

Physical Education

Intent

In PE we want our pupils to develop an understanding of an active lifestyle, balanced diet, positive growth mind set and resilience to persevere with activities that they may find challenging. Our aim is to develop our pupils' understanding of sport, develop core skills, encourage teamwork and improve their fitness levels to allow all our pupils to participate in personal challenges and team games. We want to provide opportunities for our pupils to become physically confident in a way that supports their health and fitness. We use the information in their EHCPs to target and improve fine and gross motor skills, listening skills and enable our pupils fully participate in PE. We also encourage pupils to show sportsmanship in PE which includes honesty, manners and teamwork. The aim of PE at Grange Academy is to give pupils the skills and knowledge to enjoy fitness activities, team games and enable them to achieve qualifications at entry level. We hope that this will allow some students to be able to access PE or Sports at college and then work in the sports industry.

Implementation

Our P.E. curriculum has to be flexible depending on cohort interest and individual pupils' needs, this may change depending on outside events that will support the pupils learning and understanding of a certain sport. All pupils have every week. Lessons are divided into different parts. This includes changing and organising personal equipment, a theory section to discuss skills and strategies and also a practical element to practice skills and play team games. There is time for reflection and an opportunity to acknowledge good practice and celebrate shared values personal achievements. The topic themes are interwoven into lessons to provide opportunities to expand of key vocabulary and link into sport in real life. Opportunities for pupils to participate in extracurricular clubs and outside sporting events will be planned into the school calendar as well as fun sporting days and competitive house activities.

Impact

There will always be a desire in PE to encourage our pupils to improve both their sporting knowledge and skills by taking part in competitive events or representing the school. All our pupils are unique and are treated as individuals. Some pupils will progress through the PE Grange Steps whilst others may go on to complete unit awards or an entry level qualification. The impact of teaching and learning at Grange will be measured by the number of pupils achieving either or both unit awards or entry level qualifications. It will also be measured by pupils participating in personal fitness challenges, outside of school sporting events and by the number of students that take up a post 16 placement with a sporting background. Ultimately, the impact of our teaching will be seen by our pupils' ability to play games together, be tolerant of each other's strengths and weaknesses and ability to recognise and celebrate achievements whilst maintaining a healthy state of mental and physically wellbeing.

