

**What are we aiming for students to achieve through our My Physical Wellbeing curriculum? (Intent)**

* My Physical Wellbeing focuses on:
* Physical activity
* PE, Sport, Games and Aquatics
* Mental Health and Well-Being
* Healthy Eating and Healthy Lifestyle

The main emphasis, including that element which is described as the formal PE, Games, Sport and Aquatic Curriculum, is not skills based but process based. That is, the benefit is in the doing rather than in the acquisition of specific skills like holding a bat or passing a ball. These may be important, but perhaps not as important as improving self-confidence and self-esteem – I can swim, I can run, I can jump, I can dance and I am not afraid of……..

Students will need to be prepared for and recognise the physical changes that occur with physical activity. Together we can reflect on how we feel before, during and after exercise with regards to heart rate, breathing, how hot we are and how sweaty we are. We can also discuss predictions for what we feel is going to change during and after exercise.

Many pupils have under-developed levels of self-awareness and even body awareness- without support they might never become aware of their physical needs and well-being needs. Many pupils, particularly those affected by ASD don’t have a vocabulary for their emotion and struggle to identify how they feel.  Many pupils have issues with low self-esteem and physical exercise and suitable levels of challenge or teamwork can assist in developing this. Physical exercise also calms pupils who have raised anxiety levels and enables them to engage and cooperate with others or build friendships

We hope that by covering this curriculum area students will develop:

* Their fitness and stamina
* Their sensory understanding of the world
* Their gross motor and fine motor skills
* Their coordination
* Their enjoyment of taking part in physical activities
* Their understanding of how to self-regulate and when to ask for help
* Their understanding of leading a healthy life and making healthy choices

**How is the My Physical Wellbeing curriculum delivered? (Implementation)**

We have different approaches dependent upon individual physical needs. Pupils with physical difficulties need a lot of appropriate physical touch from supporting adults, whether to move them to another piece of equipment, stretch their limbs or to help them access an activity. For some pupils touch is very difficult to accept and this can move them off their baseline, so they also need access to some of the sensory approaches. We give the pupils access throughout the day to equipment to develop motor control and gain proprioceptive input. Safe and frequent exercise routines to support and develop brain and body functioning and coordination are essential to most pupils.

We will use a variety of approaches and strategies to support our students such as:

* Specialist equipment to promote independent movement
* Meeting medical needs with minimal disruption to the pupil’s learning
* Walking
* Teaching sessions to promote positive touch as opposed to functional touch (massage, aromatherapy, dance)
* Aerobic exercise (trampolining, indoor and outdoor games)
* Walking
* Adapted seating
* Running on grass
* Physical circuits
* Bi-lateral exercise (fun fit, riding a bike)
* Relaxation
* Sensory Diet
* Promoting well-being and self-awareness through ensuring positive relationships with staff and peers are built and protected.

**What difference is the My Physical Wellbeing curriculum making to students? (Impact)**

* All students will follow personalised targets
* All students will be engaged in learning through developing positive relationships with staff and feeling safe in their learning environment
* All students will be stimulated by the curriculum to develop their own individual skills and abilities
* All students will be supported to be as independent as possible in all they do
* All students will have the opportunity to accredit their learning in Key Stage 4 and Post 16 via Entry Level Qualifications as appropriate
* All students will be well prepared for their next step of learning and education