

Physical Education is an integral part of our school curriculum and every pupil should have access to an appropriate and engaging P.E curriculum. PE should be an enjoyable experience for all pupils within Milestone School, ensuring they recognise the importance of living a healthy lifestyle. Where required, individual pupils will have personalised exercise/movement programmes to ensure their individual physical needs are met. These programmes will be created in partnership with physiotherapists, occupation therapists and other related professionals. Pupils follow the 'Milestone School PE/PD Progression Pathway' and the Complete PE Scheme of Work is to be used by teachers to inform their planning and support their delivery.

INTENT:

- To enjoy being physically active
- To develop body and spatial awareness
- To lead and maintain a fit and healthy lifestyle
- To master the fundamental movement skills – agility, balance and coordination
- To increase the pupil's range of effective movements needed for daily living
- To experience a wide range of physical activities
- To engage the pupils in physical activities which involve the whole body and which will develop strength, stamina, flexibility, posture and positioning
- To refine pupils gross and fine motor skills
- To build positive relationships and work as part of team
- To develop the pupil's self-confidence through PE and the acquisition of new skills
- To maintain mobility
- To develop communication skills, encourage the use of the appropriate terminology and promote those skills necessary for effective co-operation
- To foster an awareness of the need for health and safety, taking care of oneself, others, resources and following instructions
- To work in partnership with parents and other professionals to plan and deliver an appropriate curriculum

IMPLEMENTATION:

Our PE curriculum is broken down into 2 chunks:

**Chunk 1
(Level 1-6)**

Focusing on building a solid foundation of Fundamental Movement Skills:

- Fine Movement
- Gross Movement
- Posture and Health
- Sensory

**Chunk 2
(Level 7-16)**

Developing more skills through a range of sporting activities:

- Acquiring and Developing Skills
- Evaluating and Improving Performance
- Fundamentals
- Knowledge and Understanding Fitness and Health
- Selecting and Applying Skills, Tactics and Ideas

Pupils also access:

- Rebound Therapy
- Swimming
- Hydrotherapy
- Outdoor gym
- Soft play

We also offer a range of extra-curricular activities including:

- Mixed Ability Rugby
- Table cricket
- Sensory dance
- Access to bicycles/trikes/adapted bikes
- Yoga
- Gymnasium
- Race Running
- SEN sports events (inter school)
- Gloucestershire School Sport Network events

Pupils in the Foundation Stage and Key Stage 1 will follow the Early Years Curriculum and programmes will be in line with Early Learning Goals for Physical Development.

Method and Organisation

- The TLR Postholder of Physical Education oversees the P.E curriculum planning, subject monitoring and assessment throughout the school.
- Class groups will be taught by their class teacher.
- Each pupil will have at least 1 whole class PE session per week.
- There are opportunities for pupils to participate in a wide variety of extra-curricular activities which will involve inter-school sporting tournaments and lunchtime clubs.
- Foundation, middle and senior departments have use of the Chamwell Centre soft play.
- Specific pupils access Rebound Therapy is delivered by staff that have received Rebound training.
- The school has an onsite hydrotherapy pool which is used by class groups and specific target pupils.
- Specific classes access the swimming facilities at GL1 (local leisure centre).
- Other local sports facilities regularly accessed basis including: Hartpury RDA, Cheltenham RDA, Hartpury Astro turf pitch, GL1 gymnasium, Oxstalls sports centre and Longlevens Rugby club.

IMPACT:

- Pupil progress is formally assessed using online assessment tool 'Solar'
- Class teachers are expected to update Solar regularly to ensure progress is being made and relevant provision put in place
- A central record is kept of the pupils that represent the school in sports events to ensure a breadth of pupils experience these events throughout their time at Milestone School.
- External accreditation ASDAN 'Personal Progress' and 'Personal & Social Development' units and modules are followed as and when appropriate within the Senior Department.
- Each pupils physical development will be discussed at the annual EHCP review and any changes to their provision can be amended or added.
- We will celebrate sporting and physical success within our department assemblies