

Merstone School P.E and Swimming– Intent and Implementation

Intent	<p>Physical Education for the pupils at Merstone School is the education and awareness of what their bodies are capable of. It is about the pupils learning how to move and express themselves, which in turn will allow them to learn more about the world around them.</p> <p>PE also helps to establish self-esteem through the development of physical confidence and helps students to cope with both successes and failure in competitive and co-operative activities. Through encouraging their awareness of their own strengths and weaknesses as well as those of their peers, our pupils will hopefully become more aware of the consequences of actions upon others and the environment around them. PE also offers outstanding opportunities to adopt cross-curricular links through consolidating and applying knowledge gained in other subject areas such as, English, Mathematics, Music, Science and PSHE. It is this practical application of knowledge that is so vital for the cognitive development of our pupils and hopefully one step towards greater independence.</p>
Implementation	<p>PE is taught in discreet lessons throughout the week, however this is further supported by playtimes, choice times, and sensory diet or movement breaks, which can be seen in all classes across the school.</p> <p><u>EYFS</u></p> <p>Pupils in the Foundation Stage are covering their Physical Development Goals through a very physical, experiential timetable, as well as during specifically timetabled weekly sessions of hydrotherapy, swimming and movement.</p> <p><u>Ruby Department</u></p> <p>Ruby department engage in a physical development programme of MATP which concentrates on physio and fine and gross motor skills based on the topic of “Special Olympics”. So far this term children have been enjoying swimming, MATP sessions in class concentrating on pushing, hitting and striking and making the most of the weather and using their gross motor skills in the outside areas!</p> <p><u>Topaz Department</u></p> <p>In Topaz Department, pupils have engaged in a program based on self-regulation and movement. This programme is designed to focus on identifying students’ sensory needs and is tailored specifically for an individual through a range of activities. We hope to support our students through these sensory activities working with them to change their mood or level of alertness, increasing performance and learning.</p>

The focus of our PE lessons is to provide the right level of alertness so the child can complete their day-to-day activities, including self-care, learning and play. This 'just right' state means that the child can process sensory information and respond appropriately by focusing and engaging on the PE lessons set up for them. When they are able to do this, they feel more confident, in control of what they are doing and a sense on inclusion within their class.

Sapphire Department

Sapphire have engaged in weekly sessions, exploring team games such as, football, dodgeball and cricket to name a few. This really helps the pupils to work on their team building skills and to share the winning and the losing. Our other session is dance where we are learning a dance to The Greatest Showman. Each week we are building up the steps to create a dance using the skills we have learned.

Emerald Department

In Emerald department we are looking at the topic 'Dance and Prance' this term. For our sensory learners this may look like exploring body movements to music. Our middle ability group will be copying movements to dances both on the IWB and also copy their teachers movements. Our higher ability group will be creating their own actions and movements to dance music.

We also have a weekly slot to access soft play where we enhance our gross motor skills then put it into practice in real life situations, i.e. during playtimes in the playground.

Soft play has been a great resource for our children so that they can work on stepping, climbing, crawling, jumping, rolling and also providing the benefit of enhancing their social skills.

Diamonds Department -

When pupils reach our Diamond department we continue to put a big emphasis on sport or leisure and fitness as we understand the importance of sport and movement to support the pupil's physical and mental health. Pupils take part in at least 2 leisure/sport lessons per week.

Pupils in our Diamond 1 department take part in a weekly swim session where they are able to complete their physio routines or have time to regulate themselves in the pool where they can be calm. This also supports our life skills development as pupils are able to practice their dressing skills.

Pupils in our diamond department complete ASDAN life skills challenges and ASDAN Towards Independence modules to support their understanding of the importance of sport and leisure opportunities, this work is then externally moderated at the end of KS5.

In Diamonds we work hard to ensure pupils understand that there are leisure facilities available to them in the community and they have an

	<p>opportunity to take part in “bikeability”, golf, Ackers and rock climbing as well as many other activities throughout the year!</p> <p>These activities ensure that our pupils leave Merstone School being as independent, healthy and as informed as possible, in order to move on to the next stage of their life.</p>
Impact	<p><u>If you walk into PE or Swimming lessons at Merstone School, you will see:</u></p> <ul style="list-style-type: none"> ✓ Pupils engaged, participating and offered to join in with a variety of PE and Swimming activities. ✓ Pupils developing an understanding of themselves, others and exploring their bodies through movement and play. ✓ PE or Swimming activities that have been tailored to meet the needs of individual pupils. ✓ PE or Swimming activities being taught at the appropriate level for individuals pupils. ✓ Pupils expressing choices. ✓ A respectful environment of opinion, choices and preferences. ✓ Pupils engaging in a variety of movement based activities such as, outdoor and indoor games, gymnastics, ball or racket sports, leisure activities, “Inclusive Sports”, “Bikeability”, golf, swimming, hydrotherapy, physiotherapy and more. <p>At Merstone we have a range of abilities. Our PMLD pupils (Ruby’s Department) may not be able to access movement in the same way some of our more able-bodied pupils can, therefore they will take part in physio, hydrotherapy, relaxation, massage, story massage and more. During these activities pupils are encouraged to communicate their likes, dislikes and make choices through sound/movement.</p>