

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 become 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 prerequisites 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.

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 PLI's 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.		
	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 PLI's 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.		
	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 PLI's 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.		
	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.		

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 PLI's 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, TacPac, Sensory Massage.			
Adapted National Curriculum Strands	<i>Health and Well-being:</i> Mindfulness Activities. Yoga. Cycling. TacPac/Story massage. Sensory circuits. Walking and orienteering. [Multi skills challenges]	<i>Developing Body Awareness:</i> Body and Spatial Awareness activities- balance, coordination and agility. Gymnastics. Large apparatus Circuits. Jabadao. Dance. [Multi skills challenges]	<i>Developing Physical Skills:</i> Standing/stepping, walking, running, jumping. Hand eye coordination, ball skills, striking and kicking. Invasion Team Games. Target Games. Striking and Fielding Games. [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 PLI's 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.			
Adapted National Curriculum Strands	<i>Health and Well-being:</i> Mindfulness Activities. Yoga. Cycling. TacPac/Story massage. Sensory circuits. Walking and orienteering. [Multi skills challenges]	<i>Developing Body Awareness:</i> Body and Spatial Awareness activities- balance, coordination and agility. Gymnastics. Large apparatus Circuits. Jabadao. Dance. [Multi skills challenges]	<i>Developing Physical Skills:</i> Standing/stepping, walking, running, jumping. Hand eye coordination, ball skills, striking and kicking. Invasion Team Games. Target Games. Striking and Fielding Games. [Sports Day [Move/MATP] preparation]
Cycle C	Theme Title: Time to Celebrate & Party	Theme Title: Down On the Farm	Theme Title: Colour My World

<p>Each pupil has individual MAPP PLI's 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.</p>			
<p>Adapted National Curriculum Strands</p>	<p><i>Health and Well-being:</i> Mindfulness Activities. Yoga. Cycling. TacPac/Story massage. Sensory circuits. Walking and orienteering. [Multi skills challenges]</p>	<p><i>Developing Body Awareness:</i> Body and Spatial Awareness activities- balance, coordination and agility. Gymnastics. Large apparatus Circuits. Jabadao. Dance. [Multi skills challenges]</p>	<p><i>Developing Physical Skills:</i> Standing/stepping, walking, running, jumping. Hand eye coordination, ball skills, striking and kicking. Invasion Team Games. Target Games. Striking and Fielding Games. [Sports Day [Move/MATP] preparation]</p>
<p>Assessment</p>	<p>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.</p>		

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 PLI's 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.						
Adapted National Curriculum Strands	Half Term 1 - <i>Health and Well-being:</i> Mindfulness activities. Yoga. Cycling. TacPac/Story massage. Sensory Circuits. Walking and orienteering. MATP. Multi skills challenges	Half Term 2 - <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games. Football, Hockey, Boccia, MATP. Multi skills challenges	Half Term 1 - <i>Developing Body Awareness:</i> Flexibility, balance, body awareness and coordination. Spatial awareness and agility. Gymnastics, Jabadao, Dance, MATP. Multi skills challenges	Half Term 2 - <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games Basketball, Curling, Rounders, MATP. Multi skills challenges	Half Term 1 - <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games. Tennis, Cricket, Tag Rugby, MATP. Multi skills challenges	Half Term 2 - Preparation for Celebratory Sports Day [MOVE/MATP].
Cycle B		Theme Title: My Sensory Planet		Theme Title: Caring & Sharing		Theme Title: Holidays & Vacation
Each pupil has individual MAPP PLI's 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.						
Adapted National Curriculum Strands	Half Term 1 - <i>Health and Well-being:</i> Mindfulness activities. Yoga. Cycling.	Half Term 2- <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games.	Half Term 1- <i>Developing Body Awareness:</i> Flexibility, balance, body awareness and coordination. Spatial awareness and agility.	Half Term 2- <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games	Half Term 1- <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games.	Half Term 2 - Preparation for Celebratory Sports Day [MOVE/MATP].

	TacPac/Story massage. Sensory Circuits. Walking and orienteering. MATP. Multi skills challenges	Target Games. Football, Hockey, Boccia, MATP. Multi skills challenges	Gymnastics, Jabadao, Dance, MATP. Multi skills challenges	Basketball, Curling, Rounders, MATP. Multi skills challenges	Target Games. Tennis, Cricket, Tag Rugby, MATP. Multi skills challenges	
Cycle C	Theme Title: Fiesta!		Theme Title: Farm to Fork		Theme Title: Patterns Everywhere	
Each pupil has individual MAPP PLI's 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.						
Adapted National Curriculum Strands	Half Term 1 - <i>Health and Well-being:</i> Mindfulness activities. Yoga. Cycling. TacPac/Story massage. Sensory Circuits. Walking and orienteering. MATP. Multi skills challenges	Half Term 2 - <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games. Football, Hockey, Boccia, MATP. Multi skills challenges	Half Term 1- <i>Developing Body Awareness:</i> Flexibility, balance, body awareness and coordination. Spatial awareness and agility. Gymnastics, Jabadao, Dance, MATP. Multi skills challenges	Half Term 2 - <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games Basketball, Curling, Rounders, MATP. Multi skills challenges	Half Term 1- <i>Developing Physical Skills:</i> Hand eye coordination, ball skills, striking and kicking. Team Games. Target Games. Tennis, Cricket, Tag Rugby, MATP. Multi skills challenges	Half Term 2 - Preparation for Celebratory Sports Day [MOVE/MATP].
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.					

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 PLI's and DofE bronze Physical skills section.	Theme Title: Festivals		Theme Title: On the Go		Theme Title: Trees, Woodland & Forest	
	Each student has individual MAPP PLI's 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 fitness suites, SSIP Inter school competitions.					
	Half Term 1	Half Term 2	Half Term 1	Half Term 2	Half Term 1	Half Term 2
	Cycling. Tag Rugby/Wheelchair Rugby. Football.	Golf (Footgolf, Golf Frisbee). Hockey.	Mindfulness. Yoga. Dance.	Boccia/Curling. Table Tennis/Table Pool.	Rounders. Cricket.	<i>Outdoor and Adventurous-</i> 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 PLI's and DofE bronze Physical skills section.	Theme Title: Space & Galaxies		Theme Title: Town & Country		Theme Title: Heroes & Role Models	
	Each student has individual MAPP PLI's 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 fitness suites, SSIP Inter school competitions.					
	Half Term 1	Half Term 2	Half Term 1	Half Term 2	Half Term 1	Half Term 2
	Cycling. Tag Rugby/Wheelchair Rugby. Football.	Golf (Footgolf, Golf Frisbee). Hockey.	Mindfulness. Yoga. Dance.	Boccia/Curling. Table Tennis/Table Pool.	Rounders. Cricket.	<i>Outdoor and Adventurous-</i> Duke Of Edinburgh Expedition. Climbing wall, Canoeing, Orienteering, Camping, Wet Wheels. Sports Leadership in preparation for Sports

						celebratory day. Dance performance.
<p>Cycle C</p> <p>Planning and progression for Physical is linked to MAPP Physical PLI's and DofE bronze Physical skills section.</p>	Theme Title: Homes		Theme Title: Myths & Legends		Theme Title: Ocean & Sea	
	<p>Each student has individual MAPP PLI's 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.</p> <p>Community based activities: Leisure centre-swimming and fitness suites, SSIP Inter school competitions.</p>					
	Half Term 1	Half Term 2	Half Term 1	Half Term 2	Half Term 1	Half Term 2
	<p>Cycling.</p> <p>Tag Rugby/Wheelchair Rugby.</p> <p>Football.</p>	<p>Golf (Footgolf, Golf Frisbee).</p> <p>Hockey.</p>	<p>Mindfulness.</p> <p>Yoga.</p> <p>Dance.</p>	<p>Boccia/Curling.</p> <p>Table Tennis/Table Pool.</p>	<p>Rounders.</p> <p>Cricket.</p>	<p><i>Outdoor and Adventurous-</i> Duke Of Edinburgh Expedition. Climbing wall, Canoeing, Orienteering, Camping, Wet Wheels.</p> <p>Sports Leadership in preparation for Sports celebratory day.</p> <p>Dance performance.</p>
Assessment	MAPP Physical Development. DofE Award.					