 2023

Reviewed & updated: June 2023 (Chrissy Fiorentino)

Next review date: June 2026

Physical Education

INTRODUCTION

At Durants, Physical Education is the responsibility of the PE Co-ordinator and all teachers. Physical Education lessons are taught mainly by the class teachers with Learning Support Assistants providing valuable support in the delivery of a range of sporting activities.

This policy is written primarily for staff but also for the information of both parents and School Governors.

The subject will be taught ensuring that all students have access to Physical Education, using different teaching approaches to provide equality of opportunities for all.

THE IMPORTANCE OF PHYSICAL EDUCATION

The Importance of Physical Education description taken from the QCA guideline for Teaching PE to students with Learning Difficulties (2000), states that PE gives all students the opportunity to develop their physical skills and to apply those skills in different situations. It also enables personal and group achievements to be acknowledged.

In particular, Physical Education offers pupils with learning difficulties opportunities to:

- Develop their skills of co-ordination, control, manipulation and movement.
- Enhance appropriate areas of health and fitness and contribute towards their physical development.
- Develop their personal qualities of commitment, fairness and enthusiasm.
- Develop their thinking, appreciation and evaluation skills.
- Compete against themselves and others and take part in challenging activities.
- Develop their ability to express themselves and be creative.
- Work individually and as part of a team.
- Build their self-confidence and self-esteem.
- Develop the ability to share and take turns.

PRINCIPLES

- All Durant's students follow a Physical Education Curriculum throughout their school life.
- All students' Physical Education Curriculum is based on the Physical Education National Curriculum (2014) and post 16 AQA Awards Scheme Units.
- For most students, the Physical Education Curriculum will contain activity areas outside the National Curriculum, these provide appropriate alternative physical development activities necessary to meet the students' needs.
- For each Physical Education Curriculum activity area there will be a scheme of work. The scheme of work will then be adapted and differentiated to meet the individual student's needs.
- All pupils will have one weekly physical education lesson, a half term of swimming sessions and regular physical 'brain breaks' throughout the school day.

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- Classes regularly go on walks to local parks and in and around the community.
- Durants aspires to provide regular opportunities comprising of a range of physical activities to support the student's health and mental wellbeing.

PROCEDURES

The Physical Education National Curriculum (PENC) states which activity areas are to be taught in which Key Stage. Durants School's Physical Education Curriculum is based on this structure, however it is changed and adapted to meet the individual student's needs.

The Physical Education Curriculum contains **all** the activity areas of the Physical Education National Curriculum:

- Games
- Gymnastic Activities
- Dance
- Athletic Activities
- Outdoor and Adventurous Activities
- Swimming

An additional Curriculum in addition to the above:

- Intensive Interaction
- Rebound therapy
- Playground gym equipment
- Yoga
- Zumba
- Walking projects 'Out and About'
- Body Awareness, Self-Help Skills & Sensory Circuits (OT therapy)

PHYSICAL EDUCATION CURRICULUM

The Key Stages used for each department will be correct for the relevant ages however the working level and assessment of the students will be carried out using P Levels and I Can Statements. The activity areas will be changed and adapted to make the Physical Education Curriculum relevant to the students' needs.

- Gymnastic and gross motor activities
- Dance
- Invasion, striking/fielding and net/wall games and activities
- Swimming
- Outdoor activities and Orienteering
- Rebound therapy
- Athletics

Post 16 Curriculum

A focus for Post 16 PE curriculum follows the good health outcome of Preparing for Adulthood incorporating fitness and healthy living AQA Award Scheme Units.

GOOD PRACTICE

The Key concepts of Physical education are used throughout the National Curriculum to ensure that students receive a well-rounded education. The level of applying strands will vary from student to student, with more emphasis being placed on their potential performance. These concepts include: Competence, Performance, Creativity and Healthy, active lifestyles.

Competence: This is the selection and application of skills, strategies and compositional ideas; and the readiness of the body and mind to cope with the activity. It requires an understanding of how these combine to produce effective performances in different activities and contexts including **whole-body skills** and **fine manipulation skills**.

Creativity: Selecting and using skills to approach tackling a task or challenge. The strategies used to approach a task or challenge and compositional ideas of the individual.

Being aware of Body and mind supports stamina, strength and suppleness, confidence, determination to succeed, mental alertness and ability to deal with emotions.

Performance: having a desire to achieve and improve, being willing to take part in a range of competitive, creative and challenge-type activities, both as individuals and as part of a team or group.

CELEBRATION OF PHYSICAL ACTIVITY ACHIEVEMENT

All pupils will have the opportunity to celebrate their physical achievements and take part in competition through an Annual Sports Day Event.

PE DRESS CODE

- All students are encouraged to wear appropriate sports clothing and trainers.
- Pupils will change clothing for special sporting events both in and out of school.
- No jewellery will be worn.
- Long hair will be tied back.

P Levels and Assessment

P levels and I Can Statements will be used to assess the students at Durants School. The Class Teacher will record pupils' achievements through ongoing assessment of pupil's performance in lessons in order to plan and deliver future sessions.

Health and Safety/Hygiene

Schools must meet the requirements laid down by governors and their local education authority and take account of the national guidance, SAFE PRACTICE IN PHYSICAL EDUCATION, published by BAALPE (British Association of Advisors and Lecturers in PE).

All staff involved in PE and Swimming will be familiar with the following policies:

- Health & Safety
- Hygiene
- Safety Procedure for use of the Swimming Pool
- Changing Room Safety Procedure
- PHSE
- Healthy Schools Information

This policy was agreed by the Governors' Curriculum Sub Group on 25.05.2011 and will be reviewed bi-annually.

Original Policy - May 2011
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