

# Physical Education

At Thames Valley 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. Thames Valley School provides 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 Thames Valley School is therefore 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, as well as choices being offered where appropriate. 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.

All pupils participate in 2 x weekly Physical Education sessions, with Primary pupils offered swimming lessons weekly as part of this provision.

Thames Valley School utilises 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 outdoor area, including the MUGA, is also used to ensure students have opportunities to practise skills in a range of environments, as well as access a wider range of sporting activities.

Where appropriate, classroom-based learning is used for understanding the purpose of exercise and how it can benefit our health and wellbeing.

Sports Leaders is a specialised part of Physical Education which allows students to gain a qualification within this subject, developing essential skills and behaviours needed to lead others. The course outlines how these new skills can be used in a variety of situations and supports in the development of communication skills and strategies.