

MVFS Physical Activity and Wellbeing Curriculum

Intent

At MVFS we understand that being physically active is essential for our children to develop and thrive; and our Physical Activity and Wellbeing Curriculum provides inclusive activities that engage all children within a supportive and challenging environment. We aspire for all of our children to enjoy and succeed in a broad range of sports and physical activities. By participating in a range of sports, we enable our children to acquire and develop practical skills and techniques; and to further their knowledge and understanding of sport. By facilitating in team games, we also help our children to develop their skills of communication and collaboration; and the competitive element of games enables our children to develop the ability to regulate their emotions and responses, when winning and losing.

We seek out and deliver high-quality teaching and learning opportunities; which enable all of our children to enjoy being active in individual and team scenarios, and to develop their resilience and strive to give their best efforts to achieve success.

Our Key Aims: At MVFS, we strive to...

- provide daily opportunities for all of our children to be physically active for sustained periods of time.
- teach our children the importance of leading healthy, active lives and making informed and positive lifestyle choices.
- promote a life-long interest in and enjoyment of being active; by enabling all of our children to discover the sports and physical activities which make them feel good about themselves.
- build self-esteem, confidence and resilience by teaching our children to recognise and track their own physical progress, and to celebrate achieving their goals and beating their own personal bests.
- provide opportunities for our children to participate in competitive and team sports so that they learn how to co-operate and collaborate effectively, and how to compete appropriately, adhering to the principles of fairness, sportsmanship and respect – values which we hope to embed for life.
- teach all of our children the important life skill of how to swim and be safe around water.



Implementation

At MVFS we have devised a bespoke curriculum which is carefully sequenced and interconnected which enables our children to develop their physical abilities and stamina; along with knowledge and understanding of sport as they move through our school. Our Physical Activity and Wellbeing Curriculum is organised in a two year cycle, with topics of study being reviewed collaboratively by our teaching team at the end of each cycle.

As with all areas of our curriculum, it is important to remember that all of our children have significant gaps in their learning due to the experiences that have brought them to MVFS – indeed, all of our children have not been able to access the full curriculum for at least a year before joining us. As explained in our Curriculum Policy, this means that many of our children are working at a level below their chronological age whilst we support them to re-engage with education and enjoy high levels of interest and success, which helps them to rebuild their self-esteem and value their own social and academic achievements.

Stage One:

- In Stage One, our children start to learn about the effects that being active has on our bodies, and they are taught to develop greater body awareness so that they can identify and describe how they feel during and after physical activity. In swimming lessons, they first work on overcoming any anxieties about being around water, and then learn the skills of floating and being able to traverse the pool using a preferred stroke (with floatation aids, if necessary). Using our onsite MUGA and a local sports facility, they participate in a range of ‘fun’ and more formal individual and team games; which focus on following the rules, playing fairly and celebrating their own and other people’s successes. These children also have their first encounter with horses, and start to develop a trusting and respectful bond with the animals during horse riding sessions at a local arena.

Stage Two:

- In Stage Two, our children start to appreciate the long-term gains of being physically active – including improved stamina and skill, and the positive impact it has on the strength and fitness of muscles and organs. They understand the need to warm-up and cool-down effectively, and begin to read their body’s signals during activity (i.e. heartrate, breathing and temperature) and adjust their performance to maximise endurance and skill. The children continue to engage in a range of striking and invasion games, and begin to implement simple tactics. They continue to develop their body positioning and alignment, and improve their strength, balance, co-ordination and control.

Stage Three:

- Stage Three builds securely on the previous stages and enables the children to deepen their knowledge and skills, and to be increasingly independent and proactive when participating in, and devising, a wide range of activities. These children explore and can talk confidently about the benefits of being active for both physical and mental wellbeing; and understand that you do not have to be exceptionally talented at sports in order to enjoy them and reap the benefits. At this stage, our children are able to evaluate their own and other people’s performance, and can give supportive feedback to inform and improve future performance.

Use of Specialist Instructors and Coaches:

- In order to provide our children with very high quality sessions, MVFS offers a combination of sessions that are planned and led by the class teacher, and sessions that are planned and led by specialist sports coaches and instructors. Swimming, Horse Riding and Tennis are all delivered by qualified instructors at their dedicated facilities; with MVFS staff ably supporting the children to engage and be successful. We also employ a highly experienced coach who provides sports sessions for classes once a week. Our coach also runs our weekly Sports Club, which provides children from different classes with the opportunity to come together to follow their passion and interests, and play competitive games together.

Physical Health and Wellbeing – Cycle A

	Stage 1	Stage 2	Stage 3
Autumn 1	Movement, Balance & Control	Horse Riding	Swimming Tennis
Autumn 2	Invasion Games	Horse Riding	Swimming Tennis
Spring1	Horse Riding	Swimming Tennis	Movement, Balance & Control
Spring 2	Horse Riding	Swimming Tennis	Invasion Games
Summer 1	Swimming Tennis	Movement, Balance & Control	Horse Riding
Summer 2	Swimming Tennis	Invasion Games	Horse Riding

Physical Health and Wellbeing – Cycle B

	Stage 1	Stage 2	Stage 3
Autumn 1	Movement, Balance & Control	Horse Riding	Swimming Tennis
Autumn 2	Invasion Games	Horse Riding	Swimming Tennis
Spring1	Horse Riding	Swimming Tennis	Movement, Balance & Control
Spring 2	Horse Riding	Swimming Tennis	Invasion Games
Summer 1	Swimming Tennis	Movement, Balance & Control	Horse Riding
Summer 2	Swimming Tennis	Invasion Games	Horse Riding

- In order for our children to know more and remember more, prior learning is always considered; and opportunities for the revision of skills and understanding are built into all lessons. Through revisiting and consolidating, our approach helps children build on existing knowledge whilst introducing new skills and challenge; and the revision and introduction of key vocabulary is built into lessons.
- Our children also benefit greatly from further physical and adventurous outdoor activities across the curriculum and the school day including; frequent physical and sensory breaks (including using scooters, bikes and trampettes), daily structured playtimes (with class-based adults leading and joining in with games), Forest School and regular walks in our rural setting.

Impact

Through our bespoke approach and quality first teaching, we will see the impact of this subject in different ways. Our children will engage in a wide range of physical activities and develop positive attitudes and habits which will stay with them as they get older. They will be able to talk about and demonstrate the knowledge, skills and vocabulary that they have acquired; and will show increasing levels of control and understanding when participating and evaluating performance in a range of sports.

Evidence collected will show that a range of sports are being covered, and that our carefully sequenced and inter-connected approach to learning is enabling our children to explore and develop skills and enjoyment in a wide range of activities. Ultimately, our children will learn to enjoy being active, and embed healthy lifestyle choices and interests which they will carry with them into later life.

