



PHYSICAL POLICY

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Approved by Headteacher	
Approved by Governors	
Review date	

Strand: Physical

Teachers Responsible (and date): Dale Woolsey, Toni Whipp, Tom Goater(Sept 2023).

Importance of physical

- Physical comfort and wellbeing **must** be a priority in order to support engagement and access in any learning opportunity.
- Individuals to be as healthy and active as possible
- To inspire pupils to exceed and excel in competitive sport and other physically demanding activities
- To become physically confident in a way that supports their health and fitness.
- To enable confident engagement in a wider range of leisure activities
- Therapies such as rebound, massage and hydro contribute to the student's physical development, maintenance and well-being.

Aims –

- to use an individualised multi professional approach to develop students skills and meet physical needs (postural management).
- develop competence to excel in a broad range of physical and leisure activities
- Students are physically active for sustained periods of time
- engage in competitive sports and leisure activities
- lead healthy, active lives
- participate in team games, developing simple tactics for attacking and defending
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- perform dances using simple movement patterns
- personalised delivery of body awareness sessions so that students can understand their own body.

Teaching & Learning Strategies:

A range of teaching styles will be used to accommodate the different learning abilities of individual students. Teaching will be done on an individual basis, in small groups or whole class groups. Many pupils follow personalised physical activity programmes which are developed according to need and in conjunction with a range of professionals e.g. physiotherapist, occupational therapists.

The use of different teaching and learning strategies can enable the learning to be inclusive and personalised to the students' specific needs and requirements. As students' progress through the key stages they will experience different sporting, leisure and physical opportunities.

Students will encounter a wide range of opportunities across all key stages however some opportunities are key stage specific.

Differentiation

We have a commitment to provide equality of opportunity for all students regardless of gender, race, culture or disability. All students are entitled to be challenged, motivated and given support and opportunities that will enable them to progress and reach their potential.

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Physical Development can be delivered daily through cross-curricular teaching and might be reflected in the daily routines. Many pupils follow personalised physical activity programmes which are developed according to need and in conjunction with a range of professionals e.g. physiotherapist, occupational therapists

Planning

Effective planning involves the careful and deliberate sequencing of curriculum content and experiences to meet an individual's learning and development needs. This builds on previous learning and achievements to promote future learning. At Oakfield Park school, planning may be based around a termly topic based cross curricular model in Key Stage 3/4.

Students who access the MATP pathway will work on 3 different areas for development over each academic year these are mobility, dexterity and striking and kicking.

Assessing, recording and evaluating

Evidence for learning -Physical journey

Personalised positioning plan

Celebrating

- Weekly celebration assemblies are opportunities to reward students and acknowledge achievement in PE.
- The home-school communication book, parents' evenings and head teacher certificates are also opportunities to celebrate achievement.
- Seasonal shows are also events that allow some students to showcase their skills e.g. teamwork, communication and sharing moral messages.
- The annual reviews are opportunities for key professional personnel and family members to join with the student in reflecting on all that has been achieved over the last year.
- The PE display board celebrate the achievements of students throughout the year.
- Parents can engage and celebrate their students work by seeing evidence of achievement on the parent portal on EFL.
- Termly MATP challenge events

Health & Safety issues:

Due to the ranging nature of PE equipment there are risk assessments on varying items. Extra care should be taken when planning the activities and the environment they will be participated in. Basic safety check should occur before undergoing physical activity such as appropriate footwear, jewellery and no chewing. If there any concerns staff should consult the 'safe practice in PE' book on the AfPE website.