



Physical Education -

Within the area of PE many pupils have the opportunity to excel and demonstrate success. This area of the curriculum contributes to the positive physical and mental health of our pupils. PE allows our pupils to achieve as an individual and also as a member of a team. Through the teaching of PE pupils gain experiences beyond their own school and meet pupils from a range of schools within the locality.

**Everyone at
Middleton is
safe and Happy**



Intent –

- To improve the physical fitness of our pupils and develop their stamina and physical resilience.
- To contribute to the emotional well being of pupils, improving self esteem and releasing positive endorphins.
- To educate pupils about healthy lifestyles and the changes that occur within their bodies when they undertake physical activity.
- To explore and develop a breadth of communications skills.
- To encourage positive and appropriate social interactions with others.
- To work collaboratively as part of a team and develop the skills which allow them to contribute positively to activities with a partner or within a team.
- To allow opportunities to practice and gain independence in simple life skills/self help skills (ie changing into appropriate footwear).
- To develop self confidence and self reflection upon performance and progression of skills acquired.
- To enable pupils to excel in the attending to, following of and giving of instructions or directions.
- To explore sporting talent, passions and interests which may lead to the development of a hobby beyond school life.
- To teach pupils about good sportsmanship and explore how to face rejection and 'losing' in a socially acceptable manner.
- To encourage pupils to take appropriate risks, try new activities and be led, with support, beyond their comfort zone.
- To develop and extend gross/fine motor skills, co-ordination and dexterity.
- To give pupils the experience of performing in front of others, developing pride and appreciation of success.
- To develop a positive and constructive approach to problem solving and the development of critical thinking skills.
- To explore the skills associated with evaluating, reflecting and actioning improvements to performance.
- To develop creativity and self expression.
- To develop an appreciation for the need to consider safety and personal limitations when undertaking physical activity.
- To develop an awareness of the safe and effective use of space , resources, equipment and the ability to make appropriate choices.
- To develop empathy with others, learning how to nurture and coach peers/team mates, and celebrate the success of others.
- To develop leadership skills.

Implementation –

- Planning for all aspects of Physical Education is led by the M scale descriptors and skills taught are sequential in nature.
- The majority of PE lessons are taught in mixed ability groups. However for the teaching of some skill sets, ie. swimming, pupils are organised according to ability in order to optimise their learning.
- The majority of PE lessons are taught by a number of subject specialists (dance teacher, PE coach, swimming teacher), however class teachers also deliver aspects of the PE curriculum.
- PE is taught within designated facilities/ spaces within our school and beyond.
- The delivery of the PE curriculum is supported by a wide range of specialised equipment and resources.
- The PE curriculum is implemented so that pupils have opportunities to experience both competitive and non competitive sporting activities.
- Implementation ensures access for all within PE with equal opportunity regardless of differences in gender, ability, culture etc. However, differing beliefs and practices are respected and considered when delivering this aspect of the curriculum.
- Delivery of this aspect of the curriculum takes into account diversity and a range of abilities but is fully inclusive of all pupils allowing all pupils to have equal access and opportunities.
- The delivery of the PE curriculum takes into account the teaching and practise of cross curricular skills. Aspects of all areas of the Middleton curriculum can be incorporated into the teaching of PE.
- The implementation of the PE curriculum has a strong emphasis upon enjoyment, enthusiasm, positive mindsets and ultimately the raising of personal self esteem for all.
- Pupils have access to a range of extra curricular clubs within school.
- The delivery of the PE curriculum incorporates attendance and participation in tournaments, festivals, galas and specialised events.
- The development of 'sports leaders' allows opportunities for the development of leadership skills and support for a range of pupils.
- Both individual and team achievements are recognised and celebrated through a range of mediums ie; certification, assemblies, trophies etc.
- Pupils access learning opportunities as an individual, with a partner, as part of a small group and on occasions as a member of a large group.
- Pupils will have sports and leisure experiences outside of their formal lessons within school. This includes offsite learning to sites such as trampoline parks, bowling alleys and ice rinks.
- Teachers use both formative and summative assessment to measure attainment and progress. A formal judgement of attainment is reported upon annually.

Impact –

- Pupils make good, and outstanding personal progress when assessed against the Physical Education M scale descriptors.
- Pupils reach personal goals, make individual, as well as team achievements.
- Pupils enjoy participating in sporting events and are enthusiastic about physical activity.
- Pupils are aware of the need for, and pursue, a fit and healthy life style.
- Pupils participate in a weekly swimming lesson and demonstrate significant increase in water confidence. At least 50% of pupils are able to swim 25 metres unaided.
- Pupils pursue sports and leisure activities outside of school.
- There is evidence of significant improvement in pupil social and relationship skills, with external providers and opposing teams commenting upon the positive conduct of our pupils.
- Pupils develop leadership skills and may progress to become a 'Young Sports Leader'.
- Pupils will make progress within their attainment levels across the curriculum through exposure to Physical Education teaching and learning experiences. For example within Speaking and Listening, PSHE, Maths. or Geography.
- Pupil wellbeing will be improved through increased self-esteem, self confidence, positive interactions with others and self expression.
- Pupils will gain an understanding of appropriate pro social behaviour in a variety of surroundings and contexts e.g. knowing when it is appropriate to observe quietly or when to cheer!
- Pupils will gain important team work and cooperation skills and be better equipped to work collaboratively with others.

Enrichment Opportunities -

Lunchtime clubs (EG;Basketball, Speed Stacking and Boccia). External festivals and tournaments with mainstream and special schools. Focus weeks. opportunities to try new and unusual sporting and leisure activities through 'Jolly Time sessions. sponsored events eg ; annual sponsored walk/ sponsored bounce, events relating to Sports Relief, trips to Olympics/Paralympics and major sporting events etc Residential outdoor pursuits holiday, narrowboat trips, communal annual events eg; Sports Day.