

Physical Education

Intention- What we want to achieve and why we do what we do

We see physical education (PE) as a key element to our student's holistic development. Alongside developing physical skills, PE is used as a vehicle to support independence and promote a healthy lifestyle. It is crucial that students experience and participate in a wealth of PE opportunities during their journey at Rachel Madocks. Our student's physical development is assessed through our pathways curriculum and encompasses pupils EHCP physical and sensory targets. Pupil's take part in ASDAN modules which support towards their independence, healthy lifestyle and understanding of movement and exercise. This enables an individualised approach to learning and celebrates all steps of progress.

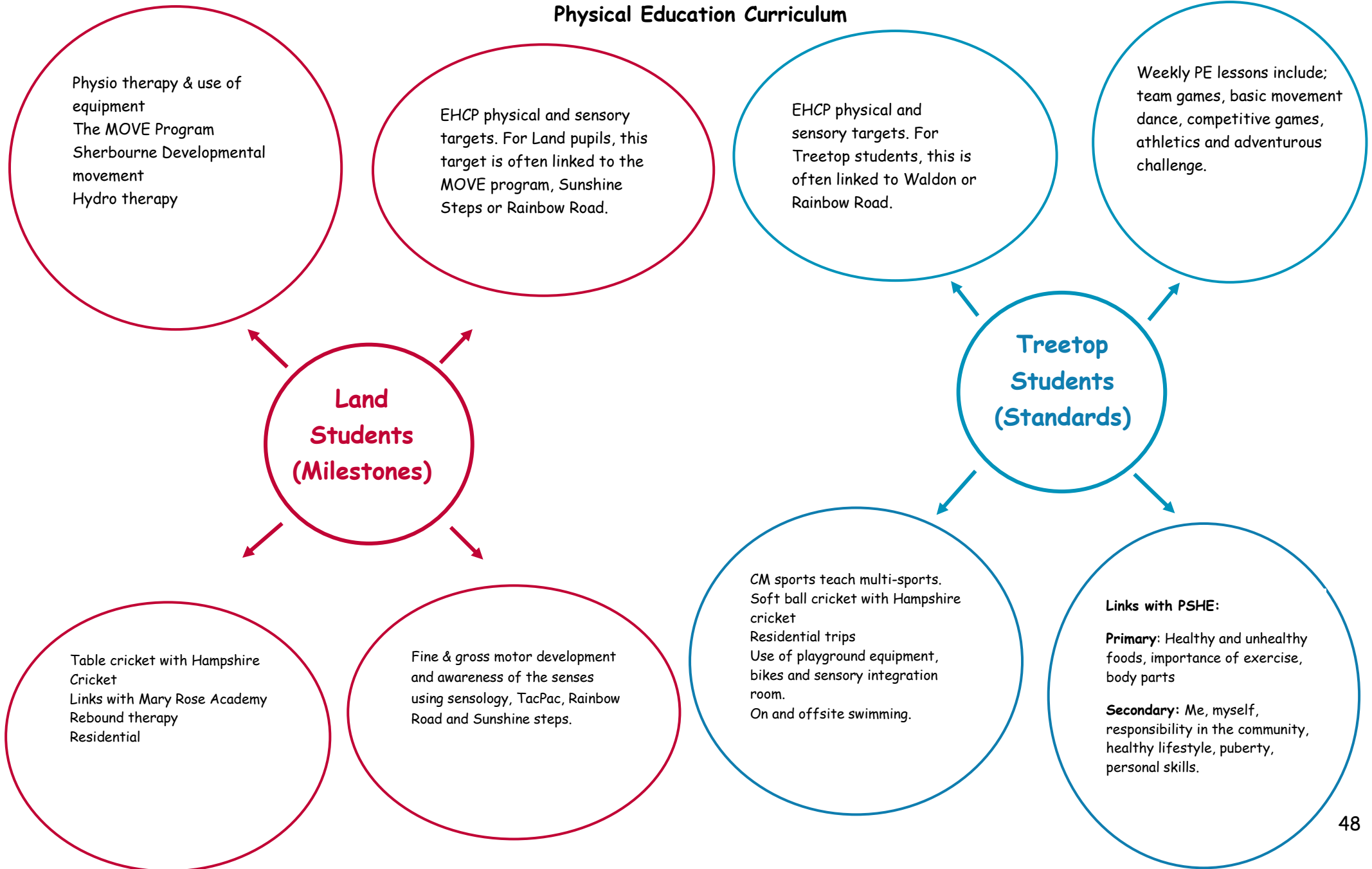
Implementation - How do we achieve this through our learning and curriculum and how we do it

Throughout the school PE looks very unique in order to support the cohort in the classroom. For example, in a PMLD class PE can include the MOVE Programme, hydro therapy and body awareness, where as in a SLD class PE can include dance, positional language and education regarding healthy eating. Physical education also takes place outside of the classroom where students across the school have the chance to come together, experience the community and take part in whole school events such as sports day and residential.

Impact - What can we achieve through this and what is the end result

Through our PE lessons, trips, residential, the MOVE program, hydrotherapy and sports day, we achieve a sense of community. Our students establish skills that allow them to participate in sport and movement suitable to their needs. They gain strength and co-ordination through physio, MOVE and PE lessons, which supports them in accessing the world and gives them tools for other skills such as writing or play. Our students develop an understanding of healthy eating, well-being and how exercise can positively support their mental health. Our students gain an understanding of their own body, how it moves and how their senses work. Our whole PE curriculum at Rachel Madocks ensures our students feel confident, aspirational and proud of who they are.

Physical Education Curriculum



Physio therapy & use of equipment
The MOVE Program
Sherbourne Developmental movement
Hydro therapy

EHCP physical and sensory targets. For Land pupils, this target is often linked to the MOVE program, Sunshine Steps or Rainbow Road.

EHCP physical and sensory targets. For Treetop students, this is often linked to Waldon or Rainbow Road.

Weekly PE lessons include; team games, basic movement dance, competitive games, athletics and adventurous challenge.

Land Students (Milestones)

Treetop Students (Standards)

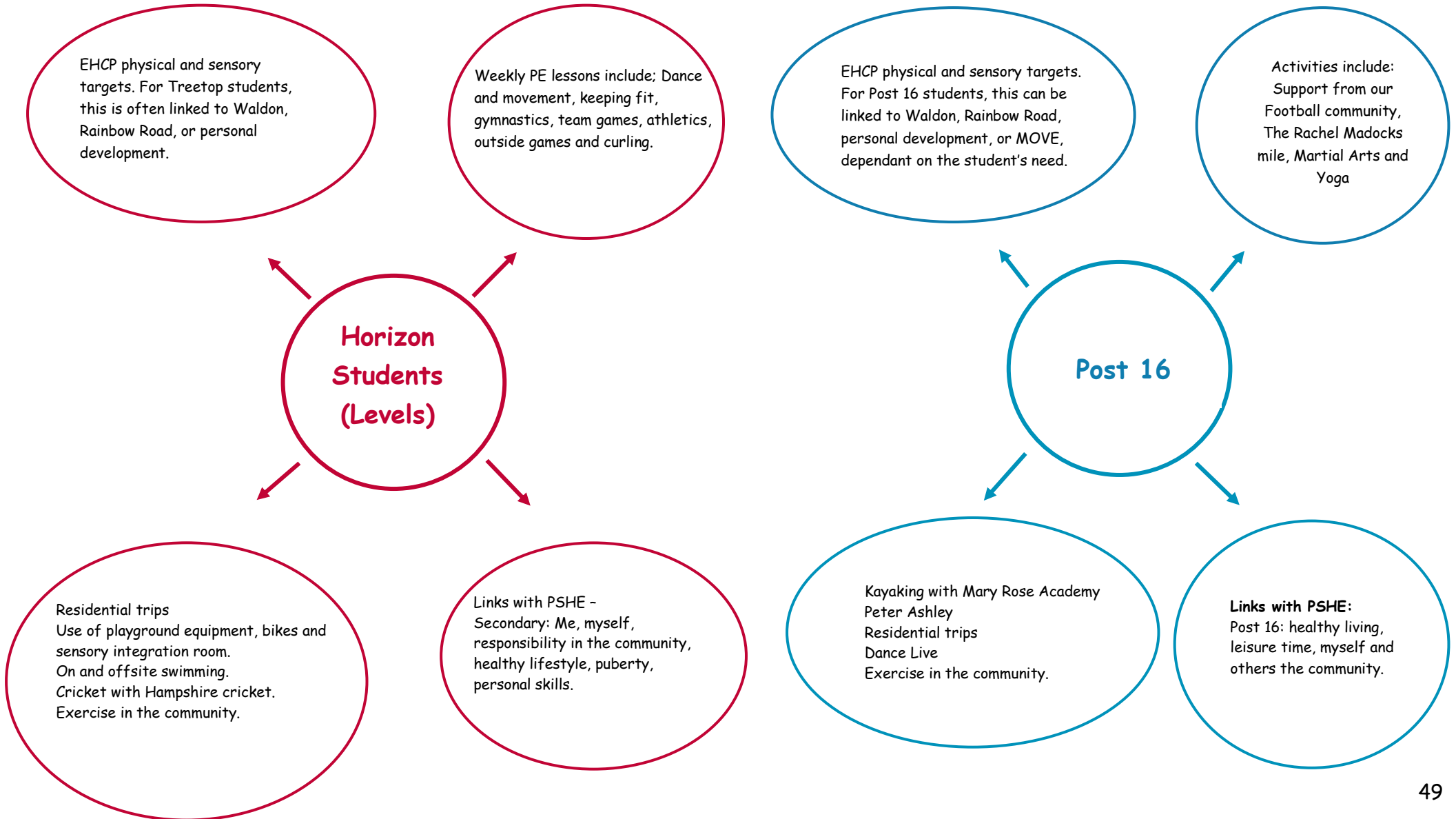
Table cricket with Hampshire Cricket
Links with Mary Rose Academy
Rebound therapy
Residential

Fine & gross motor development and awareness of the senses using sensology, TacPac, Rainbow Road and Sunshine steps.

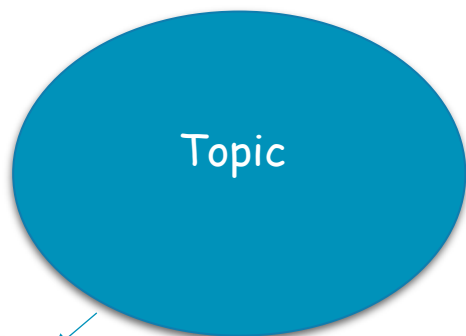
CM sports teach multi-sports. Soft ball cricket with Hampshire cricket
Residential trips
Use of playground equipment, bikes and sensory integration room.
On and offsite swimming.

Links with PSHE:
Primary: Healthy and unhealthy foods, importance of exercise, body parts
Secondary: Me, myself, responsibility in the community, healthy lifestyle, puberty, personal skills.

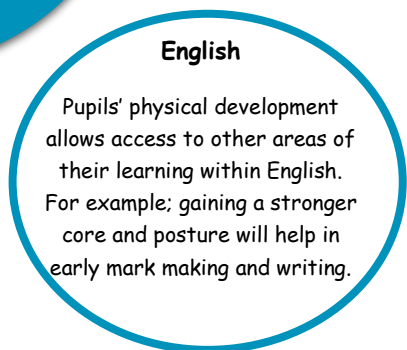
Physical Education Curriculum



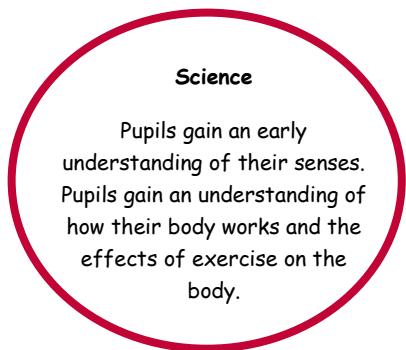
How Physical Education Links to Other Areas



PE lessons can link to topic where appropriate. For example; in primary the book being used will be made into a Sherbourne developmental movement session or dance in secondary may be based on the topic being explored.



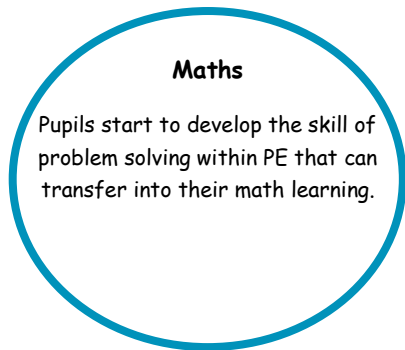
English
Pupils' physical development allows access to other areas of their learning within English. For example; gaining a stronger core and posture will help in early mark making and writing.



Science
Pupils gain an early understanding of their senses. Pupils gain an understanding of how their body works and the effects of exercise on the body.



Communication
Pupils gain confidence in exploring their method of communication with others during team activities. Pupils communicate with coaches and students outside our school community.



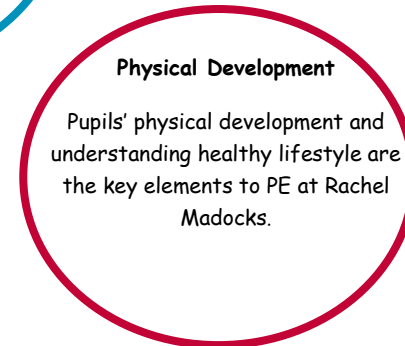
Maths
Pupils start to develop the skill of problem solving within PE that can transfer into their math learning.



Our theme days always include an element of PE. For example, karate coaches came in on Japan day, we explored Mexican dance on Mexico day. For Humanities, a MOVE activity is always planned.



Key Skills
Independence
Development of movement supports personal care



Physical Development
Pupils' physical development and understanding healthy lifestyle are the key elements to PE at Rachel Madocks.

