

# PE Newsletter

Dear Parents & Carers,

It has been an exciting start to the new school year with a brand-new PE team leading the way in supporting every student at Meadowfield.

We have been working hard to ensure that all pupils are able to access and engage with different sports & activities to help improve their fitness and well-being.

## In EYFS & KS1....

- Students work towards revising and refining their fundamental movements & progress to moving more fluently and under greater control
- Build confidence and resilience by trying new activities

## In KS2....

- Students build on fundamental movements, continuing to move under control, and begin to combine patterns of movement (e.g. running, jumping, throwing & catching)
- Begin to learn sports games through play and grasp the initial ideas of rules and regulations

## In KS3/4....

- Students develop an awareness of healthy living by promoting a suitable warm up, active participation in activities and learning about and encouraging a healthy & balanced diet
- Improve their understanding of rules and regulations of different sports as well as developing an understanding of team tactics and strategies

## In IMPACTS....

- Promoting the use of rebound therapy alongside personalised physiotherapy plans to improve student's wellbeing and encourage improvement in physical needs
- Actively encouraging student's participation in different, small activities that engage them (different balls, materials, equipment of different sizes, colours & textures)

## In 6<sup>th</sup> Form we have been....

- Developing independence in the wider community by taking part in various activities outside of school (Currently Swimming, Gym & Bowling)
- Developing & improving sports leadership skills through Sports Leaders course delivery and active participation in sport & leisure activities

At each key stage, the PE team also look to embed elements of English & maths into their lessons to create a holistic approach to each student's learning. Our curriculum also looks to efficiently link each key stage as students' progress through the school. This approach builds into Meadowfield's approach to prepare our students for adulthood, aiming for high levels of independence and promote a lifelong love of fitness and healthy lifestyles.

The Meadowfield PE Team

*Conor Chipperfield*

*Deanna Baily*

*Jan Harmen*

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