



*Elmley Dray  
School*

## **Physical Education Curriculum**

### **Intent**

It is our intent for the Physical Education curriculum to inspire all students to enjoy, succeed and excel in competitive sport and/or other physically-demanding activities. We will provide opportunities for students to become physically confident in a way, which supports their health and fitness. We will provide our learners with opportunities to compete in sport and other activities to build character and help to embed core values such as fairness and respect. We will strive to ensure that every child meets their potential in order to live a healthy and active lifestyle.

In Key Stage 2, the children will continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences in movement. We will provide the children with plenty of opportunities to allow them to enjoy communicating, collaborating and competing. Throughout the year, the children will have the opportunity to take part in a variety of games, gymnastics and dance.

For many of our students, engaging with PE has been challenging for them in previous settings, and therefore Elmley Dray School is able to provide a small supportive setting which can open up opportunities of engagement and creating skills for team working.

In addition to the physical benefits of high quality P.E. sessions we also strongly believe that P.E enables the children to develop skills in self-discipline, resilience, improved concentration, good communication and working as part of a team. Our

children are also encouraged to take part in a range of extra-curricular sporting activities.

## Implementation

At Elmley Dray School, we aim for students to develop values and transferable skills, such as fairness and respect, as well as techniques, tactics, knowledge and understanding across a wide range of activities.

For many of our students, engaging with PE has been challenging for them in previous settings, and therefore the implementation of PE is to open up opportunities of engagement and creating skills for team working.

In lessons, students will have opportunities to develop personal and social skills such as;

- communication,
- co-operation,
- leadership,
- tolerance,
- respect
- ability to solve problems *and*
- evaluate themselves and others.

Students are encouraged to develop knowledge and appreciation of rules and instructions around the game, as well as the awareness of safety considerations when exercising. Within Physical Education, students are encouraged to develop the links between current issues in the local area and society, such as equality, opportunities and the impact of fitness on the health of the individual and the nation.

Sensory circuits are a form of movement to support self regulation, and are a significant part of some students' need to release tension and frustration. This form of movement supports children and young people with sensory processing disorders, ADHD and autism as it provides them with the stimulation they seek and helps regulate their sensory system support focus. PE can provide a feeling of wellbeing and if adopted for life can represent a means of a health lifestyle choice for our students. Therefore the implementation of an enjoyable PE curriculum encourages lifelong participation, or ensures that students have the skills to access sport and physical activity when they leave Elmley Dray School.

Physical Education also works in a cross curricular way with Science and Citizenship (Life and Social Skills Curriculum).

However, some students seeking to study at Elmley Dray School will have struggled to engage with PE previously, therefore we will adapt and be flexible to support them in their readiness to engage. We therefore will have a range of different PE experiences which will ensure engagement with physical education on a person centred programme of study.

Our school has a good outside space, however access to a greater range of resourcing will be provided by the Sheerness Leisure Centre. When being taught at the Leisure Centre, a SEND Specialist Teacher and Teaching Assistant will work alongside the trained Leisure Centre Specialists to support the curriculum. We aim to make further connections with sports groups and organisations to further develop the children in order to support the needs and interests of learners. This would include provisions such as horse riding and ice skating at kent based centres.

## **Impact**

Our PE Curriculum is high quality, well thought out and is planned to demonstrate progression. We measure the impact of our curriculum through the following methods:

- Teacher assessment on engagement
- Ability to follow instructions and play by the rules
- Ability to work within a small team
- student discussions about their learning;

Encouraging students to engage with a wider range of PE activities through personal interests in certain sporting events will encourage lifelong participation, and provide the opportunity of living a healthier social and emotional life in adulthood.

It is recognised that some students may wish to follow a career as a result of their experience in Physical Education and these careers are such as teacher, personal trainer, coach, physiotherapist, sports scientist, diet and fitness instructor, armed forces, leisure and tourism industry.

## **The Curriculum**

Key stage 2 students should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and

sequences of movement. They will practice communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Key Stage 2 students will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and develop flexibility, strength, technique, control and balance
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Stage 3 students will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- perform dance through workshops during the year around making presentations to others
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities inside (sports day) and outside school through community links or sports clubs.

Key stage 4 students should tackle complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle.

Students will be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group

- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best  
continue to take part regularly in competitive sports and activities within school and outside school through community links or sports clubs.

#### Swimming and water safety

We will be providing swimming lessons for all learners so that they can be taught to swim confidently and proficiently, using a range of strokes so that they can perform safe self rescue in different water-based situations.

The programme of work for PE will include the following:

Term	Activity
1	Football, Tag Rugby and other Team Games
2	Indoor Sports : Basketball, Netball, Badminton, Circuits, Table Tennis or Swimming Sessions
3	Indoor Sports : Basketball, Netball, Badminton, Circuits, Table Tennis or Swimming Sessions
4	Indoor Sports : Basketball, Netball, Badminton, Circuits, Table Tennis or Swimming Sessions
5	Tennis and Cricket Coastal Walking, Jogging and Running
6	PE personal challenges on offer, ice skating, horse riding, swimming badges for example