The Dales School
North Yorkshire

The Dales School Curriculum
Nothing About Me Without Me

Curriculum Area: My Physical

Our Vision, Intent & Implementation

Vision:
Our vision is to develop our pupils' independence and physical skills for life. Supporting our children and young people to prepare for adulthood by making healthy and safe life choices and inspiring learners to understand physical literacy to become confident lifelong active people.

Intent:
We have a pupil centred curriculum model that is coherently planned to equip our young people to access their local community across all aspects of their life. Physical skills are essential pre-requisites for independence and to lead safe and healthy lifestyles.
Our curriculum offers ipsative assessment opportunities to track pupil progress from their own baseline and ensure correlation with EHCPs to affect positive outcomes. We offer broad and balanced opportunities in both a discrete and cross curricular approach to support both gross and fine motor development.

Implementation:
We implement personalised learning and a highly differentiated offer. Each pupil has termly individual learning intentions planned and assessed for this specific curriculum area. We reference to National Curriculum for Physical Education to ensure coverage and sequencing. We use specific programmes to support our planning, delivery and assessment, examples are MOVE, MATP, Winstrada [Rebound], Halliwick and Swim England. In EYFS the physical curriculum is offered as part of continuous play provision, play planning ensures indoor and outdoor ongoing physical opportunities. We work as a multidisciplinary team around the pupil to support best outcomes, liaising with families, therapists, social care and all stakeholders. Person centred planning ensures learning and assessment is targeted and supported through the ‘plan, do, review’ model. Each pupil’s progression is evidenced through observations, pupil work and moderated robustly through external and internal QA processes. A programme of enrichment opportunities is planned and delivered across the year by Suitcase for Life groups to enhance students’ cultural capital.

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EYFS Curriculum Pathway and Long-Term Plan Physical Development			
3 Year Rolling Programme	Autumn Term	Spring Term	Summer Term
Cycle A	In Theme Title: My Routine	Theme Title: In the Garden	Theme Title: Ready, Steady….
EYFS Prime Area Strands for Physical: Moving and Handling [My Physical LTP] Health and Self-care [My Care & Independence LTP]	Each pupil has individual EYFS PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include the MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes, TacPac, Sensory Massage, dance and Jabadao.		
	Continuous Play Provision [see school document on different types/range of play] offers ongoing gross and fine motor physical opportunities in both indoor/outdoor environments: malleable and sensory play, mark making, construction, climbing frames, ride ons and rockers, parachute, swings/hammock, sensory circuits.		
Cycle B	Theme Title: This is My Body	Theme Title: What Can You Hear?	Theme Title: The Sun Has Got His Hat On!
EYFS Prime Area Strands for Physical: Moving and Handling [My Physical LTP] Health and Self-care [My Care & Independence LTP]	Each pupil has individual EYFS PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes, TacPac, Sensory Massage, dance and Jabadao.		
	Continuous Play Provision [see school document on different types/range of play] offers ongoing gross and fine motor physical opportunities in both indoor/outdoor environments: malleable and sensory play, mark making, construction, climbing frames, ride ons and rockers, parachute, swings/hammock, sensory circuits.		
Cycle C	Theme Title: Happy Birthday!	Theme Title: Animal Friends	Theme Title: Rainbows
EYFS Prime Area Strands for Physical: Moving and Handling [My Physical LTP] Health and Self-care [My Care & Independence LTP]	Each pupil has individual EYFS PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes, TacPac, Sensory Massage, dance and Jabadao.		
	Continuous Play Provision [see school document on different types/range of play] offers ongoing gross and fine motor physical opportunities in both indoor/outdoor environments: malleable and sensory play, mark making, construction, climbing frames, ride ons and rockers, parachute, swings/hammock, sensory circuits.		
Assessment	EYFS: Personalised EYFS Birth to 5 Matters Tracker covering areas of learning: Physical Development- Moving and Handling, Health and Self Care. EYFS Personalised Learning Intentions and CoEL.		

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Primary Pre-Formal & Semi-Formal Curriculum Pathways and Long-Term Plan My Physical [Gross & Fine Motor]			
3 Year Rolling Programme	Autumn Term	Spring Term	Summer Term
Cycle A	Theme Title: My Busy Day	Theme Title: The Weather Forecast	Theme Title: Vroom!
Each pupil has individual MAPP PLIs in Physical [gross/fine motor] to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include the MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Story Massage, Dance, Cycling and Jabadao. Some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership as opportunities arise.			
Adapted National Curriculum Strands	*Health and Well-being:* Activities and skills to support physiological and mental health Area of focus: Flexibility- MATP Floor based exercises and low-level apparatus work	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Co-ordination, Agility and Our body in space/position- Modified team games Jabadao	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Dexterity- Target Games [ball skills]. Moving and stopping the ball [Sports Day [Move/MATP] preparation]
Cycle B	Theme Title: All About Me	Theme Title: Tell Me A Story	Theme Title: Oh, I Do Like to Be Beside the Seaside!
Each pupil has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Sensory Massage, Dance, Cycling and Jabadao. Some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership as opportunities arise.			
Adapted National Curriculum Strands	*Health and Well-being:* Activities and skills to support physiological and mental health Area of focus: Mobility and movement- MATP/ TacPac/Story massage Sensory circuits Walking and orienteering	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Balance, Co-ordination, Dexterity and our body in space/ position. Modified multi sport activities with a focus on Tag Rugby. Passing and Receiving Simple Yoga Positions	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Hand eye coordination- Striking and kicking Target Games MATP and modified striking and fielding games- Baseball [Sports Day [Move/MATP] preparation]
Cycle C	Theme Title: Time to Celebrate & Party	Theme Title: Down On the Farm	Theme Title: Colour My World

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Each pupil has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Sensory Massage, Dance, Cycling and Jabadao. Some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership as opportunities arise.			
Adapted National Curriculum Strands	*Health and Well-being:* Activities and skills to support physiological and mental health Area of focus: Strength and balance MATP/ Sensory circuits Introduction to Yoga Introduction to Sherborne Developmental Movement	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Balance and Co-ordination, Dexterity/Agility- Ball skills- striking and receiving MATP and modified team games with a focus on Kinball. Sherborne Developmental Movement	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Hand eye coordination & Dexterity- Grasp release- throwing/ passing MATP/ modified striking and fielding games-e.g. Rounders
Assessment	Pre-Formal: Cherry Garden Framework Branch Maps 1-4, Physical- Gross, Fine and Swimming. MAPP Physical Development and Engagement Model. Semi-Formal: Cherry Garden Framework Branch Maps 5-10 and Bridging Branch Maps 10+. MAPP Physical Development.		

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Secondary Pre-Formal Semi-Formal Curriculum Pathways and Long-Term Plan My Physical [Gross & Fine Motor]			
3 Year Rolling Programme	Autumn Term	Spring Term	Summer Term
Cycle A	Theme Title: Sunrise to Sunset	Theme Title: It's a Bugs Life	Theme Title: I Like to Move It Move It
Each pupil has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Sensory Massage, Dance, Cycling and Jabadao. Some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership as opportunities arise.			
Adapted National Curriculum Strands	*Health and Well-being:* Activities and skills to support physiological and mental health Area of focus: Flexibility- strength, control and balance Jabadao Gymnastics	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Co-ordination & Agility Warm up stretches Team Games- Football	*Developing Physical Skills:* Standing/stepping, walking, running, jumping Area of focus: Hand eye coordination Striking Modified Racket sports- e.g.Racketball [Sports Day [Move/MATP] preparation]
Cycle B	Theme Title: My Sensory Planet	Theme Title: Caring & Sharing	Theme Title: Holidays & Vacation
Each pupil has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Sensory Massage, Dance, Cycling and Jabadao. Some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership as opportunities arise.			
Adapted National Curriculum Strands	*Health and Well-being:* Activities and skills to support physiological and mental health Area of focus: Flexibility, strength, control and balance Sensory Circuits Walking for pleasure [mindfulness]	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Agility, Balance and Co-ordination. Modified multisports/Team Games- with a focus on Floor Lacrosse Further Yoga Positions	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Hand eye coordination, ball skills, striking and kicking. Suggested activities: Rounders [Sports Day [Move/MATP] preparation]
Cycle C	Theme Title: Fiesta!	Theme Title: Farm to Fork	Theme Title: Patterns Everywhere
Each pupil has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Sensory Massage, Dance, Cycling and Jabadao. Some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership as opportunities arise.			

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Adapted National Curriculum Strands	*Health and Well-being:* Activities and skills to support physiological and mental health Area of focus: Flexibility, strength, control and balance Embedding Key Yoga Positions Sherborne Developmental Movement- moving/responding to music and pace/rhythm	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Agility, Balance and Coordination Team Games- Netball Sherborne Developmental Movement and Rhythmic Gymnastics	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Hand eye coordination & Striking Tennis [Sports Day [Move/MATP] preparation]
Assessment	Pre-Formal: Cherry Garden Framework Branch Maps 1-4, Physical- Gross, Fine and Swimming. MAPP Physical Development and Engagement Model. Semi-Formal: Cherry Garden Framework Branch Maps PSED 5-10 and Bridging Branch Maps 10+. MAPP Physical Development.		

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Sixth Form Inspire & Challenge Curriculum Pathways and Long-Term Plan Physical			
3 Year Rolling Programme	Autumn Term	Spring Term	Summer Term
Cycle A Planning and progression for Physical is linked to MAPP Physical PLIs and DofE bronze Physical skills section.	Theme Title: Festivals	Theme Title: On the Go	Theme Title: Trees, Woodland & Forest
	Each student has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Other activities used to support physical sessions throughout the year include: TacPac, Sensory Massage, Dance, Cycling and Jabadao. Community based activities: Leisure centre-swimming and some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership.		
	Health and Well-being: Activities and skills to support physiological and mental health Area of focus: Flexibility, strength, control and balance MATP Keep Fit Programmes Christmas Dance Performance	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Agility, Balance and Coordination Team Games- Rugby (modified) Circuits/ Developing skills and fitness	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Hand eye coordination, ball skills, striking and kicking. Target Games. Striking and Fielding Games. Suggested activity- Rounders. [Sports Day [Move/MATP] preparation] *Outdoor and Adventurous-* Duke Of Edinburgh Expedition. Climbing wall, Canoeing, Orienteering, Camping, Wet Wheels. Sports Leadership in preparation for Sports celebratory day. Dance performance.
Cycle B Planning and progression for Physical is linked to MAPP Physical PLIs and DofE bronze Physical skills section.	Theme Title: Space & Galaxies	Theme Title: Town & Country	Theme Title: Heroes & Role Models
	Each student has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Community based activities: Leisure centre-swimming and some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership.		
	Health and Well-being: Activities and skills to support physiological and mental health	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Agility, Balance and Coordination.	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Hand eye coordination Target/ striking/ net and wall games-

	Area of focus: Flexibility, strength, control and balance Following a Yoga programme Accessing a community fitness suite Christmas Dance Performance	Team Games- Hockey Dance for fitness- Line dancing, Country dancing, Bollywood.	Tennis [Sports Day [Move/MATP] preparation] *Outdoor and Adventurous-* Duke Of Edinburgh Expedition. Climbing wall, Canoeing, Orienteering, Camping, Wet Wheels. Sports Leadership in preparation for Sports celebratory day. Dance performance.
Cycle C Planning and progression for Physical is linked to MAPP Physical PLIs and DofE bronze Physical skills section.	Theme Title: Homes	Theme Title: Myths & Legends	Theme Title: Ocean & Sea
	Each student has individual MAPP PLIs in Physical to support both their individual and corresponding developmental needs. These are also underpinned and supported by individual support plans, which may include MOVE programme, MATP, Sensory profiles, Physiotherapy and Occupational programmes and postural management plans, moving and handling plan, swim and rebound programmes. Community based activities: Leisure centre-swimming and some students to attend events ran by the North Yorkshire Inclusive School Sports Partnership.		
	Health and Well-being: Activities and skills to support physiological and mental health Area of focus: Flexibility, strength, control and balance MATP Parkour Christmas Dance Performance	*Developing Body Awareness:* Body and Spatial Awareness activities Area of focus: Agility, Balance and Coordination. Team Games- Basketball	*Developing Physical Skills:* Standing/stepping, walking, running, jumping. Area of focus: Hand eye coordination Target Games & Striking and Fielding Games Cricket [Sports Day [Move/MATP] preparation] *Outdoor and Adventurous-* Duke Of Edinburgh Expedition. Climbing wall, Canoeing, Orienteering, Camping, Wet Wheels. Sports Leadership in preparation for Sports celebratory day. Dance performance.
Assessment	MAPP Physical Development. DofE Award.		