

Physical Education/Swimming Policy 2025/26

Paragraph 1: Origins of the curriculum

The aim of the PE curriculum is to ensure that all learners develop their self-confidence through participation in PE. Students should access a range of activities that develop personal fitness, gross motor skills, coordination and movement and teaches the benefits of an active and healthy lifestyle. Numerous sports and activities are planned for as part of the curriculum offer for students. A weekly Swimming session will also be included in the PE offer at Alderwood. This enables the students to have a wide range of opportunities to develop further and promote a healthy lifestyle and learn key life skills.

Paragraph 2: Content and sequencing

The fundamental areas in our PE curriculum are;

- Athletics
- Swimming
- Gymnastics
- Games

Games is a more challenging area to deliver due to number of pupils and the SEMH skills that are required, where possible the skills required for games are supported and directed during break and social times. Teamwork is fundamental to PE through reading the game, discussion, explaining and presenting ideas as well and leadership and knowing when to make a decision. Students are always encouraged to explain their understanding to each other and support each other in their learning.

This curriculum has been designed to offer all students, regardless of Pathway, two weekly PE sessions, one swimming and one 'On the Move' session.

Overview of units of study across the year:

	Term 1 of 4	Term 2 of 4	Term 3 of 4	Term 4 of 4
P.E.	Jumping	Scooting	Throw, Bounce, Catch	Basketball
	Orienteering	Spectacular Skills	Athletics	Dance
	Problem Solving			
	Swimming			

Paragraph 3: Assessment and outcomes

Assessments will be carried out on an ongoing basis using the school's formative assessment approach. This will inform planning and teaching so that pupils can build on their knowledge and skills within this subject.

The principle focus of our art and design curriculum is to engage, inspire and challenge pupils, equipping them with the knowledge and skills to experiment, invent and create their own works.

Swimming is currently delivered by an external swimming coach via Ipswich Borough Council (IBC) who use the IBC Awards Scheme for their assessment framework.

Paragraph 4: Physical Education and the wider curriculum

The PE curriculum promotes the British values of tolerance and resilience and sportsmanship through problem solving and understanding of complex skills. Students are encouraged to learn from mistakes and are supported to improve their understanding. Physical exercise can be an area where pupils really excel and engage, where possible opportunities are built upon so that pupils can look beyond school and develop those much needed skills that are transferable to the next steps of education and beyond.