

Physical Education/Development at The Milestone School



INTENT:

Physical Education is an integral part of our school curriculum and every pupil accesses an appropriate and engaging P.E curriculum. We strive for PE to be an enjoyable experience for all pupils within The 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 NHS Physiotherapists, Occupation Therapists and other related professionals. Pupils follow 'The Milestone School PE/PD Progression Pathway' and the Complete PE Scheme of Work is used by teachers to inform their planning and support their delivery.

- 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 pupils' 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 pupils' 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 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 (Pathways – EYFS – PMLD – COMPLEX NEEDS - SEMI-FORMAL & FORMAL):

Curriculum Phases				
EYFS pathway (Reception – Year 1)	PMLD (L1-3)	Complex needs/ASD (L4-6)	Semi-Formal (L7-11)	Formal (L12-16)
Pupils follow the EYFS statutory curriculum, with a focus on physical development; ensuring children pursue happy, healthy and active lives. Outcomes are derived from the Birth to 5 Matters Framework and delivered through an interest led curriculum, designed to take account of sensory & individual therapy needs. We promote an early love of learning, enabling all pupils to begin to develop their fine and gross motor skills and providing the foundations for future learning and access to the school's curriculum pathways.	Pupils with more complex needs who learn through experimenting & experiencing the world around them. Learners focus on their personalised EHCP Physical outcomes, as well as therapeutic outcomes. Working with multi-agency professionals, such as Physiotherapists and Occupational Therapists is paramount in ensuring pupils receive the support they require for their physical needs.	Pupils with complex AS needs who learn through accessing a structured, personalised and child-led curriculum. Teaching methods are reflective of the TEACCH approach, adapted to individual learner styles. Learners focus on their EHCP outcomes, where Communication and PSHE underpins their learning in Physical Development.	Pupils who have been assessed as learning through a semi-formal approach begin to follow our Level 7-11 Physical Education pathway. Pupils access the PE Pathway through a sequential rolling programme.	Pupils who have been assessed as learning through a formal approach and utilise a more academic, subject-based curriculum. All pupils will follow schemes of work and programmes of study. Pupils access the NC through sequential rolling programmes.
IMPLEMENTATION	IMPLEMENTATION	IMPLEMENTATION	IMPLEMENTATION	IMPLEMENTATION
Focusing on building a solid foundation of Fundamental Movement Skills, which may include: <ul style="list-style-type: none"> • Fine Movement • Gross Movement • Posture and Health • Sensory • Swimming 	Focusing on building a solid foundation of Fundamental Movement Skills, which may include: <ul style="list-style-type: none"> • Fine Movement • Gross Movement • Posture and Health • Sensory • Rebound Therapy 	Focusing on building a solid foundation of Fundamental Movement Skills, which may include: <ul style="list-style-type: none"> • Fine Movement • Gross Movement • Posture and Health • Sensory • Rebound Therapy 	Developing more skills through a range of sporting activities, which may include: <ul style="list-style-type: none"> • Acquiring and Developing Skills • Evaluating and Improving Performance • Fundamentals • Knowledge and Understanding Fitness and Health 	Developing more skills through a range of sporting activities, which may include: <ul style="list-style-type: none"> • Acquiring and Developing Skills • Evaluating and Improving Performance • Fundamentals • Knowledge and Understanding Fitness and Health

	<ul style="list-style-type: none"> • Hydrotherapy • Sensory dance • SEN sports events (inter school) 	<ul style="list-style-type: none"> • Soft play • Swimming • Outdoor gym • Table cricket • Sensory dance • Access to bicycles/trikes/adapted bikes • Gymnasium • SEN sports events (inter school) 	<ul style="list-style-type: none"> • Selecting and Applying Skills, Tactics and Ideas • Swimming • Soft play • Outdoor gym • Mixed Ability Rugby • Table cricket • Sensory dance • Access to bicycles/trikes/adapted bikes • SEN sports events (inter school) 	<ul style="list-style-type: none"> • Selecting and Applying Skills, Tactics and Ideas • Swimming • Outdoor gym • Mixed Ability Rugby • Table cricket • Sensory dance • Access to bicycles/trikes/adapted bikes • SEN sports events (inter school)
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ASSESSMENT FRAMEWORK

Assessment – Birth to 5 Framework, informing future curriculum pathways EHCP outcomes Evidence for Learning	SOLAR Assessment Levels 1-3 Evidence for Learning EHCP outcomes Engagement Model	SOLAR Assessment Levels 4-6 Evidence for Learning EHCP outcomes Engagement Model	SOLAR Assessment Levels 7-11 Evidence for Learning EHCP outcomes	SOLAR Assessment Levels 12-16 Evidence for Learning EHCP outcomes
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IMPACT:

Our pupils will:

- Engage in a wide range of sporting and physical activities
- Develop skills in physical and sporting activities
- Maintain and develop movement through physiotherapy programs and hydrotherapy, where appropriate
- Develop their water confidence and swimming skills
- Develop gross and fine motor skills
- Have opportunities to engage in competitive sport

Overall Endpoints:

Empowering Learners: The PE curriculum is sequential and relevant to the needs and abilities of all pupils; this empowers them to achieve their full potential and prepare for successful futures beyond The Milestone School.

Inclusive and Supportive: Learning is planned and taught to ensure that all pupils work on and achieve outcomes at a relevant level for the individual.

Lifelong Learning beyond the classroom and College/Future Readiness: Our PE curriculum supports pupils to develop skills for use both inside and outside the classroom, focusing on learning and opportunities in the wider world.

Individualised Success: By tailoring the curriculum to each pupil's unique needs and aspirations, the PE curriculum allows pupils to each reach their potential in areas specific and relevant to their individual needs.