



PE on a Page

Alfreton Park

PE Non-Negotiables

At Alfreton Park we work with pupils either as a whole class, small group or 1:1 to support them through broad and balanced PE curriculum with sequenced lessons that support pupils through the following skills: Physical, thinking, personal and health skills.

Teaching and Learning	Assessment
<p>Planning follows the progression of key skills and concepts across the age range. Pupils access a wide range of physical activities including:</p> <ul style="list-style-type: none"> • Movement exploration and fundamental motor skills. • Gymnastics, dance, and creative movement. • Games and adapted sports. • Athletics and outdoor activities. • Swimming and hydrotherapy <p>The curriculum is flexible to ensure that pupils across the 3–19 age range experience progression, engagement, and variety in their physical learning.</p>	<p>Pupils are assessed using a variety of methods to ensure we capture their progress accurately and meaningfully.</p> <ul style="list-style-type: none"> • Termly B Skills/B Levels assessments to monitor progress across key physical skills. • Digital tracking through Earwig Academic to record, review, and celebrate individual achievements over time. • Ongoing assessment linked to personalised targets, EHCP outcomes, and each pupil's development in physical skills, engagement, and independence.
Inclusivity and Accessibility	Extra-Curricular Provision:
<p>PE at Alfreton Park School is fully inclusive and tailored to meet the needs of all pupils, including those with complex physical, medical, or learning needs. We ensure accessibility by:</p> <ul style="list-style-type: none"> • Adapting activities and using specialist equipment to support full participation. • Using programmes like MOVE and MATP to promote mobility and meaningful physical activity. <p>We continue to collaborate with therapists and specialists to embed therapeutic goals into our PE.</p>	<p>Children take part in regular competitions, giving them the chance to use their skills and knowledge to challenge themselves—both as individuals and as part of a team.</p> <ul style="list-style-type: none"> • Intra-school competitions within school: at the end of the term/topic. • Inter-school competitions: Pupils also have opportunities to represent the school in local events through the school games organised by AVSSP and MSL.

	<p>MATP is a physical activity programme designed for pupils with profound and multiple learning disabilities (PMLD) who may not be able to access traditional competitive sport. It focuses on developing basic motor skills, movement, and sensory experiences through structured activities. Emphasis is placed on participation, engagement, and enjoyment rather than competition.</p>
	<p>AVSSP is a school sport partnership that supports our school in delivering inclusive physical activity and PE opportunities for all pupils. Teachers receive guidance on adapting rules, equipment, and environments. They also offer opportunities for our pupils to attend festivals, events, or inclusive competitions.</p>
<p>EYFS Framework</p>	<p>The framework focuses on developing gross motor skills, coordination, balance, and confidence in movement through play-based activities. We use play-based activities such as obstacle courses, balance games, and ball play. Activities are adapted to meet individual needs and developmental stages.</p>



National Curriculum Standards	It focuses on developing competence in a range of physical activities, teamwork, and understanding of health and fitness. Focus on developing fundamental movement skills and confidence in physical activity.
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- Quality First Teaching
- Symbols/Makaton/visual representation of activities
- Break skills down into smaller steps (task chunking).
- Demonstrate and model skills
- Clear, simple instructions and break activities into small steps
- Multi-sensory approach
- Consistent Routines
- Positive Praise
- Multi-sensory opportunities/ Use of adapted equipment

Cognition and Learning	Communication and Interaction
SEMH	Physical and Sensory