Implementation: P.E. at New Horizons Academy

For our learners, the Physical Education curriculum is a primary vehicle for teaching self-regulation, promoting social cooperation as well as our school values of “Be Kind, Try Your Best and Never Give Up. By utilising the Primary PE Planning scheme, we ensure that our delivery is structured and progressive while, with our own adaptations, remaining flexible enough to meet the immediate emotional and sensory needs of our students.

We follow the Primary PE Planning scheme to provide a clear, step-by-step developmental path. This allows us to:

- Master Fundamental Movement Skills (FMS): Focusing on agility, balance, and coordination, which are the building blocks for all physical activity.
- Ensure Curriculum Breadth: Pupils experience a wide variety of activities—including, fitness, athletics, and invasion games—to find the "spark" that motivates them personally.
- Access Quality Resources: Our P.E. lead and school staff use the scheme’s detailed lesson plans and video demonstrations as well as their adaptations to provide high-quality, consistent instruction that enables our pupils to fully access high quality P.E. sessions.

In our setting, our delivery prioritises three specific areas:

- The Physical: Improving fitness, stamina, and motor skills to build a healthy body.
- The Social: Using small-sided games to explicitly teach how to win with grace, lose with dignity, and communicate respectfully with teammates.
- The Emotional: Teaching students to recognise their physical response to stress (increased heart rate, heavy breathing) and using PE as a safe space to practise self-regulation and "cooling down."

Our implementation focuses on moving from fundamental movement to functional life skills, ensuring that every child, regardless of their starting point or previous negative experiences with sport, can participate fully. We do this through our adaptive and inclusive practise which includes:

- Small Group Instruction: We maintain high staff to student ratios to provide immediate feedback and emotional support during activities.

- Personal Bests (PB): While competition is introduced, the primary focus is on "Personal Bests." This reduces the fear of failure and encourages students to step outside their comfort zones.
- Sensory Integration: We adapt the environment to suit sensory profiles, providing quieter spaces or modified tasks and equipment to ensure the environment feels safe for all pupils, allowing them to access the lessons and be successful.

Impact: P.E. at New Horizons Academy

The impact of our PE curriculum is seen in the improved physical competence and the enhanced emotional maturity of our learners as they navigate the school day.

Growth in Physical Literacy and Fitness

Students develop a range of physical skills that allow them to participate in activities with increasing competence. Impact is evidenced by pupils becoming more coordinated, having better spatial awareness, and showing improved stamina, which directly correlates to better focus in the classroom.

Enhanced Social Cohesion

We see a direct impact on the "social skills" mentioned in our intent. Over time, students may move from solitary or parallel play to collaborative team play. They develop the ability to follow rules, respect officials (staff), and support their peers, leading to a more harmonious school community.

Resilience and "Can-Do" Attitudes

By engaging with challenge-based activities through the Primary PE Planning scheme and adapted activities, students build a "growth mindset." They learn that mastery takes practice. This resilience is transferable; students who learn to persevere through a difficult gymnastics sequence often show increased perseverance when faced with a difficult literacy or maths task.

Self-Regulation and Well-Being

The impact is visible in the students' ability to manage their own energy levels. Pupils begin to understand the link between physical activity and mental health. This holistic well-being reduces the frequency of emotional outbursts and promotes a positive school climate.

Measuring Success

We monitor the impact through:

- **Progression Maps:** Using the Primary PE Planning tools to track physical skill acquisition.
- **Readiness for Integration (RFR):** Termly readiness-for-integration questionnaires completed by class teams provide further evidence of the positive impact of PE on pupils' ability to regulate, engage and access learning when they return to the classroom environment.
- **Pupil Voice:** Opportunities for pupils to reflect on their experiences, identify achievements and express what they have learned