



Physical Education Overview



Intent

At Walton Hall Academy we want our students to engage in a range of activities and games that will promote a healthy and balanced lifestyle. For many of our students this involves weekly lessons that are aimed at supporting students to achieve their desired EHCP outcomes as well as the following:

- Communication with peers
- Self-evaluation of skills.
- Teamwork
- Coordination

As well as developing skills that are needed for individual sports there is also an element of additional learning that takes place in P.E, where students think about and discuss the importance of a healthy mind and a healthy body. Many of our students will be encouraged to use sport and physical activity for sensory regulation and it is also used to support with social, emotional and mental health through improving self-esteem and confidence in their own ability.

Progression through the pathways

	In KS3 and KS4, the students within our seeker's pathway have a timetabled lesson of P.E each week and will also regularly use physical activity as a sensory approach to regulate. These students have the opportunity to go swimming, use our gym facilities, go horse riding and enjoy sensory walks around the grounds of the school. During timetabled P.E lessons students are supported to develop their communication skills, follow instructions, trust staff and develop their gross and fine motor skills through a range of simple and engaging activities. Assessment is linked to the student EHCP desired outcomes.
	In KS3, the students within our explorer's pathway all have a timetabled P.E lesson each week. These students are supported in participating in team sports and games and follow simple practice drills to improve skills such as throwing, catching, hitting a target and positioning during a game. More able students are given more complex skills to learn and are encouraged to use these skills in game situations. As students move into KS4 they continue to have a weekly P.E lesson. They are encouraged to build upon the key skills that they learnt in KS3 and become more independent in their warmups, drills and game situations - learning to work more effectively as a team.

	In KS5, students access PE as an option and an enrichment afternoon.
	In KS3, the students within our navigator's pathway all have a timetabled PE lesson each week. These students independently participate in team sports and games and follow more complex drills to improve skills such as throwing, catching, hitting a target and positioning during a game, with accuracy and precision. Students are encouraged to independently self-evaluate their performance in each game to identify their own improvement plan. In KS4 students can choose PE as an option and also have a timetabled weekly lesson. A BTEC L1 award in sport is completed as part of the option, with a focus on coaching and assisting in sporting activities. As students move into KS5, sport is once again an option choice, with the focus being on staying active, the barriers to sports and getting others active. A BTEC L1 certificate in sport is completed. This provides our students with the transferrable skills and experience needed for them to pursue a career in sports and coaching.

Curriculum map

	KS3 - Year One
	Explorers and Navigators
Autumn term	Olympics (Multi-skills) Uni-hoc (Invasion)
Spring term	Football Fitness Development
Summer term	Cricket (Striking and Fielding) Softball (Striking and Fielding)

	KS3 - Year Two
	Explorers and Navigators
Autumn term	Basketball (Invasion) Uni-hoc (Invasion)
Spring term	Dodgeball/Archery (Target) Volleyball (Net)
Summer term	Cricket (Striking and Fielding) Softball (Striking and Fielding)

	KS3 - Year Three
	Explorers and Navigators
Autumn term	Netball (Invasion) Uni-hoc (Invasion)
Spring term	Table Tennis (Net) Cricket Training (Multi skills)
Summer term	Cricket (Striking and Fielding) Softball (Striking and Fielding)

	KS4 - Year Four
	Explorers and Navigators
Autumn term	Olympic Sports (Multi Skills) Uni-hoc (Invasion)
Spring term	Badminton (Net) Cricket (Striking and Fielding)
Summer term	Cricket (Striking and Fielding) Softball (Striking and Fielding)

	KS4 - Year Five
	Explorers and Navigators
Autumn term	Tennis (Net) Uni-hoc (Invasion)
Spring term	Fitness Development (Multi Skills) Rugby (Invasion)
Summer term	Cricket (Striking and Fielding) Softball (Striking and Fielding)

Extra-Curricular

Students have the opportunity to access lunchtime clubs throughout the week to further enhance their fitness and sporting skills. A competitive football club occurs every lunchbreak alongside sessions in the gym and other activities like table tennis.

Such clubs are great for further skills development but also for the development of students' self-esteem and self-confidence. For our students with ADHD, the opportunities for physical clubs over lunchtime can support their ability to remain regulated throughout the afternoon.