



Physical Education at Vanguard School

Subject Policy

Intent:

At Vanguard School, we recognise the importance of supporting pupils to develop a healthy lifestyle which will encourage them to grow in confidence, cooperate and collaborate with others, and ultimately embed these values into everyday life. Vanguard School plans to provide a broad and balanced PE curriculum which focuses on identifying, developing and applying pupil's key strengths to a range of PE activities in a safe learning environment.

As a school, we recognise that Physical Education can at times be a challenging subject for autistic pupils, who may have experienced difficulties with the subject in the past in previous settings. The Physical Education curriculum at Vanguard School will therefore be tailored closely to pupils' individual needs, with the opportunity in lessons to participate in exercise independently before building up to participation in group or team game situations. We recognise the importance of exercise and health to our pupils' wellbeing and work closely with our Occupational Therapy expertise to ensure that aspects of pupils' physical development are addressed within the Physical Education curriculum.

Implementation:

Vanguard School intends to use classroom-based learning for understanding the purpose of exercise and how it can benefit our health, this will encourage our pupils to develop and maintain a healthy lifestyle. Vanguard School will also be using our sports hall to facilitate practical activities for developing agility, balance & coordination skills, and using sports to learn how to work on a team using good communication and implementing strategies during games. The PE curriculum will primarily focus on basketball (year 7) and football (year 8) to learn transferable skills that can be applied to all sports.

We will explore opportunities to participate in local sporting events as well as using the local community facilities for the PE curriculum, such as, basketball courts and football pitches.