



# Fundamental principles underpinning the curriculum across all pathways at Treloar School and College

- Developing** independence skills
- Assessment** of need, abilities and interests
- Developing** personal, learning and thinking skills
- Multidisciplinary** working
- Total** communication
- Maintaining** active links with parents
- Broad**, balanced and personalised offer
- Developing** communication skills
- Building** self-confidence and self-esteem
- Developing** literacy and numeracy skills
- Embedding** skills across the waking day
- Developing** spiritual, moral, social and cultural awareness and skills



## Treloar School Subject Guide: PE

### The value of PE in the curriculum

At Treloar's we believe that PE is an essential part of the school curriculum. There are many physical benefits associated with both PE and swimming, including the development of flexibility, stamina and strength. By working alongside therapists within the school, we are able to ensure that the students can access a range of different sports as independently as possible. As well as the physical benefits, there are also a number of different skills and traits that can be developed to help not only in school life, but also in readiness for life beyond Treloar's.

PE helps to build teamwork and class cohesion. There are a number of different sports and activities students can participate in throughout their time here, and the shared experience and common sense of purpose builds those relationships within the classes and across different age groups where school competitions are involved. Where activities involve teams, students also get the opportunity to develop their communication with those around them, as well as foster leadership and decision making skills. PE is a lesson where students are faced with the challenge of dealing with success and failure, which

will help to prepare them for life beyond Treloar's. Additionally it can act as a stress relief and help to boost their confidence.

The memories created throughout sporting life at Treloar's go far beyond their time at the school: they establish the foundation for a lifelong passion for sport.



## The PE Curriculum

At Treloar's we offer our students a variety of sporting activity within their timetabled lessons. All students have PE as part of their timetable. Students of primary age, Key Stage 3 and 4 also have weekly swimming while sixth form students swim on a regular carousel basis.

<b>Integrated Pathway</b>	Lessons include: orienteering, multi-skills work, sensory circuits, parachute games, wheelchair skills, dance, games and athletics. Focus is on developing students' independence, communication, physical control, sensory skills and creativity.
<b>Key Stage 3 &amp; 4</b>	Lessons include: a variety of disability sports such as Boccia, Polybat and Table Cricket. Other topics covered are Team-Building activities, athletics, and dance. All activities are adapted to meet the needs of the students.
<b>Key Stage 4</b>	Students have the opportunity to gain accreditation at GCSE or Entry Level within Physical Education, or to gain certificates in different sports as part of the AQA Unit Award Scheme.
<b>Key Stage 5 (Sixth Form)</b>	Students can take part in the Sports Leaders Course, gaining not only accreditation but life skills such as organisational skills, confidence, and team work. Student who achieve Level 1 are given the option to progress further onto the Level 2 course.
<b>Swimming</b>	In swimming lessons students develop skills and understanding in competitive swimming, gaining independence, technique and survival skills.

Each week students have the opportunity to play extra sport in Lesson 7 of the timetable; some for personal enjoyment and some which will lead into participation in school teams. Over the course of the year, these activities will include: Boccia, Table Cricket, Swimming, Polybat and New Age Kurling.



## Facilities and Equipment

Students are able to access a range of specialist sporting facilities and equipment across the school site within their timetabled lessons and extra-curricular activities. We have two PE halls, a 100m wheelchair-friendly athletics track, an outdoor multi-sports area, as well as a 17m heated swimming pool and a separate hydrotherapy pool. Students have the opportunity to use a variety of specialist equipment to assist them in accessing the different sporting activities. We have all the equipment necessary for sports such as Boccia, Table Cricket, Polybat and New Age Kurling, as well as bell-balls to assist with those with visual impairments. In swimming students have the opportunity to use equipment such as Easybreather masks, technical trainers and aquatic floats as appropriate, all designed to promote the students' independence in the water.

## Opportunities in PE

Students who display significant ability and interest in sport can be invited to represent the school at local and national competitions. Students have competed at Boccia and Table Cricket competitions, as well as local swimming galas. We have our annual Sports Day which is always a highlight of the sporting calendar, as well as a Day of Disability Sport where local schools are invited to come and experience the sports we play and compete against and with our students. We are also privileged to have had a number of students over the years who have gone on to compete at national and international level in various different sporting activities.

