

Impact Report April – July 2022

During Summer 1 PE lessons the topic was Striking and Fielding. The pupils developed skills that could be used in games such as Rounders, Cricket, Softball and Baseball. The main skills that the pupils were learning included throwing and catching, striking a ball with hands, throwing towards a target, tracking and retrieving a ball and running after a ball. The pupils used a variety of equipment to develop these skills, such as beach balls, nets, skittles, bean bags, targets and parachute. Pupils from Pathways 3 and 4 put the skills learned into practise in simple team games and competitions.

During Summer 2 PE lessons the topic was Athletics, which is made up of running, jumping and throwing activities. The pupils developed their running by taking part in activities that encouraged running for speed and running for distance. The pupils developed their jumping by experiencing a range of equipment to jump over, jump off and jumping for height and distance. The pupils developed their throwing for distance using a range of equipment. The pupils in Pathways 3 and 4 participated in competitions against themselves to encourage personal development and against others to see who could jump the furthest and the highest, who could run the quickest and who could throw the furthest.

Physical Education

Pathway 4

Striking and Fielding

The skills that pupils were focusing on during Summer 1 half term:

- Deciding where the best place to be is during a game.
- Aiming at targets at varying distances and heights with increased accuracy.
- Changing the force of a shot depending on the position of the opponents.

Athletics

The skills that pupils were focusing on during Summer 2 half term:

- Jumping to an increased height.
- Running forwards, backwards and sideways whilst changing direction quickly.
- Running whilst changing direction to avoid being tagged from behind.

Eagle Class

During Striking and Fielding, Eagle class participated in simple team games to develop their ability to decide the best position to be in during a game. The pupils used beach balls and had to get them over the net to the other team's side. At the end of the game, the team with the least amount of beach balls on their side were the winners. The pupils were encouraged to move to find the beach balls to get them over the net as quickly as possible. At the start, some of the pupils would stand in one place and not move. However, with encouragement and practise the pupils became much better at looking where the beach balls were and moving to pick them up and throw over the net. The pupils counted the beach balls at the end of each game and were encouraged to work out which team had won by deciding which score was the lowest. The pupils in Eagle class really enjoy a bit of friendly competition, it motivates them to work harder.

Form 1

During Striking and Fielding, the pupils participated in simple team games encouraging them to work cooperatively. One game involved the pupils, in small groups, using a beach ball and trying to not let the ball touch the floor. They had to use their hands and arms to hit the ball into the air. This game required the pupils to think about how they could work together by moving into different positions to ensure all areas were covered. To increase motivation the two teams were put in a competition against each other. The teams had to count how many times they could strike the ball into the air, if it touched the floor, they had to restart from zero. The pupils enjoy competing against each other and trying to be the winning team. Form 1 show impressive sportsmanship, being fair

and supportive of each other, promoting an environment where it doesn't matter if you win or lose, it is more important to take part and try your best.

Pathway 3

Introduction to Striking and Fielding

The skills that pupils were focusing on during Summer 1 half term:

- Placing or throwing items of equipment over a bench or net.
- Following game rules with support.
- Throwing under arm towards a target.
- Rolling or throwing a ball to knock over a target.

Introduction to Athletics

The skills that pupils were focusing on during Summer 2 half term:

- Running at speed for a short distance.
- Jumping over a low piece of equipment e.g., cone, rope, hurdle.
- Jumping forward for distance.

Bear Class

During Striking and Fielding, Bear class participated in simple team games to develop their ability to follow game rules with support and stay in zones during games. The pupils played a game where they had to throw beach balls over a net to try and get rid of them from their zone. Previously when Bear class have taken part in games involving different zones for different teams, the younger pupils roam between the zones and don't understand that they need to stay with their team. Being in a class with different age pupils has helped to progress the younger pupils quicker as they watch and copy the older pupils. The older pupils in Bear class act as great role models for the young pupils. By watching the older pupils and being encouraged by staff, the younger pupils were able to stay in the correct zone during a game.

Owl Class

During Striking and Fielding, Owl class participated in games to develop their ability to throw towards a target. This proved to be quite a difficult skill for most of the pupils in Owl class. However, the two pupils in Owl class who are wheelchair users showed impressive aim and accuracy. The two pupils come out of their wheelchairs and onto the mats during PE lessons. The class played a game where they had to collect bean bags and throw them into different boxes. The two pupils on the mats had a box in between them and were supposed to be throwing the bean bags into the box, but they found it much more entertaining to throw the bean bags at each other. They were more motivated to move and find a bean bag when they were going to throw it at their friend. The two pupils had a great time working together showing big smiles and loud laughing.

Form 4

During Athletics, the pupils developed their jumping by using a range of hurdles and obstacles to jump over. At first one pupil was very unsure about stepping over the hurdles. To develop their confidence, a staff member held their hand for a few attempts so the pupil could get used to how high the hurdles were and what it felt like to lift one leg over and balance on the other leg. The pupil was then encouraged to try without holding someone's hand, but with the staff member next to them in case they needed support. After this, the pupil was able to step over the hurdles independently without needing a staff member with them. This pupil showed determination to improve his ability as he kept going over the hurdles and by the end of the lesson the pupil showing increased confidence, stepping over the hurdles faster with less hesitation.

Pathway 2

Striking and Fielding – Sending and Receiving

The skills that pupils were focusing on during Summer 1 half term:

- Placing items of equipment onto or into targets with support.

- Passing objects from one hand to the other, letting go of it and handing them to another person or dropping them.
- Remembering learned responses over increasing periods of time and may anticipate known events, for example, beginning to move when the music starts.

Athletics – Locomotor skills and simple games

The skills that pupils were focusing on during Summer 2 half term:

- Jumping attempting to get both feet off the floor.
- Exploring a range of equipment and apparatus with support.
- Exploring a variety of movements and show some awareness of space.

Bumblebee Class

During Athletics, the pupils in Bumblebee class explored jumping by using different hurdles and obstacles to jump over. The pupils needed verbal and physical support to show and help them navigate the hurdles for the first few attempts to build confidence. The pupils started off stepping over the hurdles and from there they could develop into a one foot to the other foot jump over the hurdles. The support from staff was gradually reduced until the pupils could do it independently. One pupil showed a great interest in the hurdles and kept going around the different types without any encouragement. This pupil has not shown this much interest in an activity before in PE lessons. This positive behaviour was given lots of praise and recognition from staff.

Butterfly Class

Butterfly class have worked hard this year learning the cues during a PE lesson and becoming familiar with the routine. All the pupils come into the hall and sit on the bench independently. The lessons start with a warm up involving moving around the gym to music. The pupils know that when the music starts, they can stand up and start moving. They have developed a better awareness of the space and show understanding of others around them, being careful not to bump into anyone. After the warm up, the pupils get fully involved in the main activity supported by enthusiastic staff members. When it is time to finish the main activity, Butterfly class have got really good at helping

to tidy away the equipment and put it in the correct place. All the pupils are encouraged to help tidy up to embed it into the PE lesson routine. When all the equipment has been tidied away, it is time for the cool down. The pupils know that means lying on the floor being calm. The pupils are now able to lie for 5 minutes being still and quiet.

Giraffe Class

During Striking and Fielding, Giraffe class participated in activities to develop their ability to track and retrieve balls, elements of fielding skills. The class used the parachute with beach balls on top. The staff moved the parachute to make all the balls fly into the air and onto the floor. The pupils then had to find the balls, pick them up and place or throw them back onto the parachute. The pupils understood the game quickly and after a few attempts were able to collect the balls with no verbal prompting. Even pupils who usually need a lot of verbal and physical encouragement understood the game and got involved. Using the parachute for activities adds a sensory element helping pupils engage and allows other skills to be learned and developed.

Tiger Class

During Athletics, the pupils in Tiger class have been developing their jumping over and off different obstacles. The pupils were encouraged to practise taking off from two feet and landing on two feet. At first, most of the pupils found it quite difficult to start the jumping motion from two feet to get over obstacles. With a lot of encouragement from staff and practise from the pupils their ability to jump starting on two feet improved greatly. During the first lesson, one pupil needed a staff member to hold both their hands for them to jump over a hurdle. This pupil kept practising and two lessons later they were able to independently jump over the hurdles, starting on two feet and landing on two feet. At the end of the lessons, the pupils were encouraged to show the class their work and receive praise from their peers and staff members. This also provides an opportunity for all staff members to see what level each pupil is working at.

Parrot Class

During Striking and Fielding, the pupils in Parrot class explored a range of equipment including beanbags, beach balls, parachute and nets. They took part in a simple game to develop their fielding skills of tracking, retrieving and placing into targets. The bean bags were scattered around the gym and the aim was to collect all the bean bags as quickly as possible and place them into a box. At first, the pupils needed a lot of verbal support from staff to find and pick up the beanbags, then find the box to place the beanbags in. After a few weeks, the pupils needed less support and were completing the activity without any involvement from staff. The pupils need activities to be repeated in order for them to understand what they need to do.

Lion Class

During Athletics, the pupils in Lion class explored a range of hurdles to develop their jumping. At first, one pupil with support would walk right up to the hurdle so both legs were touching it, need a lot of verbal encouragement and a little physical support to lift their leg over the hurdle. They repeated this a few times until the pupil could lift their leg over the hurdle without any physical support. The pupil kept practising with a staff member and progressed to be able to walk up to the hurdle and step over without needing to feel where the hurdle was with their legs. The next lesson, the pupil attempted the hurdles again and was able to pick up where they left off previously, not needing to feel where the hurdles were. This pupil struggles to maintain engagement for any length of time during PE lessons, but during the lessons with the hurdles the pupil was engaged for a few minutes with a staff member.

Form 3

During Striking and Fielding, the pupils in Form 3 participated in target games, practising underarm throwing to knock over skittles. The pupils showed great accuracy and were consistently able to knock over the skittles. When the pupils had knocked over all the skittles, they were encouraged to help set up the game by standing up the skittles and collecting the beanbags. This is an extra bit of activity during a lesson. The staff in Form 3 have been proactive about ensuring all pupils are involved and participate during PE lessons. Every pupil is encouraged to be an active part of every

lesson. The achievements the pupils make are recognised and celebrated during the lessons and when the pupils go back to their class, they receive a star on their reward charts.

Pathway 1

Leopard Class

This term Leopard class have been focusing on exploring equipment to develop their sending and receiving skills. The class have explored a variety of balls with different weights, sizes, textures and sounds. They have explored bean bags, ribbons, nets, goals, skittles, ramps and parachute. The pupils have been encouraged to interact and engage with their peers. Music is used during the lesson as a motivator for movement and to create a welcoming and positive atmosphere. The pupils in Leopard class enjoy coming into the gym for PE lessons, they show smiles and happy vocalisations.

Dolphin Class

During Athletics, Dolphin class explored hurdles to develop their ability to navigate different equipment. Some of the pupils in Dolphin class are developing their walking as part of their physiotherapy programmes. The ability to step over a low obstacle is one of the tasks that children need to master in order to walk safely indoors and outdoors. Stepping over an obstacle requires several abilities. First, the ability to look ahead, notice that there is an obstacle, as well as its position and size. Next, the ability to plan the movements needed to achieve the goal. Finally, the ability to stand on one leg and at the same time lift the other foot over the obstacle. The pupils have enjoyed exploring different equipment and staff members have commented that it would be useful for them to borrow the equipment for use in class to continue developing the pupil's ability to step over obstacles.

Ladybird Class

The pupils from Ladybird class thoroughly enjoy PE lessons and thrive when in the gym. This term the pupils have been developing their own individual movements. Pupils have been out on the mats and using equipment to help them move around the gym. The gym provides a great space for pupils to have freedom to explore movement in a safe environment. One pupil moves themselves around the gym by crawling and rolling across the floor and enjoys following a ball with a bell inside. Another pupil was out on the mats lying on their back and was so determined to watch their peer that they were rolling themselves over to try and get a better view. PE provides a great environment for social interaction and developing connections between pupils.

Balanceability Bikes

Butterfly, Bumblebee and Tiger class have weekly, 30-minute sessions using the balanceability bikes.

The progress that has been made this year on the balanceability bikes is phenomenal. The majority of the pupils wear the helmets without any fuss and some pupils have learnt how to put on and fasten the helmets independently. The pupils are able to travel on the bikes around the gym with more speed and control. They sustain their focus on the bikes for a much longer period than they did at the start of the year, providing themselves with more time to develop their ability. They show awareness of other pupils on bikes and have developed their ability to change direction to avoid crashing into someone else. The pupils enjoy being on the bikes with their peers and some play a game where they chase each other on the bikes, encouraging each other to go faster.

Lunchtime Clubs

Timetable of dinnertime clubs and numbers:

- Monday - Upper Phase Dance and Movement to music – 12 pupils
- Tuesday - Lower Phase Dance and Movement to music – 8 pupils
- Wednesday - 14-19 Phase Dance and Movement to music – 6 pupils
- Thursday - Lower Phase Ball skills – 7 pupils

Benefits of dinnertime clubs:

- Additional physical activity opportunities.
- Modelling of physical activity from staff.
- Encouraging active play.
- Encouraging interactions between pupils.
- Repetition of skills from PE lessons.

Final Comments

This year has been great for PE at Old Park School. The attitude towards PE from all staff is now highly positive and the value that is placed on PE has increased dramatically, staff see PE as an important part of the curriculum. Staff are enthusiastic and willing to get fully involved to encourage the pupils to be active. The staff have a better understanding of the benefits of physical activity for the pupils, which has meant that activity and engagement levels are much higher during lessons.

The pupils have achieved so much this year and I look forward to progressing with PE in September.

Meghan Beech

Inclusive Sports Coach