

Sycamore Class - P.E Activities - April 2021



Pupils regularly participate in the following P.E activities -

- Yoga (see picture above of pupils relaxing under blankets after yoga)
- Cycling, scootering, scooter boarding
- Movement on outdoor and indoor play/gym equipment - balancing, swinging, balancing, climbing, sliding, see-saw
- P.E stations indoors - aiming, throwing, trampoline jumping, balance beam, lifting heavy objects, jumping, running.
- Turn taking games e.g., indoor curling, boccia, skittles
- Therapy ball movement
- Sensory swing time, with tailored programmes for each pupil

Pupils have a trampoline and balance board available in the classroom, which enables them to have sensory movement breaks between learning activities. Occupational Therapy is often linked with the pupils' P.E activities.

This year pupils have not had access to swimming, soft play, horse riding or to local parks/playgrounds activities due to Covid-19 restrictions. We have worked hard to provide a range of movement activities to cater for the individual needs of the pupils.

Additional evidence of P.E activities is attached

Impact

- Increased ability to regulate emotions and behaviour
- Development of strength, including core strength
- Development of confidence, self-esteem, determination, resilience, trust
- Movement breaks foster a sense of calm and readiness to learn
- Development of co-ordination, motor skills and proprioception
- Development of listening and attention skills
- Development of inter-personal skills such as turn taking and team work

Progress

The pupils in Sycamore Class each have a highly individualised curriculum, and their progress is tracked and assessed using MAPP – Mapping and Assessing Personal Progress. The MAPP system tracks their progress in four categories – levels of fluency in the skill; the level of prompting required; the ability to generalise the skill; and the ability to maintain the skill over time.

Pupils often have Occupational Therapy based targets which are directly linked to their physical skills, such as developing core strength, or the ability to balance on one leg and to step up independently. Pupils also have a variety of sensory needs which can be met through P.E activities. All Sycamore pupils benefit from regular movement breaks to help them to feel calm, regulated and well. This element of P.E and movement is important to our pupils as it enables them to be in a state to learn and develop their relationships with others. Hence, P.E has both a direct and indirect impact on all aspects of their learning.

Pupil Premium

Beech Class

- Beech Class have had a focus on ball skills this year. They have been aiming, passing, catching and intercepting balls.
- The majority of children are working between a Level 1 and Level 2 in PE.
- We used a mixture of balls and beans bags, changing the size and texture of balls to provide some variety and generalisation of skills.
- PE has taken place outside and in the hall, depending on the activity, focus of the children and the weather! This also supports the children to generalise their skills.
- An expectation of co-operation and team work was expected from the children which is an additional skill which is important to teach in PE.
- Resilience was another key skill the children worked on during our PE lessons with children being asked to keep trying to achieve a goal, for example getting 5 beanbags into the tyre or achieving 10 passes with a partner without dropping the ball.

Impact & Progress

- All children have made 15-20% progress within their B-Squared assessments.
- Children are beginning to show increased skills within their co-operation with others and resilience to succeed. This is often dependent on mood and who the children are paired up with.
- The children have worked hard to work in a pair during PE lessons. I would like to see them working in groups of 3-4 in the future if possible.
- Photos below.



Pupil Premium Progress and Impact

Elm Class

- New resources have been purchased such as trampolines, tunnels, spinning tops, rocking boats, ribbons and a selection of balls and hoops.
- These resources have developed children's gross motor skills such as jumping, balance, and special awareness.
- Children have developed their bilateral integration skills (using both sides of their body at the same time.) and their core stability.
- Dance Ribbons have developed gross motor skills and body awareness.
Children are learning how best to move their arms and body to move the ribbon higher for maximum effect.
- Children have used these resources throughout the day both in their self-initiated play and during discreet sessions with adult support.
- Progress made has been evident in that new skills have been developed.
- Further fine motor skills have been developed with a range of smaller resources such as turning and twisting games, lock and key boards and magnetic maze balls. These have been fundamental in developing hand strength and fine motor skills.
- The impact of such resources in Elm class has been noticeable. Children are working together to use resources, encouraging each other on using them and developing their individual abilities daily.

Pupil Premium Progress and Impact

Elm Class



Pupil Premium Progress and Impact

Elm Class





Pupil Premium Impact and Progress

Oak Class

Impact

- Staff have been encouraging students to exercise in their break times. Promoting and modelling the development in traditional playground games such as Bull Dog, Captains coming and Skipping activities.
- Using the resources www.yourschoolgames.com has been energising for the students creating an enjoyment of exercise.

Progress

- Pupils have made progress through targets that were set with students in B Squared Assessment. These are tracked and recorded in their IEP's.
- Students have made progress in kicking and throwing a ball accurately.
- Students are now able to skip confidently.

- Students organise themselves to play traditional games as part of their leisure time.
- Students are awareness of balance and putting these skills into practice has created fun PE lessons with students enthused anenergised for the next lesson

PE - Pupil Premium

Maple and Willow Class



Impact

- Wedges bought from the PE budget enable the children to develop their muscle strength and head control
- The platform swing helps to develop motor planning and core stability
- Ball skills help the children to develop gross and fine motor skills
- Team work is key to developing physical skills in Maple and Willow

Progress

The children in Maple and Willow classes all have physiotherapy and Occupational Therapy programmes which run alongside their targets set in P.E.

Staff work with the multi-professionals to ensure progression within P.E. and the P.E. co-ordinator helps provide equipment to enable us to try new activities.

