



# Physical Development Curriculum

## **Sensory Physical Development**

Our sensory curriculum forms the foundation for the skills and abilities required to progress and irrelevant of age this is where some of our pupils will begin their PE journey. As part of the sensory curriculum a lot of our pupils will begin their PE experience by exploring their abilities to balance, travel, coordinate and dexterity. Pupils will practice these kind of skills in a variety of situations and with a variety of tasks until their abilities in their areas become natural. When ready pupils will also move on to skills that involve multitasking, applying the appropriate amount of force and some elements of muscular or physical endurance. Pupils will stay on our sensory curriculum until they can achieve skills such as hand eye coordination, following the rules of simple games and is ready for partner and grouped activities.

## **Sport based Physical Skills**

At this level our pupils will work towards the skills needed for sports participation including both the sports specific skills and the element of team work and tactical thinking appropriate to the different types of sport and activity. The aim of this curriculum is to set the foundation for sports specific skills, but to allow pupils the opportunity to try a variety of different sports including, water confidence, net sports, fielding and striking and invasion games. This is not an extensive list and there are times when our pupils may show interest in an activity such as horse riding, athletics or gymnastics, in which case an alternate venue or qualified coach may be used to deliver these activities safely. As pupils progress through this part of the curriculum there is also enough room to develop their skills to an intermediate level where they are able to follow the rules of a game and work tactically with other members of their team to achieve a shared goal. Pupils may also progress to showing leadership skills by taking on team captain roles and being encouraged to support and mentor other pupils.

## **Lifelong Physical Education**

Once our pupils reach post 16 their Physical Education will change as we begin to prepare them for life after leaving our school. We prioritise helping them create a healthy lifestyle that they can continue once they leave our school. We access activities with them that they have found they enjoy and are likely to want to continue as hobbies once they leave. For example, we have weekly trip to an external Gym where pupils are shown how to use different equipment and how to follow fitness plans. We also have pupils that go hiking and are learning to read a map and pupils that play and assist in coaching our school football team.

## **Sports Qualifications**

In addition to accessing our lifelong PE curriculum some of our pupils in Post-16 can also choose to study sports at Level 1 or Level 2 by choosing out BTEC Tech award in Sport, Activity and Fitness as one of their subject options. Within this Qualification they can learn about the human body and how it responds to exercise, nutrition for sport and exercise, fitness testing, writing fitness plans and an introduction to being a sports coach. This Qualification has a mixture of external exams, coursework and observations.