



Explore My Movement (PE) Curriculum Pathways

Wilson Stuart School
A Special Academy



Rationale:

Physical Education (PE) and Physical Development (PD) are a fundamental part of education at Wilson Stuart School, it is made up of three strands across the curriculum: PE/PD Lessons, Swimming and Physical ME in 45. It is more than just physical activity it about is educating each student through the physical and developing their understanding and skills. Its focus is specifically on improving and embedding essential life skills that will support each student to becoming as independent as potentially possible.

"To provide quality experiences that grow young people's confidence, competence and motivation to be physically active for life, in a way which supports their health, wellbeing and supports them to meet the demands of their environment."

It is our INTENT to deliver child centred PE curriculum which has an emphasis towards a fundamental skills-based approach, to develop their sensory and motor building blocks for learning to support them with their development towards adulthood. Students will be encouraged to develop an understanding for a healthy active lifestyle through a broad and balanced programme of adapted sports, activities and physical development programmes which will aim to engage and include all students to work and achieve together, developing transferable skills which can be applied to all areas of their learning journey.

We will be committed to inspire and challenge our children to become as independent learners as possible who value and respect themselves and others. All the intent links to the bigger picture of our school aims and values of preparing each student for adulthood and their individual personal development through our golden thread CIRCLE.

This knowledge, skills and positive character strengths will be IMPLEMENTED and developed in a PE supportive environment, with positive role models facilitating their learning through a broad and balanced curriculum that is personalised for their individual needs.

The IMPACT of pupil progress and success will be achieved by knowing each child's needs, making them feel safe and valued to learn at their own pace and level, ensuring that as they learn they know how to improve and realise what they need to do to be physically literate.

My Movement (PE) in the 'Explore' Pathway

Intent	Implementation	Impact
<p>Through the Explore Pathway, we aim to ensure that our students:</p> <p>Informal Curriculum:</p> <ul style="list-style-type: none"> • Are involved in physical activity. • Develop gross motor skills using a variety of play equipment. • Select and access different types of physical activity equipment. <p>Semi-Formal Curriculum:</p> <ul style="list-style-type: none"> • Participate in and enjoy different forms of skill based physical activity. • Participate in and enjoy different forms of formal games based physical activity. • Participate in and enjoy different forms of movement, balance and co-ordination based physical activity. • Can be actively responsible for the safe setting up of the session and maintenance of all equipment. • Move and handle equipment safely. • Experience a wide variety of physical opportunities which will enhance life-long fitness and life choices, self-regulation, and behaviour. 	<p>We achieve our intentions by:</p> <ul style="list-style-type: none"> • Provide a safe and supportive environment for pupils to flourish in a range of different physical and mental activities which are essential in supporting their physical, emotional, spiritual, social and moral development. • Having a daily routine of physical and mental health – reinforcing the characteristics of good physical and mental health/exercise and going outdoors. • A Physio programmes including standing and mobility where applicable. • Swimming programme following STA awards. • Having a broad range of adapted PE activities. • Taking part in competitions inside and outside of school. 	<p>The impact of the Explore Pathway provision is demonstrated through the development of students who are:</p> <ul style="list-style-type: none"> • More self-controlled and have ability to self-regulate – to enable them to become confident in their ability to achieve well and persevere even when they encounter setbacks and challenges. • Happy, physically active and more consistently behaviour.