



Bringing Learning to Life through PE

All Learners from Early Years to Key Stage 5 participate in weekly PE/ Physical Development sessions. Welburn Hall follows the National Curriculum, with adapted sessions for the more Pre-Formal classes.

Physical Education aims to be high energy to develop learners' health, fitness, strength, flexibility, coordination, gross motor skills and planning. Learners acquire, develop and apply locomotor, non-locomotor and manipulative skills. Learners also have rich opportunities to develop their sensory regulation and communication skills, through their preferred communication.

We want all learners to develop a love for self-care, wellbeing and mental fitness. Sessions look to support learners' social skills, teamwork and respect for themselves and others. There are opportunities for inter and intra school competitions through our Sports Partnership Scheme. Learners have opportunities to participate in a wide range of activities including Games, Gymnastics, Dance, Athletics and Outdoor Education.

Swimming

At Welburn learners gain water confidence through play, developing on specific swimming techniques and survival. Swimming can support muscle development, healthy heart and lungs, posture, coordination and overall emotional regulation coupled with lifesaving skills. More competent swimmers take part in competitions and swim for stamina and fitness.

Rebound Therapy

Rebound Therapy uses a trampoline to provide opportunities for movement and therapeutic exercise. It's a specific methodology, assessment and programme that provides opportunity for enhanced movement patterns, therapeutic positioning, exercise and recreation for a wide range of users with additional needs.

Rebound Therapy facilitates movement, promotes balance, increase/decrease in muscle tone as required, promotes relaxation, supports sensory integration, improves fitness/exercise tolerance and can help communication skills.

Sessions are delivered by a qualified in school Rebound Therapist. We follow the Winstrada program of Rebound Therapy from grades 1-10.

Outdoor Environment

Welburn Hall's high quality outside environment includes large play equipment, climbing frame and swing, trim trail equipment, bikes and trikes, fitness apparatus and an abundance of green space to experience. Learners have access to bicycles and tricycles to promote balance and stability; sporting equipment to promote basic sports skills; cross curricular equipment to bring their class learning to the outdoors.

All learners have regular access to our woodland area where they participate in a wide range of activities including den building, swinging/ moving and archery, following our outdoor learning curriculum in our beautiful spacious grounds. Our school Farm, part of our outdoor environment, provides the opportunity for other types of physical activities.

For Semi-Formal learners PE is taught in a cross curricular, using themes, such as, as How Our Bodies Move, incorporating a more practical, sensory approach. This also becomes a regulation tool for these students. These learners will also use the outdoor areas within school to develop movement.



Subject overview

Formal learners follow the KS2/KS3 National Curriculum; looking to develop understanding and skills relevant to specific sports/games; based on learners' needs, interests, and motivation. Learning focuses on throwing, catching, balance, running, hand-eye co-ordination. Learners begin to access more specific sports such as basketball and inclusive sports such as Boccia. Learners are increasingly exposed to rules, teams and competition. The Formal learners experience how to evaluate and analyse their own and other students' performances in a variety of sports, using a set of clear success criteria.

Please note our 'Nurture group' curriculum is tailored to the needs of the pupils whose main barrier to learning is their social, emotional and mental health needs. Functional communication, interaction and cognitive skills will be covered in a meaningful way that enables pupils to thrive in their learning. The team will plan by using objectives and opportunities from a pathway below which is relevant to the pupil, depending on age, needs and individual barriers to learning