

## PE at Westfield



### Intent

At Westfield we acknowledge that physical education contributes a huge amount to child development by providing children the opportunity to acquire skills and knowledge that will help them lead a healthier lifestyle. We are also very aware that PE is a very challenging for our children due to a variety of reasons which include: -

- Transition of adults and environment
- Increasing arousal levels
- Social expectations
- Sensory barriers
- Physical demands
- Communication and language barriers

We also understand that many of the children we care for and teach have physical needs outlined in their EHCP's, collaboration between specialist therapist, teaching and support members of staff aims to meet the needs of the children at Westfield. It is our aim that we deliver PE in a way in which the above challenges are taken into consideration and the children's needs are met.

### Implementation

PE at Westfield focusses on the acquisition and development of fundamental physical skills and then practising them in different situations/activities. Around the school PE can look somewhat different, but at the centre of the process is the children. In Apple base lessons PE lessons are more exploratory and child lead with the adults taking up the role of a facilitator. This way, the children get to start the learning process at their own speed that is comfortable for them and helps to increase the enjoyment the children experience during their PE lessons. PE in Pear and Cherry is

where the children can practise and develop their physical skills in a challenging yet safe environment. PE lessons are fun and offer the children many opportunities to try new activities and sports.

## **Impact**

By meeting the children's needs so that they are able to participate in and enjoy PE and learn about their body, we at Westfield hope to encourage the children and their parents to lead healthier more active lifestyles.