

Physical Development at Stubbin Wood

Our curriculum provides a progression framework from Nursery to Key Stage 5 based on the National Curriculum programmes of study (PoS) and Development Matters. We have made adaptations to meet the needs and interests of our learning community.

Our framework maps out each child's learning journey through a continued exposure to key themes and ideas that develops key concepts, skills, and core knowledge. These experiences are carefully ordered to build both substantive and declarative knowledge, and where possible, create meaningful links with other areas of learning. This approach enables children to apply and embed their understanding in new, real-life and competitive contexts.

Concepts/aspects we cover in Physical Development:

- Dance and gymnastics
- Fielding and striking
- Invasion games
- Net and wall games
- Sports science and nutrition
- Swimming and water safety as per key stage 2 national curriculum expectations.

Building a healthy body and mind

In Physical Development we promote healthy lifestyles and a life-long love of physical activity. We have high expectations of what pupils can take part in and achieve and offer them a range of new physical and mental experiences including opportunities to be competitive. We aim for pupils to have 30 to 60 minutes of physical activity every day. Staff will focus on clear adaptation for opportunities and qualifications ensuring that we put the children at the centre of our physical development curriculum.

The key concepts ('big ideas') covered within the Physical Development curriculum are:



These are then linked to smaller concepts/aspects of Physical Development:

- Balance
- Co-ordination
- Core Strength
- Growth & Change
- Motor skills – fine & gross
- Sensory Development
- Spatial awareness
- Stability

Each smaller concept/aspect is then broken down further into the skill and core knowledge statements that form the subject progression framework. Skills are taught over a 12 week period.

Alongside this, pupils following National Curriculum in Key Stage 2 are offered swimming and water safety.

Stage not age

We have tailored the curriculum framework to the profile of our learners and whilst content is determined by subject leaders to enable our progression of knowledge and skills model, it is individual teacher's responsibility to determine the appropriate skill and knowledge statements for individual learners. We plan to learners' cognitive level of understanding rather than chronological age. For pupils with physiotherapy and occupational therapy plans in place, this forms an integral part of their curriculum.