

Sport and Physical Education Long Term Plan

At St. Joseph's we teach Sport and Physical Education throughout the school and college to meet the requirements of the National Curriculum. Sport and PE develop physical skills as well as promote social and communication skills for our learners through a wide range of activities designed to:

- Develop their skills of coordination, control, manipulation and movement
- Enhance appropriate areas of health and fitness and contribute towards their physical development and a healthy life-style
- Promote a life-long enjoyment and an interest in sports and physical activities that extends outside school and college
- To promote spiritual development and personal qualities of commitment, fairness and enthusiasm
- Develop their thinking, appreciation and evaluation skills
- Compete against themselves and others, and take part in challenging activities
- Develop their ability to express themselves and be creative
- Work individually and as part of a team
- Build their self-confidence and self-esteem
- To generalise acquired skills through accessing events and competitions at other schools and at community sports and leisure facilities

The Sport and PE curriculum is delivered by class teachers and specialist coaches and instructors, supported by our speech and language and occupational therapists. Because of the wide range of ability levels in our school, learners receive teaching that reflects their own abilities and potential – personalised learning in action. A summary of the focus of teaching at each key stage follows:

At Key Stage 1 learners:

- Develop a simple single action repertoire
- Increase the range of movement in single actions
- Develop basic control and coordination of single actions
- Develop a small range of consistent reactions to different stimuli
- Begin to develop an element of purpose or intent in some actions

At Key Stage 2 learners:

- Use a number of single actions consecutively
- Improve control and coordination of actions and movements
- Respond more consistently to a range of stimuli and situations
- Repeat actions and movements with consistency
- Vary their response to situations and stimuli through feedback, help and copying
- Begin to realise that activity and movement change the way their body feels

At Key Stage 3 learners:

- Develop the range and quality of skills, actions and whole body movements
- Select skills, actions and movements with clear intent to suit the purpose of a specific activity
- Develop a wider range of responses to specific situations, stimuli and activities
- Use movements to explore their world and how to learn about it
- Be more aware of others and how to relate to them in different activities
- Develop a basic understanding of rules and conventions in activities
- Move and use equipment safely
- Recognise differences in responses to situations and stimuli, and in how their bodies feel during activities and exercise

At Key Stages 4 & 5 learners:

- Develop greater consistency in the selection and application of skills
- Develop basic skills specific to the needs of different activities
- Use simple tactics and compositional ideas
- Develop a better understanding of the nature and purposes of different activities
- Know the value and enjoyment of exercise and activity
- Know that preparation for, and recovery from, activity and exercise is important
- Identify differences in their own and others' work and know some ways to improve work
- Know about different types of exercise and how they help to develop fitness, health and well-being
- Meet challenges in outdoor activities and in the community

Sports and PE activities offered, depending on demand and the season, include:

- Adventure Play
- Cricket
- Cross-country running
- Cycling
- Badminton
- Dance
- Football
- Formula 24 Greenpower motor racing – training at school,; competing at Goodwood and other motor circuits
- Gym: at the local leisure centre and in our own outdoor gym
- Horse riding with the local Riding for the Disabled stables
- Sensory circuits in our grounds
- Swimming: at the local leisure centre and in our own pool
- Outdoor Adventure Activities
- Table cricket
- Table tennis
- Ten pin bowling
- Track sports
- Trampolining
- Walking

Activities take place at school, at other schools, the local leisure centre, Surrey Sports Park and other venues, both during the day and in the evenings and at weekends. We are members of the Surrey Special Schools Sports Association, and under their aegis compete with other special schools. We also work with Active Surrey and the Surrey Football Association.