

# Physical Education

## Highfield Littleport Academy



# Overview

- ▶ At Highfield Littleport Academy we provide our students with a wide range of Physical experiences. We want to provide physical opportunities for all students to gain the skills, knowledge and tools to continue being physically active into adulthood.
- ▶ We take into account the individual student and class needs with a bespoke approach. We have a range of facilities and equipment to increase participation and inclusion for all students. Our provision ranges from developing fundamental motor skills and body awareness to being a successful team player and competing in sporting events. All of our activities aim to foster an understanding of health and fitness, to build confidence, develop independence and provide enjoyment. We also promote the importance of social skills and community participation for our students.
- ▶ Where appropriate we sequence learning, for example, teaching basic ball skills before putting these skills into a game. However, much of our learning is done in an individualised way where skills are built sequentially to support the needs of the learner. KS3/4 students also have access to the school gym to build core strength, mobility and to develop life skills.
- ▶ British values are at the core of our provision. Democracy, the rule of law, tolerance, individual liberty and mutual respect are supported through a range of activities by participation, following game rules, competition, and personal and shared achievements.
- ▶ Our provision relates to the National Curriculum outcomes through developing fundamental movement skills, experiencing a range of opportunities both individually and with peers, and celebrating successes. We use elements of the National Curriculum and the Physical Development area of the Early Years Foundation Stage as appropriate for our students.

# Progression

- ▶ Physical opportunities are embedded throughout our curriculum and are promoted throughout daily routines as well as being taught in PE focused lessons. We aim to provide a wide range and a variety of physical activities for all students. These are linked to the National Curriculum PE areas which include; Athletics, Health and Fitness, Dance, Gymnastics and Outdoor activities.
- ▶ In the Blue Pathway, students develop their physical skills through a variety of group activities including music and movement, Jabadao, parachute games, swimming, body awareness and through the use of specialist rooms such as soft play. Students also access this through more individualised approaches such as Rebound, Hydrotherapy, movement breaks, physio programmes, position changes, personal care and using personal equipment such as standing frames. These are individualised for each student's needs and delivered in a multisensory way. This individualised approach aims to develop independence, core strength, mobility, movement skills, confidence, understanding and body awareness.
- ▶ In the Green Pathway, pupils are taught a multitude of skills and physical movements through a more structured approach alongside self-directed play. Where appropriate, we teach through topics in a thematic approach, e.g. story based dances. We also teach through gross motor skill activities, simple gymnastics skills, Jabadao, dance, early games skills, multisensory activities, and structured and self-directed active play. As a result, students will develop their gross motor skills and generalise these to a range of contexts. This aims to develop confidence in their bodies and movements, teamwork, social relationships, early games skills, listening and coordination.
- ▶ In the Yellow Pathway, students access bespoke PE lessons as well as physical literacy through other activities. PE lessons include a variety of sports focusing on fundamental skills, game rules, coordination and gross motor skills, teamwork and being a team player. Other activities include weekly sports clubs, sports trips, the daily mile, movement breaks and outside break times. Our Yellow Pathway curriculum aims to develop coordination, teamwork, social relationships, understanding of rules and games, understanding game tactics, promoting health and fitness, gross and fine motor skill development, independence and the importance of continued physical activity.

# Blue Pathway

- ▶ Our Blue Pathway students access physical literacy throughout most of their sessions across the whole school day. This may include being hoisted, freedom to make different movements, accessing inventions including hydro or rebound and through focussed sensory based sessions such as Jabadao, music and movement. Examples of these include:

Structured sessions including music and movement, parachute games, action songs and child led movement play including Jabadao and soft play focus on developing core strength, fine and gross motor movement and the experience of big body movement assisted or independently.



Movement and physical activity in every day routines, e.g. through position changes, hoisting and exploratory play.



Interventions and therapies including individualised Rebound Therapy, Hydrotherapy, Swimming, Yoga and Physio programmes.



# Green Pathway

- ▶ In the Green Pathway, PE is taught through a thematic approach that often relates to topics. Exercise through play is important for our Green Pathway learners. Similar to the Blue Pathway, not all areas are covered due to the nature of the students' needs and many pupils will access a range of physical interventions. A broad range opportunities are available based on individual need. Some of the skills our Green Pathway students learn may include:

Students will learn fundamental skills and develop their gross motor movement, including; running with accuracy, jumping, climbing, skipping and ball skills.



Gymnastics, Dance and Yoga. Students develop their gross motor skills, communication and expression. This can include travelling in different ways, balance, co-ordination, copying and sequencing basic routines and moving to music.



Game Skills. Students learn how to participate in group games: participating in competition, following rules, leadership, teamwork, accepting winning and losing and being a team player.



Promoting the generalisation of skills is key in the Green Pathway. Generalisation enables students to use their skills outside of specific situations, such as playing games on the playground or exploring movement in soft play. This gives our students the skills they need to generalise what they learn and transfer those skills to wider environments, leading to increased community participation.

# Yellow Pathway

- ▶ Our Yellow Pathway PE can look similar to what you would expect in a mainstream setting. Physical activity is based on learning new and building on existing skills through a variety of sport based half termly activities. Developing skills progression over long term planning e.g. football in lower key stage 2 will focus on 'passing and receiving' the ball. In upper key stage 2, football will focus on 'dribbling and shooting'. We offer a weekly Sports Club that students can opt in to. There are also a range of extra-curricular activities that we run such as the Daily Mile, gym sessions and competitive events. Some of our Yellow Pathway students may have additional responsibilities, such as Sports Leaders or maintaining the PE cupboard. These opportunities develop independence, build communication and team work skills, and promotes a range of British Values.

Weekly PE Lessons: ball/game skills, developing sport specific gross motor skills, game rules, teamwork, winning and losing gracefully, hand/eye coordination and gross motor skills.

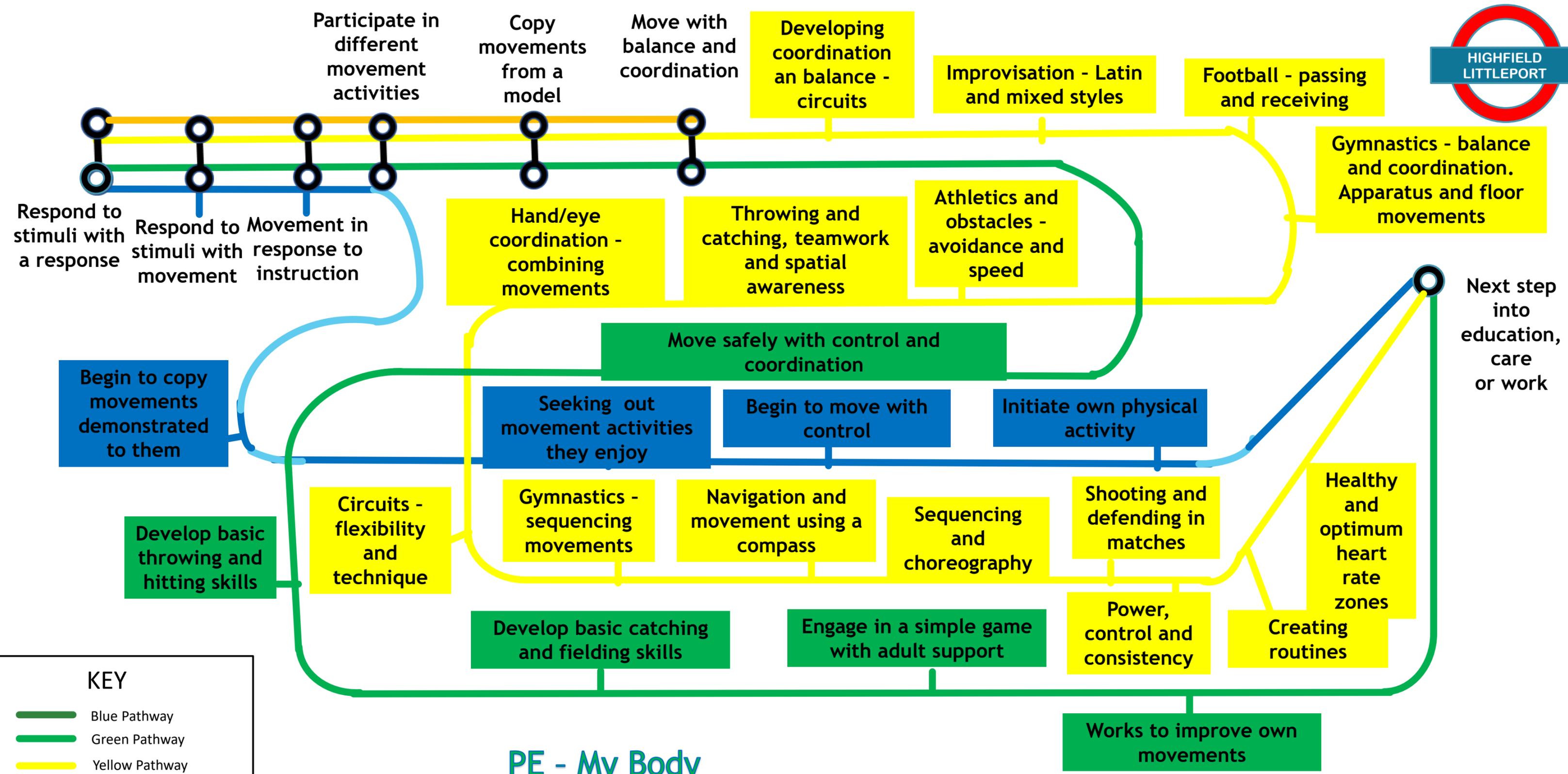


Sports based lessons. Including learning about individual sports rules and tactics such as football, rugby, basketball, hockey and swimming. These are adapted based on the needs of students through adapted resources or rules (e.g. bell ball for a visually impaired student). Students also learn a range of inclusive games such as boccia, goalball and sitting volleyball.



Healthy living. Students learn about healthy lifestyles and how to keep fit. This includes healthy eating, using exercise safely to promote mental wellbeing and how to keep our bodies fit and strong by having access to the gym facilities.





**KEY**

- Blue Pathway
- Green Pathway
- Yellow Pathway
- EYFS

\* All lines lead to improved life outcomes

**PE - My Body**  
EYFS - KS3

Next step into education, care or work

# Learning Values



Our school learning values are life skills which are embedded within our curriculum and developed through each key stage. Example of these within PE -

**Independence** - balancing on a beam or completing a yoga pose without support.

**Teamwork** - collaborative team games, supporting each other.

**Thinking** - considering tactical moves in football to beat an opponent.

**Creativity** - finding new or different ways to negotiate equipment.

**Resilience** - not giving up when I find things hard.