

## PE at Breakspeare School

### Overview

At Breakspeare we consider Physical Education to be one of the most fundamental building blocks of the curriculum. The scope of the PE delivery covers a wide range of activities which seek to meet the pupil at their stage of physical development and their movement ability. This ranges from physiotherapy sessions, delivered by the physiotherapist or class staff, through to therapy based movement like Rebound, Sherborne and Hydrotherapy. It continues to develop pupils in basic movement and gymnastics skills alongside basic ball skills and movement to music. The curriculum extends to include all the strands of PE including games, gymnastics, athletics, outdoor education activities, swimming and dance, with adapted activities to encourage all pupils to access the curriculum and achieve success and improve.

### Provision

The physical education programme is delivered by a subject specialist who teaches across the whole school. All pupils receive one lesson of PE a week and one lesson of hydrotherapy or swimming a week. In addition class teachers will often deliver their own PE activities at other times during the week. The school runs its own dance club and often has other agencies running lunchtime clubs at specific times in the year. In addition we run a Rebound Therapy AfterSchool Club for Breakspeare pupils and other pupils with SEN from the wider community and different schools.



### Delivery

The delivery is developmental and progressive across the age ranges but also seeks to reflect the individual pupils at their point in their physical development and be age appropriate.

EYFS; - Pupils focus is on learning through play and developing the early physical development milestones at the rate of the pupil. Opportunities are given through sessions of ball skills, music and movement and negotiation of low gymnastic equipment.

Key Stage 1 – Pupils focus on manipulative skills in games e.g sending and receiving and holding and releasing PE equipment. In gymnastics it is about body awareness and

travelling and stopping. The dance focus is around action songs, rhymes and following instructions.

Key Stage 2 – Pupils focus on learning to play simple games and developing skills of sending and receiving a ball and striking and fielding. In gymnastics they develop their control to travel in different ways and learn about body shapes. In dance they recreate familiar stories e.g Three Little Pigs to music, and start to explore athletics and outdoor education activities.

Key Stage 3 – Pupils focus on the skills of football, hockey, basketball and volleyball and play small sided games. In gymnastics they begin to make up sequences and work with partners. In dance more complex stories are chosen and set to music e.g Giraffes Can't Dance. Pupils explore outdoor challenges e.g trails and develop their athletic skills.

Key Stage 4 – Pupils focus on developing skills of striking and fielding games e.g cricket, tennis and badminton. They use their movement skills to concentrate on Rhythmic Gymnastics and in dance they pick themes like boxing or the 'Big Top' and devise a dance to fit.

Post 16 – The focus is on developing longer term leisure interests. The opportunity to take part in a range of different sports both mainstream and adapted sports like boccia and polybat. To develop like and dislikes and make choices about keeping healthy and maintaining fitness.

## **Facilities**

The school boasts a purpose built sports hall equipped with wall bars, a large moveable hoist and spacious changing facilities. We have our own multi - sensory hydrotherapy pool always heated to the liking of our pupils with profound and multiple learning difficulties (PMLD). The grounds are comprised of two large playgrounds linked by a cycle track. We have a recently acquired playground area which has a variety of swings including a wheelchair swing, wheelchair accessible roundabout and climbing area.

At Breakspeare we also consider outdoor play times to be part of the delivery of Physical Education. We provide structured and unstructured opportunities to develop physical skills, play with and alongside others, learn skills like riding a bicycle or scooter or negotiate different terrains and explore play equipment in an outdoor context.

## **Assessment**

The school uses P – levels for Physical Education and seeks to break down skills and set targets that are challenging yet achievable in the knowledge of the pupils' abilities.

## **Competitions and School Links**

As a school for pupils with severe learning difficulties (SLD) we have close links with the other 5 SLD Schools in Hertfordshire. As a result the PE Coordinators meet termly and organise competitions and events during the year for the pupils of all the schools. These include a swimming gala, a football tournament, a Panathlon, boccia tournament , cricket festival and a District Sports event.

We also use Woodside Leisure Centre to take our more competent swimmers to for a weekly swim and have good links with Abbots Langley Cricket Club and Watford FC.

We are part of the Rickmansworth School Sports Partnership so have good links with our hub secondary school Parmiters and the local primary schools, which enables us to work together using Sports Leaders and put on sports activities to facilitate inclusion.

