

# Maple Medical PRU Physical Education Policy

## Policy Statement

Maple PRU believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well being. An appropriate balanced physical education curriculum is intended to provide for pupils' increasing self confidence in their ability to manage themselves and their bodies within a variety of movement situations.

A variety of physical education activities are offered to pupils taking into consideration their condition whether they are pregnant, new mothers, have impaired mobility, severely under or overweight or any other sensitive medical condition. Medical advice is sought where appropriate. The balance of activities enables pupils to work individually, in pairs or as part of a group and provides opportunities for co-operative, collaborative and competitive situations which caters for the preferences, strengths, needs and abilities of every pupil. The activities offered help to develop each pupil's ability to work independently and to respond appropriately and sympathetically to others regardless of their age, gender, ability, cultural or ethical background.

## Curriculum Aims

- To develop skillful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing)
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying)
- To improve observational skills and the ability to describe and make simple judgments to improve performance (improving and evaluating)
- To develop an understanding of the effects of exercise on the body and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health)
- To develop the ability to work independently and communicate with and respond positively towards others (working alone and with others)
- To promote team work in lessons
- To aid recovery where appropriate and with medical advice.

## ENTITLEMENT

Pupils are offered physical activity at Maple PRU which is based on the two hours per week entitlement and is proportionate to the hours they attend the PRU and takes into consideration any medical conditions.

If pupils are able, they can take part in the 'Maple Mile' each week which involves walking (or running) around the perimeter of the school field 15 times.

If pupils are unable to take part in physical activities, they will be involved in scoring, marshaling or refereeing.

Pupils are involved in the planning of physical education activities at Maple. Pupils are offered appropriate activities from the following:-

- Air hockey
- Table tennis
- Rounders
- Walking with and without babies
- Outdoor adventure activities eg water sports, (Caythorpe Court residential)
- Dance
- Circuit

For the pupils at Link, Hospital School everything we do is guided by medical advice. The activities on offer are;

- Physiotherapy
- Gentle soft ball
- Air hockey
- Target Practice
- Wii Sports Activities

In some cases, if the Link pupils are able, they may join in with any of the other activities on offer.

In the Hospital School P.E. can be accessed on the ward and in the classroom as suitable for pupils age, ability and medical condition. Care and consideration is also given to other patients in the vicinity of the activity

All staff are encouraged to take part in physical activities with pupils where staffing allows, for example, nursery staff accompany pupils and teachers on buggy walks.

### **SAFE PRACTICE**

Physical activities are planned on an individual basis. Some activities are not suitable for pregnant pupils, pupils who are new mothers, have an eating disorder or pupils recovering from a physical or mental illness. If unsure about whether an activity is suitable, staff should consult the consultant, midwife, health visitor, CAMHS worker or physiotherapist for advice.

Many staff at Maple have had first aid training and first aid equipment is easily accessible if needed.

Medical records are kept for pupils who have conditions which may affect their participation in certain types of physical activity.

### **Cross Curricular Links**

Whenever possible, links with other subjects are discussed, for example there are close links with PHSE, Citizenship, Health and Social Care, Science and Child Care in relation to physical health and active lifestyles and the raising of self esteem.

### **Out of School Hours Physical Education**

- There are opportunities to take part in extra curricular outdoor activities for pupils on a residential to Caythorpe Court .
- Older pupils walk to the local shops at lunchtimes. They are aware of the benefits of exercise for themselves and in the case of young mothers, for their children also.

### **Consultation**

This policy has been written after consultations with staff, pupils, management committee and parents/ carers.

### **Monitoring and evaluation**

The provision of physical education is monitored and evaluated as follows;

- With staff informally through discussion and more formally at staff meetings
- With pupils at school council meetings, form periods etc. Pupils and staff are able to ask for physical education to be placed on the agenda.
- With parents/ carers at parents meetings, open days, via the newsletter or website

**Date of Policy**    October 2017

**Date of Review**    October 2019

**Signed**

**Head of Maple** .....

**Chair of Management Committee**.....