

**Why do we teach it?**

At Helen Allison our pupil's physical literacy, body confidence and gross motor skills are an important part of their education. Exercise has been proven to improve sleep, relieve anxiety, promote social skills and enhance self-regulation and mental health, in addition to overall physical well-being. We strive to ensure our pupils understand the benefits of a healthy and active lifestyle and to give them the experiences and tools to continue this once they leave us.

In addition, PE gives our pupils the opportunity to develop their abilities to cooperate, communicate and work as part of a team towards a common goal.

**INTENT - What we are teaching**

PE is taught through a wide variety of activities with elements from the national curriculum and elements bespoke to the needs of our pupils and classes.

The PE curriculum begins with the Springboard Framework, learning through play and our pupils exploring their gross motor skills and physical capabilities.

Schemes of work are designed for pupils to cover themes such as invasion games, net games and target games to allow them to learn skills that are transferable and allow them a better chance of connecting those links.

Outside of the national curriculum pupils are exposed to minority sports such as ultimate frisbee, tchoukball and trampolining whilst also playing games that allow accessible to all in boccia, kurling and table cricket.

PE also supports other areas of the school's curriculum by supporting our pupils to access community sports and leisure facilities and strengthening many skills for life.

**IMPLEMENTATION - How we teach it**

PE is taught largely through physically active lessons, giving pupils the chance to explore, experiment and learn through discovery. Pupils get the opportunity to participate in group and individual activities throughout the curriculum and develop their skills following carefully planned, sequenced lessons and skill progressions. Lessons are often adapted depending on progress and the requirements of the class.

As pupils progress through the school so is their exposure to a wider PE curriculum and structured, formal games. Skills are taught to enable pupils to access the sports appropriate to them and expose pupils to what it means to be physically active and healthy.

**IMPACT - What is working**

Pupils identify PE as a subject they enjoy and that helps them to learn about their bodies. The curriculum has been developed to allow pupils to access the community and participate in a variety of inter school competitions.

Participation in the subject supports pupils not only improve their physical capabilities but also their interpersonal skills, problem solving and perseverance. Through areas such as OAA and team games our pupils learn how it feels to be physically active whilst working with others, communicating and playing different roles within a group dynamic.

### Subject Leader Actions and Impact

<b>Previous Improvement Actions and Impact</b>	<b>Current Improvement Actions</b>	<b>Future Improvement Actions</b>
<p>Curriculum widened to engage more pupils and increase breath of skills studied.</p> <p>More inter school sports events entered and increased number of pupils representing the school.</p> <p>Sports equipment purchased to allow pupils to explore more of their physical capabilities</p>	<p>Forest School Provision being added to improve physical activities available.</p> <p>Sports Leadership Volunteer Programme introduced</p> <p>School MUGA built to allow for more active break and lunchtime provisions all year round.</p> <p>Applying for Healthy Schools Bronze mark</p>	<p>Physical Curriculum developed to include forest school and physical therapies</p> <p>Pathway Curriculum developed to ensure pupils are grouped appropriately for their PE lessons.</p> <p>Work towards Healthy Schools Silver and Gold mark</p>